1. Brush your teeth right after eating. You’ll be less likely to snack.

2. Plan your day: Where will you be at mealtime? Take healthy

3. Avoid foods that have high-fructose corn syrup, refined

4. Eat a few nuts (6 walnuts, 12 almonds, or 20 peanuts)
or protein 20 minutes before a meal to stimulate the “I’m

5. Slow down! It takes about 20 minutes after you start eating for

6. For a snack that travels well, measure an ounce of nuts (15-20 nuts) and place them in a

7. Drink water! Start the day with a 6-8 ounce glass of water. Drink at least 4 ounces of water

8. Choose unprocessed or minimally processed foods instead of convenience foods. Fresh fruits

9. Make large batches of healthy meals. Freeze some in small containers that you can defrost

10. When food is offered in a social situation, make a habit of checking with yourself: Am I

11. Stop part way through a meal or snack. Take a few deep breaths. Check in with yourself:

12. Choose a high fiber cereal for breakfast. Healthy ready-to-eat cereals are whole wheat

13. Enjoy a cup of low fat yogurt for an afternoon snack.

14. Sprinkle ground flaxseed into your morning oatmeal.

15. Make a fruit smoothie using 1/2 cup plain yogurt and 1 cup of frozen berries.

16. Include a source of lean protein with all your meals and snacks.

17. When eating out, eat half of your meal and save the other half for the next day.

18. Try a meatless burger instead of ground hamburger for dinner.

19. Choose brown rice instead of white rice.

20. Have carrots, celery sticks and pepper strips in your refrigerator for snacks.

21. Have a bowl of fresh fruit on your counter.

22. Eat regular meals. Do not skip meals or planned snacks.

23. Shop Smart: Make a list and buy only the foods on your list. Do not shop when you are hungry.

24. Use non-stick pans for cooking.

25. Yogurt or fat free sour cream can be substituted for regular sour cream in many recipes, including dips and dressings.

26. Fresh herbs will make lighter foods taste richer.

27. Skip or limit the appetizer, bread and alcohol when eating out.


29. When making a sandwich, use bread that is whole grain with 3g of fiber or more. The sandwich will likely stay with you longer and give you a feeling of fullness so you don’t splurge later in the day.

30. Use snack bags to pre-portion food and limit your intake.

31. When baking, substitute 2 egg whites for 1 egg.

32. Use a butter spray on popcorn, vegetables, and baked potatoes.

33. Plan meals ahead to limit unnecessary, impulsive trips to fast food restaurants.

34. Use a non-caloric sweetener in tea or coffee to limit sugar intake and decrease calories.

35. Adding frozen vegetables to your pasta when it is almost finished cooking will help to bulk up your pasta serving, decrease your portion of carbohydrate, and add vitamins and minerals to your meal. Hold the garlic bread.

36. Eat breakfast! You will feel less hungry during the day. It doesn’t have to be traditional fare: Low fat, low sugar yogurt layered with whole grain cereal, and fresh, canned or frozen no sugar added fruits, makes a healthy parfait with protein and carbohydrate. Meal leftovers or a sandwich are better choices than pastries.

37. Eat something nutritious like cheese, fruit, or nuts mid afternoon, if there will be more than 4 hours between lunch and dinner. It will help you to not feel so hungry while waiting for dinner.

38. Drink plenty of water or no-sugar flavored waters during the day. Many people think they feel hungry, when they are actually thirsty.

39. Avoid high sugar, high calorie power drinks when exercising. Water is the beverage of choice to replenish fluids.

40. Reducing fat from dairy foods reduces calories: 8 ounces of whole milk=150 calories, 8 ounces of fat-free or 1% milk=80 calories.

41. Eat at regular intervals during the day. Take the time to enjoy your food and don’t use lunch to check e-mail or return phone calls. Eat only when seated at the table, not while watching TV or reading. If you eat while paying attention to something else, you will feel less satisfied.

42. Don’t eat while driving. Drink water if you need something in the car.

43. Walk or exercise daily for at least 30 minutes. Research has shown that active people tend to eat less at meals.

44. Research studies show many health benefits of eating lots of fruits and vegetables. Make half of your plate vegetables and fruit. They fill you up, taste great, and can help prevent disease.

45. Don’t be fooled by foods that are labeled “low fat” or “sugar free.” Check the label! These foods may still have plenty of calories, and may be full of unhealthy ingredients.

For more information, contact Elliot Center for Advanced Nutrition Therapy at 603-663-4524.