
Habits to Support a Healthy Weight

Overwhelmed by all of the nutrition advice about losing weight that you read on social media or the internet? Registered Dietitian Nutritionists are trained nutrition experts who teach people how to focus on changing their behaviors. Here are some healthy eating habits to help get you started!

- Taking care of yourself is the least selfish thing you can do. Your loved ones deserve you at your best!
- Being consistent with healthy habits will lead to better health in the long run.
- Work with a dietitian to develop a personalized eating plan.
- Set reasonable goals for food and activity changes.
- Use a journal or app to track your intake and stay objective.
- For most, reducing intake by 300 to 500 calories per day will promote weight loss. Total calorie intake is more important than what time you eat.
- Rapid weight loss can lead to muscle loss. Aim for gradual weight loss of 1% of your body weight per week. (About ½ lb to 2 lb per week for most)
- Focus on your food. Turn off the tv and phone. Eat slowly and enjoy your food. Stop eating at the first sign you feel full.
- Eating adequate protein (20-30 grams per meal) will help you to stay satisfied between meals.
- Eating fiber rich foods (whole grains, beans, fruits & vegetables) can also promote fullness.
- Vegetable and fruit intake is essential for optimal health. Aim to eat a total of 5 servings of fruits and vegetables each day.
- If it is in your home, you are more likely to eat it. If you want a treat, use pre-portioned items to help control calories.
- Alcohol adds a lot of calories. Cutting down can help reduce weight.
- Drink at least 8 cups of water per day. Dehydration can make you feel more hungry.
- Walking is a sustainable, low stress way to burn calories.
- If you cannot stand to exercise, try chair based exercises.
- Lift weights (or use exercise bands) 3 x per week to promote muscle gain.
- Prioritize sleep!

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- Track progress outside the scale. Pictures, belt size, how clothes fit and how you feel indicate progress without weight change.