

Client Name:

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Tips to Support Weight Loss

You will have a better chance of succeeding at weight loss by changing your eating habits. Changing habits can be difficult, so this handout offers tips to help you achieve your goal.

Set Yourself up for Success

Keeping a food diary to record everything you eat and drink can help you be more mindful of your food choices. Your diary is your tool, so use whatever approach you like best: smartphone app, website, or paper/pencil. Record what you eat or drink immediately after you finish eating. It might seem overwhelming to write down everything. Start with the meal or time of day which you find the greatest challenge to manage.

Additional strategies that can set you up for success:

- Measure your foods to be sure they match the portions on your daily plan. Keep your measuring cups and food scale on the kitchen counter to help remember to measure.
- Find a friend to support your change in habits. Be sure to tell your friend what kind of help will meet your needs. For example, do you need a walking partner, or do you want a sounding board for when the eating plan is challenging?
- Believe in yourself. Changing behavior is not just about willpower. It is also about believing you can do it. Your registered dietitian nutritionist (RDN) can recommend resources to help you succeed.

Consider adopting the following strategies to help with weight loss:

- Keep fresh fruit on your kitchen counter or at eye-level in the refrigerator so you are reminded it's available for a snack.
- Consider using a meal delivery service for a few weeks to decrease trips to the grocery store, cut down on meal preparation effort, and to get recipe ideas. To balance the cost of this service, cut back on dining out.
- Add your own vegetables to frozen meals designed for weight-loss to get extra nutrients.
- Enjoy liquid meal replacements with a side dish of salad or fruit.

Cooking to Lose Weight

- If you never cook for yourself, now is a great time to start! Cooking for yourself is one of the best ways to control your diet and know exactly what ingredients are in the food.
- Think about how you prepare foods to figure out where you can cut some calories and fat without losing flavor. You may not even realize how many calories are adding up with certain cooking methods. Here are some ideas:

Food Item/Ingredient	Strategy
Oil	■ Use a nonstick skillet and use just a splash of oil (1-2 tablespoons) instead of deep frying.
Seasoning	■ Adding herbs and spices can help you boost flavor while cutting down on fats like butter and oil. Parsley, chive, garlic, onion powder, paprika, pepper, and ginger will help make meals more flavorful.
Dairy	■ Use lower-fat dairy products in place of full-fat versions. For example, use low-fat or skim Greek yogurt instead of sour cream, or skim or 1% milk instead of 2% or whole milk, or light margarine instead of solid margarine or butter.
Vegetables	■ Vegetables taste better when roasted or browned. Try it with your favorite vegetables. ■ Find ways to add vegetables to your meals, like scrambled eggs with green peppers, roasted broccoli in macaroni and cheese, or finely diced mushrooms and zucchini in pasta sauce, or vegetables instead of meat on pizza.
Fruit	■ Find interesting ways to prepare fruits. For example, eat apple wedges with a dab of peanut butter and sprinkle of cinnamon or add a dollop of light whipped cream and a teaspoon of granola to fresh or canned peaches.

Grocery Shopping Strategies

- Buy fresh or frozen fruits and vegetables that you enjoy so they are ready to snack on or to add to meals.
- Wash and cut up vegetables as soon as you get home from the store so they are ready to eat.
- Consider leaving snack chips, cookies, sweets, and other similar foods off your shopping list. You may choose to add them at a later time when you figure out how they fit into your food plan.

Notes: