



Tips to Help Control Weight

As you begin to create your own Anticancer Lifestyle, here are a few additional tips to help you to control your body weight. Becoming more aware – more mindful – of what you are eating, may help you see where you can begin to trim unhealthy foods from your diet.

- Meet with a registered dietitian to help you develop a healthy eating plan
- Join a weight control class or group
- Limit the amount of processed and refined foods you eat
- Increase the number of whole foods you eat, with a focus on veggies
- Eat slowly and pay attention to your internal cues for satiety or fullness
- Take meals with others as often as you can. Eating with others often means we eat more slowly, and often consume less
- Don't eat in the car or on the fly. This often leads to quick and mindless eating
- Allot time for physical activity
- Visit your local farm stand and farmers' market.
- Aim for a maximum of 8 ingredients on the ingredient list as a quick way to decide whether you want to buy an item or not.
- Try one new recipe a week
- Focus on reducing your stress. This may help you control impulse eating.