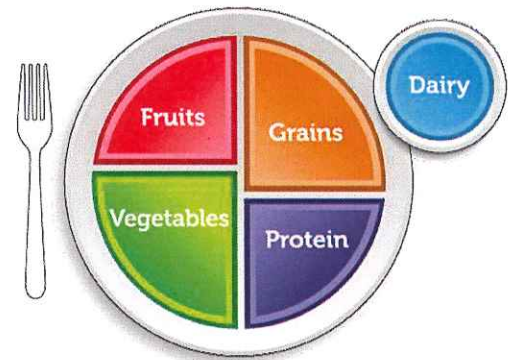


Nutrition and Weight Loss

Small, sustainable lifestyle changes are key to long-term success and maintaining a healthy weight.

Eat balanced meals. The MyPlate diagram is a helpful way to ensure that you're consuming balanced meals. For more tips on following MyPlate recommendations, visit <https://www.choosemyplate.gov/>



Drink mostly zero-calorie beverages

- Drink mostly water
 - Try adding fresh fruit, mint, or cucumber for a burst of flavor
- Seltzer water, flavored water, and sugar-free drink mixes are okay in moderation
- Coffee or tea are acceptable but be mindful of how much cream and sweetener you add

Snack on healthy foods if you're hungry. If healthy foods don't appeal to you, you're probably not hungry, but bored.

- Drink a glass of water
- Go for a walk, to the gym, do a puzzle, or do another activity you enjoy until the urge to snack passes
- Keep pre-cut veggies, easy-to-grab fruit, mixed nuts and other nutritious snacks easily accessible so that you're more likely to make healthy snack choices
- If you do not purchase "junk food" such as chips, candy, cookies and snack crackers, you'll be less likely to eat these calorically dense foods with little nutritional value

There's no such thing as a bad food, but there is such thing as a bad portion

- Favorite foods that are not the most nutritious can still fit into a balanced diet, but *balance* is the key.
- Allow small portions of foods you consider "treats" after you consume a balanced meal. This way, you get the pleasure of the treat but will be less likely to overindulge.

Artificial sweeteners are zero-calorie, but not zero-risk

- Long-term effects of excessive artificial sweetener intake are not yet entirely known
- The more artificial sweeteners you consume, the less your body appreciates naturally sweet foods such as fruit. The dampened taste perception can make you less satisfied with the sweet flavors offered by nature and leave you craving more sugar-dense foods.

Limit alcohol to 1 drink per day for females, 2 drinks per day for males. If you are trying to lose weight, abstaining from alcohol is an effective way to reduce "empty calories," or calories that don't add to your health.

Get active!

- Try to work up a sweat for at least 30 minutes, at least 5 days per week
- Incorporate weight-bearing exercise to help boost your metabolism, increase your strength, improve balance, and promote bone health