

Avoiding Pitfalls

Sometimes an apple or carrot is no match for a bag of potato chips. These tips can help you avoid those everyday pitfalls.

Portion Control

Watch portion sizes and limit second helpings, especially with high-calorie or high-fat foods.

Cooking Methods

Learn healthy cooking techniques. Try baking, poaching, or grilling. Or fry or sauté in healthy vegetable oils such as olive and canola.

Empty Calories

Limit your alcoholic beverages, fruit juice, and pop.

Sauce Substitutions

Use herbs and spices to add flavor instead of using fatty sauces, gravies, dressings, butter, or margarine.

Different Desserts

Have fruit, pumpkin bread or angel food cake for dessert.

New Rewards

Don't use food as a reward. Instead, try a long walk with a friend, a relaxing bath, a phone call with a family member, a good book, gardening, etc.

Lunch Sack

Take your lunch to work to avoid eating fast food.

Handy & Healthy

Make sure you keep plenty of healthy, pleasing, ready-to-eat food on hand.

Lo-Cal Dangers

Very low-calorie diets can seem logical at first. If you can lose 2 pounds a week eating 1500 calories a day, 750 calories should help you lose weight twice as fast, right? Wrong!

Any diet that suggests eating fewer than 800 calories a day is a bad idea.

Here are some low-cal risks:

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| - dehydration | - headaches | - heart irregularity | - kidney infections |
| - tired or weakness | - loss of muscle | - menstrual irregularity | - constipation |
| - diarrhea | - sudden death | - ketosis | |

