

Lola's Tips To Help You Control Your Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat-free milk or low-fat (1%) milk instead of whole milk or coconut milk
- ♥ Cheeses marked “fat free” or “low fat” on the package
- ♥ Canned food labeled “light” or “lite”—Read the Nutrition Facts label!
- ♥ Fruits and vegetables without butter or sauce—Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Steamed rice, cereals, and whole-grain noodles (pasta)
- ♥ Lean cuts of meat, seafood, and skinless chicken
- ♥ Water or low-calorie drinks instead of soft drinks and sugar-filled fruit drinks



2. Make foods the healthy way.

- ♥ Bake, steam, broil, or grill instead of frying foods.
- ♥ Prepare rice without lard or fatty meats.
- ♥ Use less high-fat cheese, lard, coconut oil, and butter when cooking.
- ♥ Use vegetable oil spray or a little bit of vegetable oil or tub margarine when cooking.
- ♥ Flavor salads with fat-free or low-fat mayonnaise or salad dressing.
- ♥ Marinate meats, poultry, and fish in a mixture of juice, garlic, onions, and herbs.



3. Limit your portion size.

- ♥ Serve smaller portions, and do not have second helpings. Have a salad if you are still hungry.
- ♥ Eat smaller meals and snacks throughout the day instead of having one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurants now serve food portions that are too big. Share an entree, or bring half home.
- ♥ Go to buffets less often. Order from the menu.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice. Keep an eye on the portion size. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

- ♥ Do your favorite physical activity for at least 60 minutes each day.
Try this: If you are pressed for time, walk for 20 minutes three times a day.

5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds (0.45–0.91 kg) a week. Losing even 10 pounds (4.5 kg) can help reduce your chances of developing heart disease.

