

# LOSING WEIGHT WITH DIABETES

Being overweight and having diabetes increases your risk or chance of having other serious health problems.

If you need to lose weight, your goal is to burn more calories than you eat – every day. Here are some simple ways to help you do this:

**Take your time.** Fast weight-loss diets don't work.

**Keep a food diary.** Writing down what you eat and how often you eat is a surprise to many people. A diary will help you eat less.

**Eat slowly.** It takes your stomach 20 minutes to start feeling full.

**Don't skip meals.** People who skip meals often lose less weight than people who eat 3 meals a day.

**Eat at home.** It is easier to control what you eat if you prepare your own food.

**Measure your food.** Food portions (how much you eat) are often larger than you think. If you eat out, share a meal or take half home.

**Eat 5 to 9 servings of fruits and vegetables a day.** They are healthy, have few calories, and make you feel full.

**Drink 5 to 8 glasses of water daily.** Water has no calories. Drink it before meals to help you eat less.

**Skip snacks.** If you can't, have fruits and vegetables for snacks instead of chips, candy or cookies.

**Be active.** Walk. Ride a bike. Run. Almost any exercise will help you burn calories. Try to be active 30 minutes or more every day.

Put this list on the wall or refrigerator to help you remember your goal. The time to start your healthy weight loss program is now!

