

## Tips for Losing Weight

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It is recommended that you lose weight. Extra weight can increase our chances of developing certain conditions including diabetes and heart disease. Since food equals calories, to lose weight you must either eat fewer calories, exercise more to burn off calories with activity, or both.

### **Some tips to eating properly:**

Limit empty calories that have no nutritional value including sugar, honey, syrup, candy, pastries, donuts, pies, cakes, cookies, chips, nuts, soft drinks, sweetened drinks, alcohol

Try to eat foods with high vitamin/nutrient content including fruits and vegetables, whole grains, low fat dairy products

Avoid high fat meats by choosing poultry, fish or lean red meat

Choose low fat cooking methods including baking, broiling, steaming, grilling or boiling

Avoid high fat condiments such as salad dressings, margarine, mayonnaise, gravies, creamy sauces/soups

Eat smaller frequent meals, never go more than 4 hours without eating something small

Find other activities to distract you from eating such as walking, reading, participating in a hobby

Include regular exercise into your daily routine

This information should be used after speaking with your practitioner, it does not replace their advice.



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## 5 Tips for Losing Weight

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ways; take the stairs instead of the elevator or park farther away from the grocery store instead of the closest spot

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