

# Meals at Home

## Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while at home and healthy eating in general. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

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

Takeout portion sizes can be large; serve yourself one portion & 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.



## 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 [ChooseMyPlate.gov](http://ChooseMyPlate.gov)