Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

Having a healthy weight has many health benefits!

| Decreased risk of heart disease | Decreased risk for type 2 diabetes | Decreased risk for breathing problems while you sleep *(obstructive sleep apnea)* | Decreased risk for many cancers | Feeling better and having more energy |

IT IS NEVER TOO LATE TO START!

Balance Food and Activity for a Healthy Weight

Reaching a healthy weight depends on the **amount** of calories you are eating over time. If you often eat more calories than your body needs, those calories are stored as fat. The **only** way to lose weight is to eat less than what your body uses for fuel. This causes your body to burn the calories stored as fat for fuel. The **type of food** you eat can also affect your weight. "Ultra-processed foods" can make you feel hungry sooner between meals so you end up eating more calories. Choosing **high quality, healthy foods** like vegetables, fruits, whole grains, lean protein foods, and low-fat dairy foods will help you feel fuller and better meet your body's nutrient needs.

TIPS FOR REACHING A HEALTHY WEIGHT

Eat mindfully
Reduce distractions when you eat
· Turn off your phone, computer, or TV.
· Sit down to your meal.
· Be "present" while you eat.
· You will enjoy your food more and you may eat LESS.

Eat a lot of vegetables
Fill at least ½ your plate with vegetables
· Vegetables have a lot of fiber and help you feel full.
· Try starting your meal with a salad of leafy green vegetables with 1 TBSP dressing.
· If you still feel hungry, choose a second portion of vegetables.

Practice portion control at meals and snacks
Use a smaller plate – no bigger than 9 inches – at meals
· Measure your food 1-2 meals a week so you know what a portion looks like.
· For snacks, measure one portion to avoid over-snacking.

Don't skip meals
· If you skip a meal, you may feel very hungry and you may eat a larger amount of high-calorie foods later.
· Most people do best if they eat within an hour of waking up.
· It may help to eat small meals about every 4-5 hours.
· Avoid eating late in the evening - about 2 hours before bedtime.

Don't drink your calories
It is best to drink water
· Sugary drinks have a lot of calories.
· Coffee and tea with no sugar are okay.
· Drink skim or low-fat milk - limit to 16 oz. a day.

Move your body
· Try to do 30 minutes of exercise on most days.
· To lose weight, you may need do more activity each day.
· You can do small amounts of activity during the day.
· If you are not doing any exercise, start slowly

More Tips for Reaching a Healthy Weight
· Work on changing only 1–2 behaviors at a time. The key is not to think that you are "going on a diet." Your goal is to learn life-long habits and make changes that will last.
· A registered dietitian nutritionist can help you balance and timing of your meals with a plan that works for you.
· Medications for weight loss and weight loss surgery may be helpful for some people. Talk with your healthcare provider to see if this may be an option for you.
· 2 hours before bedtime.