

Eat Better, Lose Weight

Health Advocate Can Help

Get Help Getting Trim

Dropping pounds comes down to two actions: daily exercise — preferably an aerobic activity such as walking to burn calories — and making healthy food choices including switching to low-fat fare.

5 Ways to Tweak Your Diet

There are many ways to change how you eat, from reading labels to eating smaller portions. Here are some a few more ways:

- **Slim down your milk.** Trade whole milk for low-fat the first week, then go to skim the next week.
- **Slather on mustard instead of mayo.** The white condiment can put on pounds of pudge.
- **Trade the daily candy bar for fruit.** Forgoing 200-250 calories in a typical bar can make a big difference.
- **Snack on nuts, not nachos.** Chips are carbohydrates and carb-rich diets add fat around the middle.
- **Pick non-sweetened drinks.** One can of regular soda daily can add up to 15 pounds over a year. [American Journal of Clinical Nutrition, 2006]

Two-Way Support Any Time

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Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.



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