

# Eat Frequently to Lose Weight

**Eat small, balanced meals with small, healthy snacks in between to keep your energy up and your hunger in control.**



- Always start your day with breakfast.
- Aim for 3 healthy low fat meals and at least 2 healthy low-fat snacks. Choose from a variety of the food types (grains, vegetables, fruit, lowfat dairy and meat or meat alternative [beans, peas, nuts or seeds]).
- A balance of carbohydrate (whole grains, vegetables, fruit), lean protein (lean meat, lowfat cheese) and a small amount of fat will keep your energy level up.
- Examples of balanced snacks include: peanut butter on a sliced apple, carrot or celery sticks with hummus, lowfat cheese and salsa in a small whole wheat tortilla.
- Do not skip meals. If you go too long without eating, you will be very hungry. Then, you will be tempted to overeat at your next meal.
- Eat enough fiber. It helps to fill you up. Whole grains, vegetables and fruit are good sources of fiber.
- While you are eating frequently, make sure you are getting enough to drink. Sometimes, you think you are hungry when your body actually needs something to drink.
- Avoid empty calories – food or drinks with lots of calories (desserts, candy, sugar-sweetened beverages like soda) but little nutrition.
- Use moderation, balance, and variety.

