

PATIENT INFORMATION

SIMPLE STEPS FOR WEIGHT REDUCTION

STEP#1

Conscious eating

Be aware of what you are eating. Always sit down when you are eating. Make yourself aware of what you are putting into your mouth. Take your time and taste the food.

STEP#2

Choose the right foods

Read nutrition labels and be aware of what is in the food that you are eating. Make smart food choices.

- Foods with a high fiber content:
e.g. raw fruits and vegetables, whole grains, beans, and lentils
- Foods with healthy carbohydrates (starches):
e.g. brown rice, whole grain pasta, high fiber or whole wheat bread
- Foods rich in protein
e.g. lean meats, fish, beans, low- and non-fat dairy products (milk, yogurt, cottage cheese)
- Foods with healthy fats (in moderation)
e.g. nuts (non salted), avocado, salmon

STEP#3

Avoid the wrong foods

Be disciplined in your eating habits. Don't make bad food choices.

- Foods with "bad carbs" (starches)
e.g. muffins, doughnuts, pancakes, waffles, cakes, cookies, candy bars, chips (i.e. junk food)
- High fat foods
e.g. ice cream, chocolate, french fries, fried food, pizza, high fat meats, cheese, cream, butter, whole milk
- High caloric drinks
e.g. alcohol, sodas, juice, coffee drinks, smoothies, milk shakes

STEP#4

Prepare food the right way

Bake, broil, steam. Prepare your own food to control added fats. Avoid fried foods, don't prepare your food in butter, cheese or cream sauce. Avoid high fat salad dressing.

STEP#5
Portion control

Eat from a salad plate. Fill your plate in the kitchen and don't go for a second helping.

STEP#6
(Exercise, but get your Doctor's approval)

Be more active throughout the day (take the stairs, park far away, walk wherever you can). Try to do 30 minutes of moderate exercise at least 3 times per week

Other helpful tips

- **Avoid temptation:** If you don't have it in the house, you will be less likely to eat it.
- **Eat a healthy breakfast every day**
- **Stay well hydrated.**
- **Eat 5 small meals throughout the day.** It is much harder to control what you are eating when you are very hungry.

Remember: you are not on a diet. Only if you change your eating habits for good, you will improve your health and will see lasting effects.