

# Weight Loss Tips for Adults



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If you want to lose weight, it's best to first consult your doctor about whether weight loss is advisable for you. Below are some weight loss tips for healthy adults that you may want to discuss with your doctor.

- Minimize screen time (television, video game and computer use) to stay active.
- Choose smaller portion sizes. Using small plates, bowls, cups and utensils can help.
- Eat whole fruits and vegetables (not juice). Goal is 5 to 9 servings daily.
- Eat more dietary fiber each day. Twenty-five to 30 grams each day is best.
- Reduce your total calorie intake. Keeping track of calories with a phone app can be helpful.
- Drink lots of water—ideally 64 ounces each day.
- Choose protein sources such as low-fat dairy, skinless poultry, fish, soy, and nuts.
- Get plenty of restful sleep. Six to 8 hours of uninterrupted sleep each night is best to aid in weight loss.
- Increase physical activity. Slowly increase moderate-intensity aerobic activity (like brisk walking) and muscle-strengthening activities for all major muscle groups. Move toward a goal of aerobic activity five days a week and muscle-strengthening activity two days a week. Consult your doctor before beginning exercise. Always report unusual symptoms like chest pain, shortness of breath, or passing out.
- Avoid salt. Try to limit sodium to 2,400 mg or less each day.
- Avoid red meat (beef and pork) and processed meat products.
- Avoid saturated fat and trans-fat (fat that is solid at room temperature).
- Avoid refined grains and processed carbohydrates. Choose whole grain options instead.
- Avoid sugar-sweetened and naturally sweet beverages.
- Avoid potato products—especially french fries and chips.