

CHANGES AT HOME

Tips for Losing Weight and Keeping it Off

Strategies to help manage healthy eating and activity

Use these tips for changes at home, including meals at home and healthy eating. We've ranked them by how useful they were to our Healthy Weight Study participants.

KITCHEN CHANGES

1. Always keep frozen veggies in your freezer, this will help ensure you have a vegetable dish with every dinner.
2. Keep food in the kitchen, or basement for storage. Don't keep food in other rooms of your house like your bedroom or the living room.
3. Remove tempting snacks from your home, or at least keep them out of sight.
4. Make your kitchen a place to cook, not lounge-- move TV, computer, or comfy chairs into a different room.
5. Don't have time to eat before work? Bring a healthy breakfast with you, try 2 hard-boiled eggs, or Greek yogurt.
6. Keep high protein, ready to go snacks available at home like yogurt, hard boiled eggs, and string cheese.
7. Move fruit, veggies, and lean protein (chicken, turkey, tofu) to a shelf that's eye-level in your refrigerator.
8. Replace the candy dish in your home with grapes, berries, or grape tomatoes.
9. Store healthy food items in clear containers or baggies.
10. If you have visible shelves or clear cupboards, put dishes, not food in these. Food that is out of sight is often out of mind.
11. Keep all food, except fruits and veggies, out of sight in cabinets or the fridge.
12. Move unhealthy food into the drawer in your fridge.
13. Don't eat while in front of your TV or computer screen. This could cause you to mindlessly eat more than you're hungry for.
14. Store unhealthy food (like ice cream or potato chips) in a dark container or wrap them in foil.

HEALTHY EATING

1. Keep washed fruit out on your countertop or in your fruit bowl.
2. Make sure half of your plate is full of fruits, veggies or a salad--even if you go back for seconds.
3. View 10 tips to a great plate by going to ChooseMyPlate.gov

MEALS AT HOME

1. Fill plates at the counter and keep serving dishes/take out containers off the dining table.
2. Avoid eating while you are cooking or preparing food. Try not to cook when you are too hungry
3. When eating at home, try to keep the lid on serving dishes. Out of sight, out of mind.
4. Often takeout portion sizes are too large; serve yourself one portion and pack up excess food immediately. Avoid eating directly from takeout containers.
5. If you've cooked a large portion, pack some up as leftovers before sitting down to eat. This will help you eat smaller portions

PORTION CONTROL

1. Stop eating once you feel satisfied, not once your plate is clear.
2. Don't eat while standing in the kitchen or at a desk, set a place and sit down while you eat.
3. Use a smaller plate, glass or bowl to help reduce portion size.
4. Don't snack directly from box or bag, pour out 1 portion at a time so you are aware of how much you are eating.
5. Pack up 1 portion worth of snacks in bags or Tupperware to bring with you for a snack on the go. Snack on this instead of fast food.
6. Actively try to eat slower than usual. Using chopsticks instead of a fork may help!
7. Start your meal with a salad or low calorie soup to help fill you up.
8. Use a measuring cup to portion out your food to the proper serving size to get an idea of how much you are eating.
9. Reduce portion size by using a tablespoon (instead of a large serving spoon) to serve food.
10. Use a plate that is a different color than your food, this can help reduce portion size.