

TIPS TO HELP YOU LOSE WEIGHT

NEVER skip meals! Even breakfast! Your body will try to conserve energy if you skip meals, so you will burn fewer calories and actually may have a harder time losing weight. Even if you are rushed in the morning, eat something: a bagel, a glass of milk, or a piece of fruit.

Find foods that you like that are low in fat, not diet food. Use salty foods such as pretzels, unbuttered popcorn, or pickles to satisfy the munchies without adding much fat. Fruits are also helpful if you get hungry between meals. Frozen yogurt can satisfy an ice cream craving.

When eating out, try eating something before you go, like a salad, fruit, or a big glass of water or milk (1% or skim). This will keep you from being so hungry later, and you can eat one piece of pizza instead of four!

When you are bored or watching TV, don't eat; you will probably eat more than you mean to.

Enlist your family's help. If your mother serves lots of fried foods, offer to help plan some meals with her that are lower in fat.

Use lots of herbs and spices. You will be surprised how good chicken or vegetables can taste without needing lots of oil or butter,

Make sure to get aerobic exercise at least 3 times a week. This means doing something that gets your heart going for at least 20 minutes; you should notice that you work up a sweat (walking around the mall usually doesn't do the trick). This can be sports like basketball or soccer, dance, swimming, jogging, or fast walking.

Nothing is forbidden. If you love chocolate, don't deny yourself. Just try to eat LESS chocolate, and less often. One example would be eating a small (fun sized) candy bar instead of a regular one. This way, you won't feel deprived of the things you love to eat.

Take it slowly. Losing lots of weight quickly isn't good for you and it often doesn't work--you may gain the weight right back. Try to lose between one half and one pound per week; this helps you to lose fat and not muscle.

If you have questions, or just need support, ask your nurse or doctor. You may want to talk to a nutritionist to help you plan your meals.