



Q: How can I lose weight at low cost?

A: Popular diets that require prepackaged meals and drinks or exotic produce can increase food expenses. Some dieters also purchase costly "diet" cookies and treats or pay extra for "low-carb" products. But special products to lose weight are unnecessary. In fact, they are wasteful, unless you plan to use them permanently to maintain your weight loss. To lose weight and save money, cut back on expensive foods that lack nutritional benefits. For instance, limit or omit soft drinks and artificially sweetened waters. Drink plain water or homemade iced tea instead. Cook smaller amounts for yourself at home. When eating out, order smaller servings. In table-service restaurants, choose menu items wisely. If oversized portions are served, put aside the excess to take home in a "doggy bag." To boost your vegetable and fruit consumption without breaking the budget, choose in-season produce, buy only what you need and opt for frozen produce when it's less expensive. These habits will help you reduce your portion sizes, while saving money.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™