

## ***Weight Reduction: A Five-Step Plan to Sensible Eating***

### ***1. Reduce the portions of everything you eat.***

You don't have to cut out certain foods. Just cut down on ***all*** foods you eat. For example, eat one slice of bread instead of two.

### ***2. Reduce all fat intake.***

It's easy to reduce your fat intake. ***Bake*** your food instead of frying. Cut down the amount of butter, cream, bacon, ice cream and cheeses that you eat.

### ***3. Don't eat between meals.***

If you need a snack between meals, eat ***low calorie*** foods like celery or carrots. Reach for a diet soda or ***water*** instead of food. So you won't be tempted, remove all the snack food from your house.

### ***4. Don't eat after supper.***

Never eat before bed. Try not to sit in front of the TV at night eating. This type of snacking is one of the most common reasons why so many people continue to gain weight - even when they exercise regularly!

### ***5. Eat slowly.***

Put down the fork during your meal. Your brain needs time to tell you when you are full. If you eat fast, you will eat more than you need. Allowing at least ***one half hour*** for each meal will give your brain time to tell you that you have had enough.

***Motivation*** is one of the most important aspects of any weight reduction program. You have to want to lose weight for ***YOU!*** If you follow these five steps, you should lose one pound a week, 4 pounds a month. If you stay with it, you can lose up to 25 pounds in 6 months.

***Exercise*** is also good for weight loss. It improves fitness and decreases risks of heart disease. But a change in your eating habits is key.

***Don't be in a hurry*** to lose weight. It is better to maintain a moderate weight loss over a long period of time than to regain from a marked weight loss. Keep in mind that your weight reduction may level off. This is normal. Don't get discouraged. Stay with the plan!