

Healthy-Weight Habits: 7 Ways to Manage Your Weight

Looking for some easy ways to manage your weight? Adopt these healthy-weight habits.

1 Eat more fruits and veggies

They're lower in calories than processed foods and sugary snacks. They're also high in vitamins and nutrients your body needs for best health. But most people don't eat enough.⁶

- Only 12 percent of adults eat enough fruit (1.5 to 2 cups per day).
- Only 9 percent of adults eat enough vegetables per day (2 to 3 cups per day).

2 Drink more water

How much water do you drink per day? If you don't know, there's a good chance you're not drinking enough. Drinking water can help control calories, curb hunger, and manage your weight. Aim for at least 64 ounces a day.

3 Eat fiber-rich foods

If you're looking for a simple way to lose weight, eat more fiber-rich foods.⁷ Most adults eat 15 grams of fiber per day. But the Institute of Medicine recommends 25 grams of fiber per day for women; 38 grams for men. Foods high in fiber include:

- Salads
- Soups
- Fresh fruits and vegetables
- Whole-grain breads and cereals

4 Chew your food

That's a nice way of saying, "Slow down at meal time." Take a bite. Put your fork down. And chew slowly. In one recent study, researchers found that people who ate slower at meal time, ate 25% less calories from snacking in between meals.⁸

5 Track your weight

Weigh yourself every day, or at least once a week, and keep track.

Write it down in a journal, put it on your calendar, or record it with a mobile app. Research shows tracking your weight can help you make better food choices to support weight management.⁹

6 Get your ZZZs

Aim for 7 to 8 hours a night. People who cut sleep short are more likely to gain weight. Why? Lack of sleep alters levels of hormones (ghrelin and leptin) linked to hunger and cravings. And if you stay up late, you'll have more time for snacking.

7 Be more active

If you want to lose weight or maintain a healthy weight, exercise needs to be part of your plan. The American College of Sports Medicine recommends 30 to 60 minutes of physical activity per day.

If you want to lose weight or maintain a healthy weight, focus on healthy-weight habits you can practice every day. If something happens that throws your diet or exercise routine off track (work, family, stress, vacation, etc.), it's not that big of a deal. Just pick up where you left off, and keep going. That's how Monique lost 50-plus pounds and kept it off.



References

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