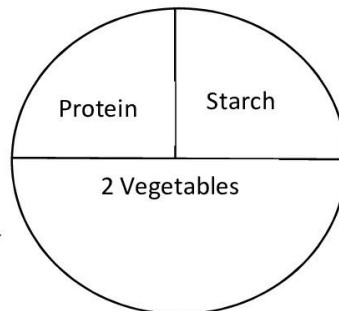


## 20 Quick Nutrition Tips for Weight Loss

Do you feel like you already eat well but can't lose weight? Making a few "small" changes in your lifestyle can add up to weight loss over time. Here's proof that small changes can add up: If you take 2 tsp of sugar in your coffee every day this can add up to a 5 pound weight gain over 1 year. To improve your healthy lifestyle start with a few of the following tips and build on them over time.

1. Eat breakfast every day. Studies show that people who eat breakfast do better with weight management.
2. Don't be distracted. Focus only on eating at mealtimes and snack times. Distracted eaters tend to eat more. (Do not eat in front of the TV!)
3. Portion control. Aim for ½ cup portions of most food items or aim to reduce your portions from what it is now (i.e. 3 cups pasta- reduce to 2.5 cups etc).

4. Reduce the sugar in your coffee.
5. Use milk instead of cream in coffee.
6. Avoid all white and processed foods.
7. Eat 2-3 fruit per day (as snacks).
8. Aim to balance your plate
9. Drink water between meals.



10. Include ¼ cup of nuts daily as a snack (no peanuts).
11. Avoid juice or pop.
12. Limit alcohol to 1 drink per day for females and 2 drinks per day for men.
13. 1 pound of butter or margarine should last 1 person at least 1 month.
14. Pick cereal or granola bars with less than 8 g of sugar per portion and at least 4 g of fibre.
15. Walk at least 30 minutes per day (in addition to what you already do).
16. Use a pedometer to count steps – aim for 10,000 steps per day.
17. Eat out less often. Studies show the majority of weight gain is from what we eat on the weekends! (more restaurant intake).
18. Do not eat after 8pm.
19. Eat every 4 to 6 hours.
20. Put your fork down on the table between each bite. Eating slower allows us to recognize when we are full and enjoy our food!