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BEING HEALTHY is KEY TO WEIGHT LOSS (5-10% is reasonable goal)

Weight loss tips: Trial 6 weeks to form a healthy habit

1. Measure
2. Set goals
3. Accountability
4. Remember why!

Things you may wish to purchase

- 1) notebook/journal
- 2) Pedometer
- 3) tape measure



Measure your waist and weight prior to starting to keep track of your progress.

Set concrete goals that define what you will eat, how much you will eat in a certain amount of time. Healthy weight loss is 1-2 lbs/ week.

Exercise start with 10,000 -15,000 steps a day. Take the stairs! Park farther away.

Get a friend, spouse, or health provider to be your coach, and keep you on track.

Keep a MEAL JOURNAL - every meal /snack write down what you eat

Write down everyday in your journal why you are trying to lose weight: because you want to be there for your kids' wedding, or you want to avoid diseases like diabetes, because you love yourself and others more than food.

EXAMPLE GOALS:

Eat salad for lunch every day x 6 weeks

When I am hungry for a snack, I will eat nuts and flavored no calorie water 3x a week instead of starbucks and cookie.

I will drink 8 oz soda only 2x/week

I will eat a protein with breakfast everyday such as egg or plain yogurt or nuts in my cereal.

I will go grocery shopping every week x 6 weeks and meal plan for dinner.

I will throw away all junk food in the house and not buy any junk food (chips, candy, soda) for 6 weeks.

I will drink only 1 starbucks/boba ice tea / sweetened beverage per month instead of daily for 6 weeks.

TIPS

-Eat slowly, just concentrating on eating: do not watch tv/ read /use phone during meals. Enjoy food

- Drink glass of water 8 oz about 5-10 min prior to meals

-Reduce carbohydrates, and even better- eat whole grains which are more nutritious and filling. Whole grain include whole wheat bread, whole wheat pasta, brown rice, quinoa, oats.

- Eat more vegetables and healthy protein: Tofu, beans, chicken, fish, lean pork, nuts, eggs.

-Stress eating: sip soothing hot water, with or without lemon squeeze. Deep breathing techniques.
Writing down tasks you are worried about. Go exercise (run/ punching pillow, take an evening walk)

Make more goals! Track your progress with weighing and measuring your waist every 3 weeks. (don't weigh everyday, there are minor fluctuations in weight that is normal)

HELPFUL WEBSITES

Eat low glycemic index foods (<50). High glycemic index foods make you hungry quickly:

<https://fifty50foods.com/Learn/Low-Glycemic-Diet-GI-Food-List>

Remember, portion size is also important!

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/multimedia/portion-control/sls-20076148?s=1>

Harvard healthy plate

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>