10 Steps to a Healthier Weight

Reaching a healthy weight requires lifestyle changes. A healthy weight cannot be reached with a quick fix, such as trendy diets or with expensive pills. The best method for achieving a healthy weight is to create a plan that will last a lifetime. Follow these 10 steps to help you meet your weight goals:

1. **Make health your number one priority.**
   - Emphasizing health can raise your overall self-esteem resulting in healthy eating, weight loss, and improved health.

2. **Create a plan and write it down.**
   - Use MyPlate.gov to find out how much food from each food group you should eat.
   - Try keeping a food log to look back and see what you ate.

3. **Set realistic goals.**
   - If you set unrealistic goals, it is easy to become discouraged.
   - Take it step by step and give yourself time.

4. **Eat at least 3 meals a day.**
   - Skipping meals will leave you hungrier later in the day.
   - Plan your meals ahead of time and eat a variety of foods.

5. **Snack on healthy foods between meals.**
   - Choose nutritious snacks such as fruits, vegetables, and low-fat yogurt.

6. **Make smart food choices.**
   - Your body needs foods from every food group.
   - Make sure to include a variety of foods in your food plan.

7. **Practice portion control.**
   - Learn the correct portion sizes and eat the proper portions for meals and snack.
   - Use smaller plates to help gauge proper portions.

8. **Listen to your body.**
   - Know when you are full and stop eating before you are stuffed.

9. **Eat slowly.**
   - It takes about 20 minutes for your brain to get the message that you are satiated.
   - If you eat fast, you will consume more because your body does not know it is full.

10. **Be active.**
    - Routine physical activity is important for your overall health.
    - Exercise will not only help you maintain a healthy weight, but it will decrease your risk for chronic illness.

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