

## Tips for Losing Weight at Home

**Be mindful while eating.** Savor the meal. Don't bolt it down. Have conversations with others while you dine. Eat at the dining table rather than in front of the TV. Chew slowly. Being mindful slows you down, leading to feeling full sooner and eating fewer calories.

**Use smaller plates for dinner.** Did you know dinner plates have gotten 33% bigger over the last few decades? Turn back the clock and use a salad plate for your main course. Portions will be smaller but you will still be satisfied. Try using smaller bowls and cups too.

**Put away leftovers before you eat.** After you serve yourself, immediately pack the leftovers in a container and store them in the fridge. That way you won't go back for seconds—and you've got a healthy lunch for tomorrow.

**Buy snacks in single-serving sizes.** When you eat a small bag of chips or a small packaged nut mix, you can't continue to go back for more. Never eat any snack food out of the box, carton or bag it came in.

**Keep healthy foods** around for snacks and display them prominently. This will allow you to easily eat something healthy when hunger strikes. Examples of healthy snacks include whole fruits, nuts in single-serving bags, baby carrots, yogurt and hardboiled eggs.

Western  
Health  
Advantage



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