

Sage Life Technologies

Healthy Habits For Weight Management



Healthy Weight Management:

There are so many “diets” and weight loss plans today. Our Healthy Weight Management Program is not a “diet,” but rather, a way of eating well for life.

It is important to understand that changing your eating or exercise habits is something that should always be done with the advice and supervision of a physician – particularly for seniors or people with chronic illnesses.

If you are just trying to maintain your current weight or lose a few pounds, then our habits offer a sensible ways to

go about this. Rather than limiting the quantity of food or certain food groups, our plan is more focused on changing your general eating habits and toward a healthier lifestyle.

Therefore, the goal is to eat sensibly so that your body gets the nutrition it needs, but not the extra pounds no one wants!



Good Habits For Weight Management:

- Select Foods With Highest Nutritional Value
- Fill Up on Vegetables and Fruits
- Eat A Variety of Foods
- Eat When You Are Hungry and Stop When You Are Full
- Drink Water First
- Watch Portion Sizes
- Exercise

What Is Nutritional Value?



Nutritional Value means that a food item contains elements that our bodies need in order to thrive, such as: protein, complex carbohydrates for energy, vitamins, minerals, and fiber.

Whether high or low in calories, these foods are important building blocks for our health.

When a food lacks value for our bodies, it is often called “junk food” or a food with “empty calories.”



Write these habits and post to your refrigerator. Writing things down and seeing them are both activities that help us to remember and act on new habits.

“Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.”

-Mark Twain



Healthy Habits for WEIGHT MANAGEMENT: Getting Started

Get Stared:

Take 7 weeks to master one of these new habits per week:

- **Select Foods With the Highest Nutritional Value**
- **Fill Up On Vegetables and Fruits**
- **Eat A Variety of Foods**
- **Eat When You Are Hungry and Stop When You are Full**
- **Drink Water First**
- **Watch Portion Sizes**
- **Exercise**

By the end, you will be eating healthy foods, eating sensibly, staying hydrated and exercising regularly.

By not focusing on what you cannot eat, you avoid the temptation to “stop” a “diet” when it no longer works. In this plan, you are changing your eating habits toward a healthier lifestyle.

If you find yourself slipping on one of the habits, go back to it! You may find some weeks easier than others. Remember, this is not a “get skinny quick” program—but rather lifelong plan for healthy weight management.

Habit #1: Select Foods With the Highest Nutritional Value

When selecting main courses, look for foods that contain high nutritional value (proteins, vitamins, minerals, and complex carbohydrates) such as lean cuts of meat, whole grain pasta, or bean dishes.

When selecting food from the store, try to fill your cart with items from the outer ring of the store (the produce section, meat, dairy, bread). For grain products like pasta, select whole-wheat versions. Brown and long grain rice are best. Look at labels for things like cereal. No matter what you are selecting (for instance, bread), look for the product with the most protein, fiber, minerals and vitamins.

Limit foods with low nutritional value (or “empty calorie” foods) like cookies, baked goods, candy, sweets, etc. These only add unnecessary calories without helping your body in any way and should

be seen as “treats” – not a part of every meal. If you want treats often, eat them in very small portions (example: a small Hershey Kiss rather than a whole chocolate bar).

MORE TIPS:

- **Read Labels**
- **Select the Best Nutritionally Rich Foods**
- **Stop Purchasing Empty Calorie Foods**



Habit #2: Fill Up on Vegetables and Fruits

Fruits and vegetables are low calorie and pack important vitamins, minerals, and fiber to keep you strong and healthy. So, start your meal with an apple, carrots sticks, or a large salad and this will help you feel more satisfied and full when you move on to the main course.

Buy fresh produce. Try to eat it raw or steamed - and without added sugars, dressings, and fats. Boiled vegetables often lose many of their nutri-

ents in the cooking water and processed food (canned, frozen, etc.) is less nutritious than fresh.

MORE TIPS:

- Buy vegetables like carrots, celery, broccoli, etc. in bulk. Chop them to store in water in the refrigerator. When you are hungry, these types of quick foods make great snacks.



Reduce the amount of calories consumed by not adding extra sugar to fruit dishes. When making salad, a little vinaigrette is fine, but loading the salad with creamy dressings can add calories without adding nutrition.

Habit #3: Eat a Variety of Foods

The process of healthy eating and weight management is to eat a wide variety of foods that have high nutritional value.

Did you know that the color of vegetables often corresponds to the types of vitamins contained? Vary the color of your foods and the types. Food pyramid suggestions often change about what should be eaten. A good simple rule is to eat a variety of foods from different food groups everyday.

Basically, there are 5 categories of foods:

- Fruits and Vegetables
- Meats, eggs, and Fish
- Dairy
- Grains and Starches
- Fats and Sugars

Common wisdom suggests that we need some foods from all of these categories but not in the same amounts.

For instance, some fats, like olive oil, are beneficial to our health. And we do need some fat to stay healthy. However, most things in the “fats and sugar” category are not nutritious. They may offer a source of energy (like a candy bar) – but they will most likely cause you to gain unnecessary weight.

Slow burning grains like oatmeal and whole wheat pasta will provide steady long-term energy, are low-calorie, and offer other benefits like vitamins, protein, and fiber. Again, fill up on fruits and vegetables and round out your meal with the other groups.

MORE TIPS:

- Shoot for having foods from different food groups with each meal—and make your meals colorful!
- Limit your intake from the fats and sugars category

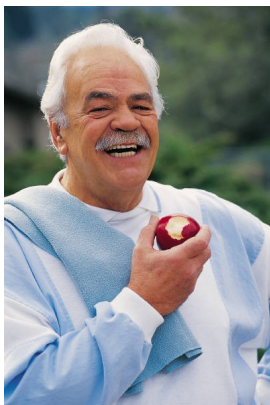
“Variety’s the very spice of life, that gives it all its flavor.”

-William Cowper



Try a new vegetable or fruit every week. If you are unfamiliar with a food, ask your grocer if he has recipes.

Habit #4: Eat When You Are Hungry, Stop When You Are Full



If you get hungry between meals, simple snacks like apples, crackers and cheese or carrot sticks are wonderful ways to snack. Healthy snacking is easier if you prepare the snacks ahead of time.

It makes sense, but many of us don't do this habit well. One way to start is to begin a meal by asking yourself "am I really hungry?" and periodically slowing down your consumption. Check in with yourself to say "Am I feeling satisfied yet?" Very often, we don't pay attention to signals from our bodies and we are eating because we feel stressed or bored.

Likewise, it is important to not starve yourself or ever diet to the extent where you are hungry all the time – this can lead to health problems. People who skip meals often just overeat at the next opportunity.

The goal of this habit is to listen to your body and make a reasonable effort to eat good foods when you are hungry and stop when you feel full!

MORE TIPS:

Sometimes, creating an after-meal ritual of chewing gum, brushing your teeth or getting up from the table to go for a walk, can stop the process of over-eating at a meal and signal to your appetite that the meal is over.

"Enough is as good as a feast."

~English Proverb

Habit #5: Drink Water First

Did you know that feeling hungry sometimes means your body is actually thirsty? Try drinking water when you feel like you have low energy or are tempted to eat empty calorie foods like donuts. Often, cravings for sweets will pass with a tall glass of ice water.

Watch what you drink overall. Sometimes, people discover that even the cream and sugar in coffee can add up to unwanted pounds – and those fancy "café" drinks can sometimes contain half a day's worth of calories in just one small cup! Some folks consume alcohol, which is high in "empty" calories. Also, many juices now contain added sugars. Juices are healthy in moderation—but can be watered down to avoid the high sugar. If you want to drink things besides water –

go ahead – but have a glass of water first to quench thirst!

MORE TIPS:

- If you are craving empty calorie foods, feel really hungry, or desire a sweet drink, try having a glass of water first. You may find out you were really just thirsty.
- Replace empty calorie drinks like soda with water instead.



Habit #6: Watch Portion Sizes

You don't need to get out a measuring cup every time you eat, but you can be more aware of the volume of food you put on your plate.

Eating out can be particularly difficult since we sometimes believe that we must finish the entire meal, and restaurants tend to make their portion sizes very large. If you eat out often, consider asking if you can split a meal with your companion or ask for a doggie bag to save some for dinner the following night.

When eating at home, use a smaller plate. Fill it in the kitchen with small portions so you have to get up to get more if you want it. Wait 2 minutes and sip water before getting up to see if you really still want to.

Habit #7: Exercise

Yes, exercise is part of the equation. When our intake of calories (or food energy) matches our output of energy (physical motion), we are less likely to add pounds. Just getting out of the house for 30 minutes to walk can do wonders for us in so many ways. There is also evidence to suggest that exercise curbs the types of hunger cravings (like stress eating) that lead to binging on sweets or chips.

Exercise may make you more tired at first. But, after a few weeks, exercise usually makes people feel more energetic and strong. To reduce injuries, make sure you have good shoes and never exercise "through" pain. Talk

If you must have a little dessert, make it a small portion. Don't open the bag of M&Ms and sit down to watch TV. Get a bowl and put about 10-15 in, wrap up the bag and put it away. Eat slowly and really savor treats – but in small bites!

MORE TIPS:

- Every time you serve yourself, take a little less than you think you need. You can always go back for more if you are still hungry.
- Take small steps in each meal, like splitting a dessert or even use less sugar in your iced tea. Over time, small portion reductions can add up!



Select exercises that are enjoyable to you and convenient.

Remember to start out slowly and check with your doctor before beginning a new routine.

to your doctor before starting any exercise program to make sure your plan is right for you.

MORE TIPS:

- Start slowly. Build up your strength and endurance as you go. Just walking for 10 minutes is better than nothing!
- Don't push too hard.
- The key is to do something you like and do some physical activity on most days.

The information contained in this publication is meant for educational purposes only and is not meant in any way to replace or represent medical advice. Always seek the advice of your doctor before beginning any diet or exercise plan.

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