

## **Nutrition Tips for Weight Loss**

Source: National Resource Center on Native American Aging  
“Walk your way to Fitness” Guide and Daily Log  
<http://medicine.nodak.edu/crh/nrcnaa>

To lose a pound a week, you need to reduce 500 calories a day by combining eating healthy and increasing your physical activity. Reduce the number of calories that you eat and burning more by exercising. Moderate activity for one hour burns 150-200 calories. That is the calories in 2 slices of bread – a candy bar or milkshake maybe much higher in calories. To lose weight you need to also eat right.

- Read nutrition labels. Within similar food groups choose foods lower in calories.
- Reduce your intake of added sugars, solid fats and alcohol which all provide calories but not essential nutrients.
- Eat more fruits and vegetables.
- Remove the skin from chicken/turkey and do not eat breaded foods.
- Cut away extra fat from meat.
- Eat less sauces and dressing, use lemon juice on your salads.
- Check portion sizes. The serving sizes given on nutrition labels are often smaller than what we eat at one sitting.
- Drink a glass of water a few minutes before you sit down to eat. This will help to curb your appetite.
- Eat more slowly to give your stomach time to “tell” you that you are full.
- Serve food on a smaller plates.
- Don’t go back for seconds.
- Avoid frying foods. Steam, bake, roast, grill or microwave them.
- Choose fresh fruits rather than fruit juices. Fresh fruits are more nutritious and have less sugar.
- Keep cut-up fruits and vegetables readily available in your refrigerator for snacks. Do not have tempting high-fat, high-sugar snacks at home.

- Use light versions of margarine, sour cream and mayonnaise, or use non-fat yogurt and mustard in sandwiches, salads, and recipes.
- Cut sugar and fat in half whenever possible in preparing desserts and your favor dish that you make from scratch.
- When eating out share large portions.
- Work on managing stress so that you do not respond to it by overeating.
- Plan non-food rewards to keep yourself motivated to achieve your best weight.