Learning New Skills for Healthier Weight

No single eating plan is right for everyone. Getting fewer calories is more important than using a specific plan.

**SELF-MONITORING:**
- Record eating and physical activity, as well as thoughts or feelings connected to these activities.
- Keep a daily food and activity log.

**STRESS MANAGEMENT:**
- Identify areas of stress and develop healthy coping and stress-reduction strategies.
- Try relaxation techniques that do not involve eating or drinking.

**BEHAVIORAL SUBSTITUTION:**
- Identify reasons for eating that are not related to hunger and replace another behavior for eating.
- Substitute riding a bike or walking the dog for eating when *NOT* hungry.

**SOCIAL SUPPORT:**
- Request family or friends to provide support.
- Ask for help. Request a walking partner.

**GOAL SETTING:**
- Set goals for weight management.
- Set a goal to cook most meals at home for 2 weeks. Complete the Goal Setting for Weight Management form (ask your provider).

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**Sizing up healthy eating**
- Plan ahead for cravings.
- Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
- Think of reducing, rather than cutting out your favorite foods.
- Eat at regular mealtimes to avoid overeating later in the day.
- Place a single serving in a container rather than eating from the package.

**Eat together with family and friends**
- Choose steamed or baked foods instead of fried.
- Ask family and friends to support you in making healthy choices.
- Share a meal with a friend.

**On the go: stay healthy away from home**
- Ask for your meal to be served without gravy, sauces, butter, or margarine.
- Pack a lunch and healthy snacks.
- Order water to drink with meals.
- Order a smaller portion, appetizer, or share a dish.

**Smart shopping: keep your basket full and fresh**
- Make a list based on meal plans.
- Shop after a meal.
- Read nutrition labels.
- Buy more vegetables, lean meats and fish.
- Add a rainbow to every plate — choose different colored fruits and vegetables.
- Avoid sweets, salty snacks, and soda.

**Get in step**
- Begin with short walks and gradually increase your time or distance.
- Use a fitness tracker or activity log.

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**Information to help you eat healthier food**

Heart Health and Healthy Living: [https://healthyforgood.heart.org/](https://healthyforgood.heart.org/)

Healthy Food Choices: [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)

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**SMART Goals Weight Loss Plan**

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<tbody>
<tr>
<td></td>
<td>What are some healthy eating habits you can start doing?</td>
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<td>What is the best way to track your new habits or progress toward your goal?</td>
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<td>How confident are you that you can achieve this goal? (1-10)</td>
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<td>Why is this important to you?</td>
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<td>When will you begin?</td>
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**NOTES:**

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*If you are thinking about weight loss surgery...*

Bariatric surgery and devices may be an effective treatment option for those affected by severe obesity. Ask your health care provider for information.

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