Eating for Weight Loss

Prepare for success

Plan your meals ahead of time to achieve your goals and get better results. Cutting produce, cooking protein, and portioning meals ahead of time will help. When eating in a restaurant, look for items on the menu that support your goals.

Complex carbohydrates and fiber



These are the types of carbohydrates we want to eat. They are better for your blood sugar, and they contain nutrients and fiber. Fiber is important—it keeps you full, lowers cholesterol, and helps with bowel movements. **(fruits, vegetables, whole grains, beans)**

Protein



Eating lean proteins helps with weight loss by keeping you full. It also takes more energy to digest, which can help burn more calories. Protein helps build muscle and boost metabolism. **(chicken, turkey, eggs, fish)**

Limit fat



Fat has a lot of calories, so be mindful of portion sizes. The calories can add up quickly. Choose healthier unsaturated fats. **(nuts, seeds, olive oil, avocados)**

Drink water



Water helps with weight loss and it helps you feel full. It moves fiber through the body and helps with regular bowel movements.

Portion control

Eating smaller portions can help you stay on track with your weight loss goals. One way to easily do this is to use smaller plates for your meals.