What can I do to manage my weight?

It's that time of year when "lose weight" tops the list of New Year's resolutions. But if you want to lose weight or maintain a healthy weight, skip the fad diets and adopt these seven healthy habits...

1. Eat more fruits and veggies

They're lower in calories than processed foods and sugary snacks. They're also high invitamins and nutrients your body needs for best health. But most people don't eat enough.¹

- Only 12 percent of adults eat enough fruit (1.5 to 2 cups per day).
- Only 10 percent of adults eat enough vegetables per day (2 to 3 cups per day).

2. Drink more water

How much water do you drink per day? If you don't know, there's a good chance you're not drinking enough.

Drinking water can help control calories, curb hunger, improve muscle function, and manage your weight. Aim for at least 64 ounces a day.

3. Eat fiber-rich foods

If you're looking for a simple way to lose weight, eat more fiberrich foods. Most adults only eat 15 grams of fiber per day. But the



Academy of Nutrition and Dietetics recommends:²

- Women. 25 grams of fiber per day
- Men. 38 grams of fiber per day

Foods high in fiber include: Salads, soups, fresh fruits and vegetables, whole-grain bread, pasta and cereal

4. Chew your food

That's a nice way of saying, "Slow down at meal time." Take a bite. Put your fork down.

And chew slowly.

In one recent study, researchers found that people who ate slower at meal time, ate 25 percent less calories from snacking in between meals.³

5. Track your weight

Weigh yourself every day, or at least once a week, and keep track. Write it down in a journal, put it on your calendar, or record it with a mobile app.

Research shows tracking your weight can help you make better food choices to support weight management.⁴



6. Get your Zzzs

Aim for 7 to 8 hours a night. People who cut sleep short are more likely to gain weight.

Why? Lack of sleep alters levels of hormones (ghrelin and leptin) linked to hunger and cravings⁻⁵ And if you stay up late, you'll have more time for snacking.

7. Be more active

Aim for at least 30 minutes of moderate exercise per day. Pick an activity you enjoy (walk, bike, swim, dance, hike, etc.) and make it part of your daily routine.

If something happens that throws your diet or exercise routine off track (work, family, stress, vacation, etc.), it's not that big of a deal. Just pick up where you left off, and keep going.

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