



MANAGING YOUR WEIGHT



weight

managing

Smart Tips for Busy People

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Making the Commitment: How to Stick With It

Losing weight is one of the best decisions you can make to help you improve your health and live longer. But once you've made that choice, it may seem that temptation is all around you and that you'll never

be strong enough to resist. Take heart. You can still enjoy food and life to the fullest while making sensible choices. It's all about setting reasonable goals and taking temptation-laden situations in stride. **Remember:** You're in control.

FOCUS ON YOUR GOALS

Have you tried to lose weight before and failed? Make yourself a promise to stick with it this time for your good health. Follow these dos and don'ts:

DON'T compare yourself to others.

DO focus on how your life will change for the better once you've accomplished your goal. **Example:** After you lose a few pounds, you'll get less short of breath when you play with your children.

DON'T criticize yourself.

DO find ways to celebrate even small successes. **Example:** Put a colorful sticker in your date book for every day that you make it to the gym.

DON'T become overwhelmed by the thought of making big changes.

DO take things one step and one day at a time.

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Example: Instead of changing every aspect of your diet at once, choose one change to make this month, such as packing a healthy lunch instead of visiting the fast-food drive-through.

The bottom line: Setting unrealistic goals that are too hard to meet sets you up for failure. Plan on small, gradual changes that you can make successfully and stick with for life. ♦

REAL-WORLD WEIGHT CONTROL

As you start your weight-loss plan, you may be worried about eating out because you're afraid of overdoing it on calories and fat. However, maintaining a healthy weight doesn't mean you have to give up eating in your favorite restaurants. You can still make healthy choices when temptation is all around you. **Here's help:**

- 1. Set a time to eat.** Many people eat while driving, a phenomenon called dashboard dining. The American Dietetic Association advises that this and other forms of absentminded eating can result in overeating. **Better:** Set a time for meals — your enjoyment, digestion and maybe even your weight will improve. If you want to eat out, sit down and enjoy your meal just as you would at home.
- 2. Watch your portions.** A serving of meat or fish is about the size of a deck of playing cards ... hard cheese, about a one-inch cube ... cereal, 1-2 ounces dry (most people eat 2-3 times this amount) ... salad dressing, 1 tablespoon (at restaurants, ask for it on the side). **Note:** Pass up on "super-sizing" orders at fast-food restaurants.
- 3. Ask questions.** Don't be afraid to ask the waitstaff how food is prepared, how large the portions are and whether you can make changes — even whether they can serve you a half-portion and box up the rest for you to take home. You'll be surprised how willing restaurants are to make changes when they can, such as substituting steamed vegetables for a high-calorie side dish.

Consider This

A plate of fried food can contain 3,000 calories or more. On the other hand, a plate of steamed or raw vegetables, a hard-boiled egg, a half-cup of cereal and a quarter-cup of fat-free milk plus a piece of fruit — or a bowl of berries with fat-free yogurt and a piece of whole-wheat bread — contains only a few hundred, allowing you the same volume without the weight-adding fat and calories.



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- 4. Pick the perfect toppings.** Often lumped with junk foods, pizza can be a wonderfully healthy choice. Top with veggies, low-fat cheese and lean meat or chicken for great taste that's also packed with nutrition.
- 5. Split the wrap.** A meal wrapped in a tortilla, taco shell, pita or pastry often packs two meals' worth of calories — anywhere from 400-1,500. **Idea:** Split the wrap with a friend or co-worker, or have it over two days. This strategy also works for large restaurant portions. ♦

TEMPTATION: HOW TO RESIST

Parties, holidays and gatherings are a time to celebrate family, friendship and tradition. But if you're watching your weight, festive times can overwhelm you with temptation and make it difficult to stick with your weight-loss goals.

Here's how to cope:

- **Eat before you go.** Hunger leads to overeating, so don't go to a party on an empty stomach. Drink juice, eat a piece of fruit or munch on some crackers before leaving.
- **Avoid the munchie zone.** Don't linger at the food table. Help yourself to what you want and move on.
- **Watch the booze factor.** Drinking alcohol drops your resistance to temptation and can result in overeating, and alcohol is full of empty calories. Opt for club soda with a twist of lemon or lime instead.
- **Chatter away.** It's hard to talk and eat at the same time, so engage in conversation. Dietitians say that talking slows your eating, which helps you recognize when you're full.
- **Indulge a little.** Don't skip your favorites, which may lead to frustration, deprivation and "rebound" eating. Just enjoy a small taste instead of overindulging. ♦