

Tips for Success



1. Write down your goals: Example: Lose 10 lbs & walk 30 minutes 5 days/ week.
2. Write down everything that you eat and how you feel.
3. Every day - write down if you exercise!
4. Get a friend or buddy to work with you and to help you eat right and exercise.
5. Eat fresh fruits and vegetables. Fill 3/4th of your plate with fruits and veggies.
6. Eat fresh vegetables and fruits from across the rainbow of colors – red, yellow, orange and green peppers, grapes, and dark leafy greens. Think blueberries, green beans, tomatoes and avocados. The more varied the colors - the better your diet.
7. If you want to lose weight, **STOP EATING SUGAR AND WHITE FLOUR PRODUCTS.** Most white foods (like sugar, white bread and white flour tortillas, donuts and cake, etc.) become sugar once in your tummy.
8. **STOP EATING REFINED and PROCESSED FOODS.**
9. **AND QUIT DRINKING THOSE SOFT DRINKS AND DIET SODAS.**
10. **DO NOT EAT FOODS THAT CONTAIN HIGH FRUCTOSE CORN SYRUP.**
11. Read the labels! If you don't recognize the ingredients, maybe you shouldn't eat it.
12. Seek whole grains and cracked grains instead. (The package should say 100% whole wheat.)
13. Eat oatmeal, brown rice, whole wheat pasta and other grains.
14. Replace meat with beans (or legumes) like pintos, black beans and red beans.
15. Eat Breakfast everyday – it helps jump start your brain and body.
16. Put less food on your plate. Use smaller plates 9 – 10 inch plates (you'll eat up to 22% less). And never "Super size me".
17. Eat slower – sit down, enjoy your meal. Serve the main dishes from the stove. (You'll eat less than if food is placed on the table in front of you).
18. You don't have to clean your plate.
19. Drink water or water with lemon or lime juice or drink tea, but cut the sugar.
20. Eat corn tortillas instead of white flour tortillas but eat fewer tortillas than before and rarely eat fried tortillas or chips. Better yet eat blue corn tortillas or whole wheat flour tortillas.
21. Give up the cheese or only eat a little occasionally.
22. Save desserts for weekends or very special occasions only.
23. Drink a glass of water before every meal – it will make you feel fuller.
24. Tell your self daily "I want to be a good caretaker of my body."

...AND THEN JUST DO IT!