



How to Lose Weight without Dieting

Dieting, which involves restricting calories and cutting out certain foods, is difficult for most people to do over the long term. Many people follow a diet for a while and lose weight. But once they stop following the diet, they regain the weight they lost. This “yo-yo dieting” of losing weight and regaining it is not good for your health.

If sticking to a diet is difficult, you may be happy to learn that dieting is not the only way to lose or manage weight. Registered dietitians recommend finding a balanced way of eating that you can stick to. Even better, they advise that you don’t give up the foods you love, even if these foods are high in sugar or calories! Here are some basics of weight management.

Learn about right-size portions

Whether you have a “fixed” or a “growth” mindset may affect how you approach your health goals. If you have a growth mindset, you know you can change and are more open to learning and growing from challenges. If your mindset is fixed, you may believe you aren’t able to make changes and might be less likely to try. The good news is that people can change from a fixed to a growth mindset by being open to receiving feedback, challenging themselves with new experiences, and choosing to believe they can grow over time.

Eat only when you are hungry

Most servings at restaurants are larger than standard portion sizes. Think about the last time you ate at a restaurant and ordered a meal with chicken, steak, or fish. Was it the size of the palm of your hand—which is about how much most people need—or was it larger?



Manage your hunger

Avoid getting too hungry and don’t skip meals. Have your first meal of the day within two hours from when you wake up. If you get hungry between meals, have a small snack that combines a protein or healthy fat food with a high-fiber food. Some examples include apple slices with nut butter or cheese, whole-grain crackers with a hard-boiled egg, and cottage cheese with berries or other

Eat slowly and make eating the main activity

Take time to eat slowly and notice the taste, smell, and texture of your food. Avoid eating while watching tv or using your phone or computer. It takes time for our brain to notice we are full. That’s why it’s a good idea to stop eating before you start feeling full.

Make half your lunch and dinner plate nonstarchy vegetables

Nonstarchy vegetables include asparagus, broccoli, Brussels sprouts, cauliflower, peppers, zucchini, and tomatoes. Nonstarchy vegetables are naturally low in calories, and high in fiber. Fiber keeps you feeling full longer, promotes digestion, helps your blood sugar level stay steady, and is good for your gut health.

Don’t be afraid of fat

Small amounts of fat help you absorb fat-soluble vitamins and give you a sense of feeling full. Healthy fats to enjoy in small amounts include nuts and nut butters, avocado, olive oil, fatty fish such as salmon, and seeds (sunflower, flax, pumpkin, and chia). You want to limit saturated fat, which is in fried foods, fatty and processed meats, and pizza and cheese.



Don't give up your favorite foods

Denying yourself foods you love can make you feel deprived. Instead, enjoy these foods in small amounts and as special treats. For example, if you love pizza, have one slice with a side salad. If you love ice cream, enjoy a small scoop one night each week. Avoid having these foods around you all the time, which can be too tempting.

Find a way to be active most days

Getting at least 30 minutes of physical activity a day helps with weight management. It also gives you many other health benefits, such as improved mood and better heart health.

Get personalized support from a registered dietitian as part of your benefits

NMRHCA medical plan retirees and their spouses or domestic partners have **access to Good Measures personalized nutrition phone coaching and online tools at no cost**. Whether you want to lose weight, feel more energetic, reduce stress, stay healthy, or better manage a health condition, Good Measures can help. To learn more or sign up, visit nm.goodmeasures.com or call 888-320-1776.