Consider posting your goals or this handout on your refrigerator, bathroom mirror, or another prominent place.

Set goals and write them down.

• Make one or two changes at a time and start with something simple.
• Take your time, eat slowly, and enjoy your food.
• Tell yourself to eat until you are satisfied, not until you are stuffed.
• Keep a food diary to help you see where changes can be made.

Consider some of the following:

• Eat more vegetables, fruits, whole grains, and low-fat dairy products. These are good for you and help fill you up.
• Drink a glass of water before eating.
• Drink water, diet sodas, or artificially sweetened drinks instead of sugar-sweetened beverages.
• Get rid of snack foods high in calories, fat, and sugar. If these foods aren’t available, you won’t be as tempted. Instead, have healthy snacks easily available.
• Broil, bake, steam, or grill your food instead of frying it.
• Choose lean cuts of meat; cut off visible fat.
• Plan snacks and meals ahead of time.
• Avoid alcohol.