

The Ten Commandments for Healthy Weight Loss

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1. EAT A BALANCED BREAKFAST EVERY MORNING!

This will get your metabolism revving for the whole day and prevent binging later on. Remember: "under eating leads to overeating".

2. INCORPORATE AT LEAST ONE FRUIT OR VEGETABLE WITH EVERY MEAL OR SNACK!

Choose what's in season - check out your local Farmer's Market.

3. SNACK WELL - SNACK OFTEN!

Eat smaller portions of meals/snacks every 3 hours to keep your body well fueled and energetic. Try to include a lean protein and complex carbohydrate.

4. MAKE WATER YOUR DRINK OF CHOICE!

Avoid sugars and artificial sweeteners, add some lemon or natural juice to your water for flavor or try seltzer.

5. PLAN YOUR MEALS WHETHER BROWNBAGGING, COOKING, OR EATING OUT!

Wherever you go, whatever you do always remember to choose foods that are baked, broiled, steamed, grilled, poached or sautéed. Always choose low fat dressing and condiments and include a vegetable or salad.

6. USE THE PLATE TRICK!

Fill 1/2 of your plate with vegetables, 1/4 with protein, and 1/4 with starch!

7. CHOOSE COMPLEX, HIGH FIBER CARBOHYDRATES AND LIMIT WHITE FLOUR & SUGAR!

Examples include Quinoa, Brown Rice, Sweet Potato, Farro and more!

8. BE ACTIVE! BE ACTIVE! STAY ACTIVE! STAY ACTIVE!

Activity is not only at the gym - walk more, take the stairs, play a sport.. Just MOVE!

9. KEEP A LIST OF ACTIVITIES YOU CAN DO TO PREVENT EMOTIONAL EATING (AND THAT INCLUDES EATING WHEN YOU ARE BORED)!

Post it on your refrigerator and your cabinets to help you when faced with temptation.

10. REMEMBER YOU ARE WONDERFUL! TAKE EACH DAY AS IT COMES WITH A NEW OPPORTUNITY TO MAKE HEALTHY CHOICES - DON'T FALL TRAP TO THE ALL OR NOTHING MENTALITY!

#TheWellnessPackage.