



Tips To Slow Weight Gain

STEPS TO TAKE

Choose foods with fewer calories per bite. Follow *MyPlate for Moms* to eat the healthy food you need from each group. Limit foods that add extra calories and few nutrients to your diet.

Check off each tip you are doing already and circle the tip you are willing to try.

Vegetables and fruits: Aim for at least three cups of colorful vegetables and two cups of fruit each day. Try these tips:

- Eat fresh vegetables and fruits for meals and snacks
- Limit starchy vegetables like potatoes to one or two servings per day
- Eat baked or boiled potatoes instead of french fries
- Limit fruit juice to 1/2 cup each day
- Buy frozen vegetables with no sauces and fruits packed in juices not syrups
- Eat plenty of salad and limit dressings to 1 tablespoon

Milk: Get three servings of milk and milk products each day with fewer calories:

- Nonfat or 1% (skim) milk or low fat soy milk
- Low fat cheese and cottage cheese
- Yogurt with less fat and sugar



Meat and beans: Select 6 to 7 ounces from these low fat choices:

- Fish and water-packed tuna
- Flank or round steak, lean or extra lean ground beef (15% fat). Regular hamburger is 30% fat.
- Any kind of beans, such as pinto, black, or kidney beans made without lard or fat
- Tofu or other vegetarian protein foods
- Extra lean or 97% fat free meats. Eat less bologna, bacon, sausage, and canned meat
- Chicken and turkey without skin
- Broil, barbeque, or bake meats, poultry, and fish to cut fat calories in half

Grains, breads, cereals: Make your 6 to 8 grain servings high fiber and low fat:

- Try whole grain rice, pasta, and noodles. Read the label and look for the words "whole grain".
- Try bran cereal and oatmeal for fiber and fullness
- Watch serving sizes: 1 ounce bread or tortilla, 1/2 cup rice or pasta and 3/4 cup cereal count as one serving. A large bagel counts as four servings. Limit daily servings to seven to eight.
- Try low fat crackers like rice crackers or baked crackers
- Make pastries, cakes, and cookies "once in a while" foods
- Steam or boil rice, noodles, and grains. Frying adds fat.
- Substitute tomato sauce or light sauces on pasta and noodles. Cream and white sauces are high in fat.



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Oils: You need to eat 6 teaspoons of healthy plant oils each day. Limit fats from animals; they are not as healthy for you and they add fat and calories to your food. Try to:

- Use less animal fats like butter, lard, cream and half and half
- Look for the words low fat, lean, extra lean, and fat free on food labels
- Make more food from scratch. Processed food can be high in fat, sugar and sodium.
- Eat less fast food. When you do dine out, choose the lower calorie items.
- Use spray oils when cooking
- Stir fry meats and vegetables to use less oil than deep frying
- Use herbs and spices and small amounts of fat to flavor food



Here are more ideas to try. Check off the ideas that will help you the most:

- Record everything you eat and drink for three days and compare your intake to *MyPlate for Moms*. Writing down what you eat may help you make healthier choices.
- Set two or three daily goals for healthy eating to maintain weight. Write these goals down and share them with someone who can support you.
- Drink plenty of water every day instead of soda or fruit drinks
- Drink decaffeinated coffee drinks with nonfat milk and limit sweeteners and cream
- Eat slowly and chew each bite of food well
- Sit down at a table when you eat. Try to not eat in cars, sitting on the couch, or on the go.
- If you are stressed and upset, talk to someone instead of eating when you are not hungry
- When you eat, simply eat and enjoy your food. Try not to watch T.V., read, or study while eating. Eat with friends and family when you can.
- Eat only when you are hungry. Listen to your body to tell you when you are full.
- Try to stay away from junk foods like sodas, candy, cakes, chips, punch, Kool-Aid®, donuts and popsicles. Pick a healthier choice like calorie-free fruit flavored water, crunchy fruits and vegetables, and air popped popcorn.
- Enjoy sweet foods, chips, and fries as “once in a while” foods