Learning from the Losers
Weight loss and maintenance tips

The National Weight Control Registry is a registry of more than 5000 participants who have lost at least 30 pounds and maintained that loss for more than one year. The following practices followed by these participants have helped them with their weight loss efforts. Incorporate these for your own success.

• Make a plan. Be disciplined and plan ahead for meals and snacks. If you want to be different, ACT different.
• Eat a low fat diet.
  o Avoid added fats such as butter, margarine, salad dressing, mayonnaise and oil. Use low fat versions when able and limit your portion.
  o Bake, grill, roast, or steam food rather than fry.
  o Choose skim or nonfat dairy products.
  o Choose lean meats such as white poultry meat, pork loin, top round or loin, and fish. Remove chicken skin and trim visible fats from meat.
• Eat a low calorie diet.
  o Eliminate “liquid candy” such as soda and sweetened beverages. Try flavored waters, Crystal Light, tea sweetened with Splenda.
  o Limit sweets and “empty calorie” foods such as cake and candy.
  o Reduce portions.
  o Beware of overeating when dining out.
• Eat breakfast to control your hunger and boost your metabolism.
• Choose well. Eat unprocessed foods that are high in fiber for important nutrients and appetite control. Include fruits, vegetables, legumes and whole grains daily.
• Eat less than one fast food meal weekly to limit salt and fat.
• Exercise regularly. 75% of registry participants use walking to lose weight and maintain their weight loss. Most exercise for an hour daily.
• Manage your stress.
• Weigh regularly. Successful losers weigh weekly.
• Be consistent and beware of cheat days. Allowing overeating and “binge” days can snowball into a return to bad habits.

continued
Other helpful weight loss tips:

• Eat regularly spaced meals and snacks. Well balanced meals include:
  Lean meat
  (approximately 3 ounces which the size of a deck of cards)
  Starch (brown rice, whole wheat bread, beans, peas)
  (For weight loss 2 servings per meal is suggested. This is 2
   slices of bread, a fistful of pasta, or 12 crackers.)
  Steamed fresh vegetables or salad with low fat dressing
  Fruit (canned in own juice, or fresh)
  Skim milk or yogurt

• Be adventurous. Try new foods. Buy low fat cookbooks to help modify
  traditional high-fat favorite and to experiment with new tastes.

• Trick your brain. Use smaller plates so that it looks like you have more food
  and don’t go back for seconds.

• Avoid emotional and situational eating such as eating due to boredom or
  because your roommate is eating.

• Learn to stop eating when satisfied, not stuffed.

• Keep a positive attitude. Believe in yourself!!!

Reference: http://www.nwcr.ws/research/default.htm