

Here are a few quick tips to help you get started on your weight loss plan!

Protect the home environment: Remove temptations by keeping them out of the house. Instead, keep the kitchen stocked with healthy foods like fruit, vegetables, whole grains (like quinoa and oatmeal), lean protein (like chicken, fish, and tofu) and dairy products or dairy alternatives (like unsweetened soy or almond milk).

Don't forget breakfast: Eating a healthy and balanced breakfast will “jump start” your metabolism and help prevent extreme hunger mid-morning. It's important to include lean protein (like eggs, milk, yogurt, cheese, beans, or turkey sausage) with breakfast which will help keep you satisfied longer. Not hungry in the morning or in a rush to get out the door? Grab something healthy (like string cheese and piece of fruit or plain yogurt with granola) to eat on the way out the door.

Remember portion control: Stick to the balanced plate which encourages you to fill $\frac{1}{2}$ your plate with non-starchy vegetables, $\frac{1}{4}$ lean protein (size of your palm/deck of cards), and $\frac{1}{4}$ starches or grains (size of your fist).

Think Before You Drink: Drink water or milk instead of soda, juice, lemonade, ice tea, etc. These are loaded with added sugar and empty calories.

STOP, TAKE A DEEP BREATH, and **THINK** before reaching for something unhealthy: Do you really want it because you're hungry or do you want it because you're stressed? Here's a list of activities to avoid emotional eating:

- Take a hot bath
- Go for a walk around the neighborhood or at a local park
- Call a close friend or family member ... sometimes it helps to vent
- Watch a favorite movie
- Read a book, magazine
- Treat yourself to a manicure, pedicure and/or a massage
- Listen to classical music ... some studies have shown it helps lower blood pressure
- Write in a journal