



## Tips to Reach and Stay at a Healthy Weight

Losing weight can help you prevent or delay type 2 diabetes. Try these tips.

### Tip 1: Set a weight goal

Talk to your healthcare provider. Set a weight goal together.

My weight goal: \_\_\_\_\_

Why I want to reach and stay at this weight:

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### Tip 2: Eat fewer calories—you decide how!

Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Making just a few changes can help with weight loss.

#### Tips for eating fewer calories

- ▶ **Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks. For instance, try a carrot with a low-fat dip or a few whole-grain crackers with a slice of low-fat cheese.
- ▶ **Skip sweet and fatty desserts.** Try some nonfat plain yogurt with fruit instead.
- ▶ **Cut back on high-calorie drinks.** If you drink alcohol, limit the amount you drink. Drink water instead of soft drinks. If you drink juice, drink only ½ cup of 100% fruit juice. Add water if you want a larger portion.
- ▶ **Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. When you start measuring your food, you might be surprised to learn how much you're eating!



#### Other ways that work for me:

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## Tips to Reach and Stay at a Healthy Weight

### Tip 3: Track your eating

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. For instance, are you snacking too much in the evening?

Try to track when, what, and how much you eat and drink. Also track calories.

#### Ways to track

- ▶ Record your voice with a smart phone or other device.
- ▶ Take a photo of your food. Write it down later.
- ▶ Use a notebook, spreadsheet, or smart phone or computer app.
- ▶ Write these details in your Food Log.

