

Eat Better, Lose Weight

Your Wellness Coach Can Help

You don't need a complicated or quick-fix scheme to create a diet that can help you improve your health. It all comes down to learning the basic rules for making healthy choices and then taking action. Here are some simple and easy ways to adjust your diet that can become lifelong habits for a trimmer, healthier you. **Turn to your Health Advocate Wellness Coach for more support to get and stay healthy!**



Adjust your diet with these simple tips!

- **Slim down your dairy.** For example, switch from drinking whole milk to skim. This could be tough for some, so take a gradual approach: drink lowfat the first week, then change to skim the next week. This gives your taste buds time to adjust.
- **Avoid sugary drinks.** Drinking a 12 oz. sugared beverage daily can add up to 15 pounds a year. Better choices: opt for unsweetened instead of sweetened tea or ice water with a lemon slice.
- **Trade out fattening condiments.** Some ideas include: choosing mustard over mayo for your sandwich or using herbs instead of butter to flavor your green beans.
- **Downsize your portions.** When dining out, plan to eat only half of the meal and have the rest wrapped to go as soon as it arrives at the table. At home, serve food on smaller size plates.

- **Sneak in high-fiber foods.** You can add unprocessed wheat bran to your favorite cereal, toss kidney beans in your salad and snack on low-fat popcorn. Fiber-rich foods take longer to chew, so you'll feel fuller faster and be less likely to overeat.

[Source: Harvard School of Public Health; Mayo Clinic]

Just One Call for Support

Your Health Advocate Benefits Gateway toll-free number will personally connect you to the right benefit, including medical, dental, vision and pharmacy. We can also help you resolve healthcare and insurance-related issues, motivate you to reach your health goals and provide assistance for work/life issues. Just call, email answers@HealthAdvocate.com, or visit HealthAdvocate.com/members.

HealthAdvocate™
Always at your side