

Healthy Weight Loss

Diets don't work in the long run.
Lose weight the healthy way by
changing your lifestyle!



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- **Eat high fiber foods** to help you feel full. Try fruit, vegetables, and whole grains.
- **Drink at least 8 cups of water** every day.
- **Stay busy!** Don't eat just because you're bored.
- **Don't skip meals.** Eat 3 meals a day.
- **Keep moving during the day.** You can:
 - take the stairs instead of elevator
 - walk during your lunch break
 - get off the bus one stop early and walk
- **Eat meals on smaller plates** to help you eat less.
- **Cook meals at home.** This helps you save money and eat healthier.
- **Steam, bake, and sauté foods** instead of frying.
- **Start your day with water and a high protein breakfast.** Drinking water as soon as you wake up gives you energy. A high protein breakfast also gives you energy. Try:
 - cooked oatmeal
 - eggs omelet with vegetables
 - peanut butter and bananas or apples

Talk to your CHN nutritionist if you have any questions!