

**Top 10 Steps
To Achieve Your Ideal Body Weight**

1. Eliminate all *refined sugars* and *empty calorie* foods and beverages from your diet;
 - Top of the hit list: sodas and power drinks, both regular and diet versions and excess amounts of fruit juices;
2. Minimize your consumption of *refined carbohydrates*, *processed foods* and *high fat* foods, while increasing your consumption of *complex carbohydrates* and *fiber*, especially *cereal fiber*. Substitute vegetables, cooked or uncooked, whole fruits and whole grains for refined carbs;
 - Top of the hit list: French fries, potato chips, ice cream and low-nutrient foods;
3. Reduce your consumption of saturated fat while maintaining some consumption of healthy fats (especially Omega 3 and Omega 6 fats and oils); avoid all trans-fats;
4. Choose smaller portions sizes and allow time to eat slowly, allowing your hunger to abate while your stomach begins to digest your food and has enough time to send the “I am no longer hungry” message to your brain;
5. Significantly reduce the amount of salt in your diet;
 - Remember, the majority of your salt intake comes from purchased processed foods;
6. *Move* more;
 - Find ways to incorporate dozens of small energy expenditures into your lifestyle by choosing movement over sedentary behavior at work, in transit and at home;
 - Walk instead of driving; take the stairs instead of the elevator; park a block away from your destination: choose *movement* dozens of times per day—be creative;
 - Substitute physical activity, especially walking, for screen time and mindless eating;
7. Make some form of physical activity part of your high priority daily agenda; plan to complete it very early in the day, so that it doesn't get displaced by more urgent but less important priorities, including others' demands for your time;
8. Change your eating behavior:
 - Don't eat in the car, don't eat while talking on the telephone, don't eat in front of the television, don't eat in bed, avoid fast food restaurants and avoid all-you-can-eat buffets;
 - Don't eat late in the evening or at night; avoid consuming any carbs from 9:00 PM until breakfast because carbs result in insulin production, and insulin inhibits the metabolism of stored fat as well as lowering one's blood sugar level, creating hunger;
9. Eat a nourishing breakfast:
 - Choose a breakfast that is both healthy and substantial (not just muffins or sugared cereals): include some cereal fiber as well as a small amount of fat and/or protein (meat and/or fish) so that your breakfast digests slowly and doesn't leave you hungry long before lunch time;
10. Plan ahead:
 - Prepare healthy meals and healthy snacks ahead of time and have them accessible in a convenient form where and when needed, in order to avoid succumbing to unhealthy temptations.