

## Behaviors That Support a Healthy Weight

- \_\_\_\_\_ Decrease calories
- \_\_\_\_\_ Decrease fat
- \_\_\_\_\_ Increase Exercise/Physical Activity
- \_\_\_\_\_ Increase fruits and vegetables
- \_\_\_\_\_ Eat every 3-4 hours (don't skip meals)
- \_\_\_\_\_ Protein
- \_\_\_\_\_ Consider hunger and fullness cues
- \_\_\_\_\_ Mindful Eating
- \_\_\_\_\_ Portion size
- \_\_\_\_\_ Keep a Food Diary
- \_\_\_\_\_ The "Plate Method"
- \_\_\_\_\_ Diet Plan (structured meal plan)
- \_\_\_\_\_ Decrease sugars
- \_\_\_\_\_ Food choices when eating out
- \_\_\_\_\_ Positive Self Care/Self Acceptance
- \_\_\_\_\_ Adequate sleep
- \_\_\_\_\_ Manage stress

