Being overweight puts you at greater risk for health problems, such as high blood pressure, diabetes, and heart disease. Make healthy choices each day instead of going on and off diets. A slow loss of ½ to 2 pounds per week is best. If you lose too much too fast, you often gain the weight back. The key is finding healthy lifestyle changes that you can maintain long term.

- **Do not skip meals.** Start the day with a healthy breakfast. Eat at least 3 meals and 1 or 2 snacks each day to help your body have the energy it needs and to prevent hunger.
- **Control your portion size.** Use a small plate and take small amounts of a variety of foods. Do not go back for seconds.
- **Eat when you are hungry.** Avoid eating to relax, or because you are bored or depressed. Take a walk or do something you enjoy instead.
- **Write down all the food you eat.** Include the type of food, the amount, and the time you ate. This helps you become more aware so that you can better manage your eating.
- **Exercise.** Check with your doctor before starting a new exercise routine. Be more active by taking the stairs or parking your car farther away. Do at least 150 minutes of moderate physical activity each week. Examples of moderate activity are brisk walking, bike riding, swimming, running, and hiking. It is also recommended to stretch and strengthen your muscles.
2 to 3 days a week. Lifting weights in a supervised program is one way to strengthen muscles. Exercise classes may also be helpful.

- **Limit sugar and sweets.** Limit food that contains added sugars such as desserts, doughnuts, cookies, and candies. These have many calories, few nutrients, and leave you wanting more.

- **Drink water.** People who drink plenty of water are more likely to lose weight. Drink at least 6 to 8 glasses of water each day. If you are overweight, you may need to drink more water to stay hydrated. Drinking water helps to control your appetite and rid your body of waste.

- **Be careful when eating out.** When you eat out, preview the menu ahead of time. Choose soup and salad or smaller dishes that are low in fat and sodium. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask about healthy menu choices.

- **Snack for better health.** If you are hungry between meals, eat 1 or 2, 100 to 200 calorie snacks. Enjoy fresh fruit, vegetables, or fat free light yogurt instead of packaged snacks. Whole wheat crackers, whole grain cereals, and oatmeal also make great snacks. They are good sources of fiber that keep you feeling full longer.

- **Use less fat when cooking.** Bake, broil, grill, roast, or steam food instead of frying. Trim fat and skin from meat. Drain fat.

- **Limit el azúcar y los dulces.** Limite los alimentos que contengan azúcar adicional como los postres, las donas, las galletas y las golosinas. Estas tienen muchas calorías, pocos nutrientes y lo dejan con ganas de más.

- **Beba agua.** Las personas que beben bastante agua tienen más posibilidades de bajar de peso. Beba al menos 6 a 8 vasos de agua al día. Si tiene sobrepeso, puede que necesite beber más agua para mantenerse hidratado. Beber agua ayuda a controlar el apetito y a eliminar desechos del organismo.

- **Tenga cuidado al comer afuera.** Cuando coma fuera, mire el menú con antelación. Elija sopa y ensalada o platos más pequeños que sean bajos en grasa y sodio. Pida las salsas y los aderezos aparte. Si las porciones son grandes, comparta el plato o llévese la mitad a casa. Pida las opciones saludables del menú.

- **Coma refrigerios que cuiden su salud.** Si tiene hambre entre comidas, trate de comer 1 o 2 refrigerios de 100 a 200 calorías. Disfrute de frutas, verduras o yogur ligero sin grasa en vez de los refrigerios envasados. Las galletas bajas en grasa, los cereales integrales y la avena también son excelentes refrigerios. Son buenas fuentes de fibra que lo mantienen saciado durante más tiempo.

- **Use menos grasa al cocinar.** En lugar de freír los alimentos, puede homeallos, asarlos, cocinarlos a la parrilla, rostizarlos o cocinarlos al vapor. Quite la grasa y la piel de la carne. Escurra la grasa.
• **Be a smart shopper.** Plan your meals. Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken, and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.

Small changes can lead to good results. Talk to your doctor, nurse, or dietitian if you have any questions or concerns.

• **Sea un consumidor inteligente.** Planifique sus comidas. Use una lista y evite comprar cuando tiene hambre. Compre frutas, cereales integrales, verduras, mariscos, pollo y cortes magros de carne. Si consume productos lácteos, compre las versiones sin o con poca grasa.

Los pequeños cambios pueden conllevar buenos resultados. Hable con su médico, enfermera o dietista si tiene alguna pregunta o inquietud.