Learning to manage your weight is a very personal journey. This factsheet explains how you can increase your chances of success.
Increase your chances of success

Make healthy food choices

- Choose lean protein: reduced-fat dairy products, eggs, fish, chicken, lean cuts of beef & pork.
- Cut back on certain carbohydrates: white rice, potatoes, sugars, low-fiber breads, cereals, pasta. When you do eat those carbohydrates, keep portions small and eat them with protein.
- Eat generous amounts of watery, low-density fruits and vegetables.
- Look for high-fiber grains and legumes you like such as oatmeal, beans, brown rice, and breads. Try preparing them with more watery foods such as apples, celery, onion, and peppers. Look for products with at least 3 grams of fiber per serving and those with reduced carbohydrate content.
- Include healthy fats in your foods that provide a feeling of fullness and satisfaction: olive oil, reduced fat salad dressings and mayonnaise, avocado, nuts, olives, salmon. Eat enough fat to avoid feeling deprived: meats, cheeses, sauces.

Increase your activity level

- Do whatever it takes to fit activity into your life. Take the stairs instead of the elevator. Walk at lunch, during the day, or after work. Get out and enjoy a nature walk or hike on the weekend. Park your car farther from the door.
- Try to include some kind of weight and strength training as part of your routine. Using hand weights and other strength-building techniques can help you build muscle and self-esteem. You become even more active because you feel better and can do more.

More keys to successful results

What has worked for others

- Keep trying. Don't give up.
- Don’t deny yourself.
- Weigh yourself often.
- Exercise one hour per day.
- Have an active day.
- Eat low-fat, moderate carbohydrate, lean protein foods.
- Eat five small meals a day.

Source: National Weight Control Registry
What are your ideas, based observations of your current behavior, about why you eat too much and are less active than you need to be to lose 10 percent of your current weight?

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Build a supportive environment

• Find other people who want to be active and whose company you enjoy. Having someone understand and support your efforts is important. We all need a little help at home, at work, and at play.
• Make it easy to eat more healthfully and to move more. Keep fresh fruit and your hiking boots handy.
• Create a home where you can rest and rejuvenate. Getting enough good quality sleep is essential to all your other efforts.

3 Key Elements

How much you eat

What you eat and how much you eat determines your weight.

How active you are

Activity is essential to good physical and mental well-being.

How you feel

Discovering the motivations for your current behaviors will help you succeed.
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