1. Eat your food groups
   - Make sure to follow MyPlate to get in all of your food groups
   - Aim to get in at least 2 food groups during snacks and 3 at mealtimes.

2. Meal prep
   - Increases accessibility of foods
   - Takes guessing out of meals for the week
   - Increases chances of staying on track
   - Saves money in the long run
   - Make a plan and a list before you go grocery shopping
   - Clean your fruits (if appropriate) and veggies as soon as possible when you get home
   - Invest in containers for meal prepping-appropriate equipment for the ‘job’
   - Utilize resources at CelebrateMore.com/Dietitians for more ideas & recipes

3. Don’t skip meals
   - It’s much easier to give in to temptations when you are hungry!
     - Case and point: have you ever grocery shopped on an empty stomach?
     - Crave more unhealthy carbohydrates (sweet or salty)
     - You are more likely to overeat

4. Dealing with food temptations
   - It’s much easier to give in to temptations when the food is within reach
     - Keep these foods out of your cupboards, desk drawers, purse or car
     - Helps you manage temptation
   - Beat deprivation by using moderation
     - This doesn’t mean you can never eat them
     - Going cold turkey is not always beneficial
     - Know you can always eat it, this helps prevent binge eating
     - Less sugar/salt we eat, the less we crave

5. Use your cravings to your advantage
   - What’s your craving?
   - Choose healthier foods that satisfy that craving
     **Sweet**
     - Apple with chocolate peanut butter (melt a few chocolate chips into PB)
     - Berries with a spray of whipped cream
     - Trail mix (unsalted nuts, unsweetened dried fruit, dark chocolate chips)
     **Salty**
     - Beanito’s (chips made from beans that taste salty with less sodium)
     - Pre-popped popcorn (Boom Chicka Pop, Smart Pop, Skinny Pop)
     - Tortilla chips (whole grain) with salsa

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*Turn over for more tips*
Top 10 tips for weight management

6 Drink water
- Drinking water can serve as a distraction from food temptations
- You may just be thirsty!
- Try drinking:
  - Water
  - Sparkling water
  - Fruit-infused water
  - Unsweetened hot or iced tea
  - Water flavored with sugar-free water drops/packets
  - Stevia Leaf, Crystal Light, Food Club, Mio, etc.

7 Exercise and sleep
- Reduce stress
  - Distraction from foods
- We crave less when we are well-rested
- Often, we crave healthier foods when we are active
  - Think of fueling your body

8 Pay attention to hunger cues
- One way to prevent mindless eating is to start recognizing your hunger cues.
- Check in with your hunger before, during, after your meals and snacks.

The Hunger Scale

- Take a look at this scale. You want to stay between 3 and 6 at all times.
- By not getting too hungry or too full, you are more likely to not overeat.

9 Actively set goals
- Active goal setting as opposed to passive, means that you write out your goals, you don’t just set goals in your mind passively.
- How to set active goals:
  1. Set a long-term goal
     - Example: Lose 30 pounds
  2. Engage in monthly, weekly, and daily goal setting and planning
     - Example: Eat 5 servings of fruits and veggies per day
  3. Actively track progress
     - Example: Track food intake using an app like MyFitnessPal
     - Try It! Every morning create daily goals for yourself and identify tasks to help you meet them for the day.

10 Time management
- When we effectively manage our time, we have room for the activities that help us meet our goals.
- Tips for better time management:
  - Set clear goals
  - Get organized
  - Prioritize
  - What’s really important? Watching TV for 3 hours or getting in 60 minutes of exercise?
  - Avoid procrastination
  - Try It! Write down your daily activities and how long you spend on each one for a few days. Where are you spending your time (goal-reaching activities or time-wasting activities?).

For nutrition resources and recipes visit celebratemore.com/dietitians
or email: Supermarket.Dietitians@Cobomsinc.com