

Q: How can I eat more and weigh less?

A: By volume, fruits and vegetables are lower in calories than other foods like meat or pasta because of their high water and fiber content. You can eat a large volume of plant foods and feel full without taking in excess calories.

Q: How much produce should I eat in a day?

A: Five or more cups of fruits and vegetables per day is ideal for most adults. Add fruit to low-fat yogurt, snack on fresh crudités, choose fruit for dessert, add a salad with dinner, and make your own smoothies. A key trick at meals: fill half your plate with fruits and vegetables.



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Lose Weight, Feel Great with Dole Nutrition Institute

Q: What should I eat before and after exercise?

A: The key to weight loss is to burn more calories than you take in. Hydrate with water, not sports drinks, to prevent calorie overload. If you need a light snack, choose foods high in potassium, like bananas, sweet potatoes and raisins, to help muscles recover.

Q: What foods can help me lose weight?

A: No one food can guarantee weight loss, but plant-based diets filled with fruits and vegetables tend to be low in calories, high in fiber and nutrients, and effective in promoting overall health.

Myth 2: I Was Born to be Fat

Though some natural shapes and sizes are larger than others, few of us were born to be obese. A healthy diet and regular exercise can help you achieve the body size that is right for you.



Myth 3: Dieting is Always Bad for You

Fad and yo-yo diets can have harmful effects for your body and mind, but modest calorie reduction, sensible food swaps, and a focus on fruits and vegetables are dieting tactics that can boost your energy, improve your health, and help you lose weight. Strive to maintain healthy habits that can last a lifetime in order to see longterm results.

Want to Lose Weight?

You Can Do It!

Embarking on a lifestyle change can feel a bit overwhelming. It isn't easy to adopt new healthy behaviors and shed past unhealthy habits. The first step to any weight loss plan is knowing that you CAN succeed. Debunk these myths to start.



Myth 1: Diets Don't Work

The key to permanent weight loss is to make a lifestyle change that can last. Set reasonable calorie reduction goals, watch portion sizes, fill up on fruits and vegetables, keep a food journal, and exercise regularly. With practice, behaviors like these can last a lifetime and lead to success.

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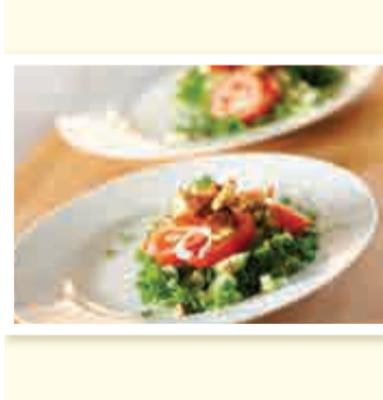
WEIGHT LOSS

Health and Wellness Series #1



10 Ten Steps to a Healthier You!

Ten steps to help you achieve your weight loss goals and to maintain a healthy weight that is right for you.



1

Eat a Balanced Breakfast

Start your day with a mix of protein and fiber, such as low-fat yogurt and fruit, to jump-start your metabolism and energize your morning.

2

Control Portion Sizes

Read labels and use measuring cups at home, and share entrées or order half portions when dining out.

3

Keep a Water Bottle Nearby

Don't mistake hunger for thirst. Sip water all day to keep hunger cues in check.

4

Move More

Rev your metabolism and boost energy levels by exercising—even a 10-minute jog can do the trick.

5

Choose Good Fats

Replace saturated fats like butter with heart-healthy fats like avocado, nuts and olive oil.

6

Swap in Whole Grains

Cut back on white pasta, bread and sugar. They metabolize quickly leaving you hungry sooner. Choose whole grains like brown rice and quinoa instead.

7

Eat More Fish

Get protein from fish like salmon and trout—they're high in omega-3 fatty acids that are essential for good health.

8

Get Enough Zzz's

Stick with a sleep schedule and set a bed time. Sleep deprivation can lower energy expenditure and lead to weight gain.

9

Relax

Unwind with yoga or mindful breathing. Stress can lead to overeating and weight gain.

10

Color Your Plate

Include a variety of fruits and vegetables in your diet. Plant foods are nutrient dense and low in calories.

Get Healthy! Collect all 10 of the series!
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