



## Tips for Staying Lean

- ❶ **Shrink your servings.** In a study of eating behaviors, people given bigger buckets of popcorn at a movie theater ate 40-50% more popcorn than people who were served smaller buckets. Ordering smaller portions or taking half of your portions 'to go' before you dig in will guarantee you eat less!
- ❷ **Limit (some) choices.** One study found that if you are offered 3 different kinds of sandwiches, you will eat more than if you were presented three identical sandwiches. In fact, people eat more pasta if they are given three shapes to pick from. By minimizing the variety of high fat and sugar foods you make available to yourself and increasing the variety of fruits, vegetables, and low fat dairy products, you will eat less of the high calorie and more of the low calorie foods.
- ❸ **Curb liquid calories.** We are much less likely to compensate for extra calories taken in from liquids than solids. Liquid calories do not trip our 'fullness' mechanisms. One study found the more non-diet sodas that children drank, the more calories they consumed overall. To successfully curb excess energy intake, we need to choose beverages that have no calories or sweetened beverages such as juice, soda, and energy drinks.

For more information on staying lean, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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