



13 Tips for a Healthy Weight

1. Do not go on a very low-calorie diet!

When your body does not get the calories it needs, it slows down how fast it burns the calories. And you might get so hungry you eat a lot at once (binging). So rather than helping you to lose weight, fad diets or very low-calorie diets can make it easier to gain weight.

2. Try not to skip meals, especially breakfast.

When you skip meals, you put stress on your body. You may feel tired and grumpy. When you are very hungry, you may eat more later, especially foods that are not healthy.

3. Eat foods from all the food groups.

Eating a variety of foods gives your body what it needs -- energy and nutrients -- to look good and feel great. For more information, visit www.choosemyplate.gov.

4. Squeeze in vegetables and fruits throughout your day.

- When you are thirsty, grab some fruit instead of soda or juice.
- Grab a fruit or vegetables as a snack-to-go.
- Eat cut-up, fresh vegetables like broccoli with a yogurt dip for a snack or at parties.
- Make half your plate vegetables and fruits, like in the picture at the top of this page.
- Add spinach and tomatoes to your sandwiches. Use avocado instead of mayonnaise.
- Try fresh salsa or avocado instead of dressing on salads.
- Eat your vegetables at dinnertime.

5. Keep healthy foods ready for snacks and to take with you.

That way when you are hungry or on the go, you will have something prepared. You will not have to rely on whatever is available, which may not be healthy. Also, you can save money!

Some ideas for healthy snacks:

- Carrot sticks (or other vegetables) with hummus or peanut butter
- Your favorite fruit, fresh or dried
- Plain popcorn
- Hard-boiled egg
- Nonfat or lowfat yogurt with fruit
- Nuts, such as slivered almonds or pistachios
- Whole wheat tortilla with nonfat or lowfat cheese
- Keep water with you in a reusable bottle

6. Enjoy your favorite foods. Just enjoy them a little at a time.

When you deny yourself something you like to eat, you may spend time and energy thinking about it. Later, you may end up eating more than you would have if you had just eaten a little of it in the first place. Moderation is best.

7. Read nutrition labels.

Choose foods with less saturated and trans fat, salt (sodium) and sugar. Note that Total Fat can include healthy fats and oils (low in saturated fat and no trans fat, such as safflower and olive oil).

8. Listen to your body's hunger cues.

- Eat when you are hungry.
- Stop eating when you are full. Not sure if you are still hungry? Wait 20-30 minutes. If you are still hungry, then serve yourself another small portion.
- Try not to eat when you really want something else.
 - Sleep when you are tired.
 - Be physically active when you need energy.
 - Breathe deeply when you are stressed.
 - Do an activity you enjoy when you are bored.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container about 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g	18%	
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	
Sodium 470mg	20%	
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
Proteins 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

9. Do not trick your body into thinking you are hungrier than you are.

- Do not leave prepared food at the table.
- Do not put food on very large plates.
- Serve yourself the correct portion size. You can always take more later.

10. Be mindful while you eat!

Eat slowly and consciously, savoring each bite. Try not to mix eating with other activities, like watching TV or using other electronics. This can help you from overeating without realizing it. If you have to snack while watching TV, choose healthy snacks like plain popcorn, pretzels, fruit salad, or vegetables with a yogurt dip.

11. Have fun moving your body.

Being physically active — whether in sports, dancing in your room, taking a walk — is a great way to feel and look good. Physical activity also helps reduce stress.

12. Try to get enough sleep.

Getting enough sleep can help you focus in school, give you energy and may even help you have a healthier weight! Most teens need about 9 hours of sleep every night.

13. Show yourself some love!

Appreciate your body for all that it does for you. Discover your unique beauty, inside and out!