



## MANAGEMENT TECHNIQUES FOR WEIGHT LOSS AND MAINTENANCE FOR TEENS

You are responsible for how much you eat. The motivation must come from within yourself to make changes in your eating habits and exercise. To lose and maintain weight you will have to be ready to make permanent changes in your style of eating and exercise.

### Behavior Changes

1. Make changes gradually. You don't have to be perfect.
2. Have regular meals and snacks at the same time each day.
  - Do not skip breakfast, lunch or dinner.
  - Avoid snacking after dinner.
  - Do not reward yourself with food.
  - Drink water when you are thirsty.
  - Avoid very strict and fad diets.
3. Cut down on feeding cues.
  - Keep cookies and high calorie treats out of sight.
  - Place less emphasis on desserts.
  - Eat at an appropriate place such as a dining room or kitchen table.
  - Avoid snacking in front of the television or in the bedroom.
4. Choose low-fat and low-sugar foods for meals and snacks.
  - Eat desserts in small amounts only.
  - Choose low-fat desserts when possible.
  - Avoid desserts and high calorie snacks between meals.
  - Do not become excessive with low-calorie substitutions. Small amounts of regular foods are better.
5. Teach good eating habits.
  - Make meal times happy and not too stressful.
  - Eat slowly. Put down the fork, spoon or food while chewing or swallowing. Do not pick up the next bit until you swallow.
  - Take a break before second helpings.
  - You do not have to give up your favorite foods. Learn to eat these foods in small amounts less often.
6. Exercise more often.
  - Choose activities you enjoy such as biking, rollerblading, swimming and walking.
  - Exercise more often with your family and friends.
  - Participate in a sport if possible.
7. Be aware of things that cannot be changed.
  - Realize you have your own genetic potential for weight and body shape.
  - Eat only until you are no longer hungry and then stop.
8. Read about good nutrition:
  - *Eating For Endurance*, Ellen Coleman
  - *Fat Proof Your Child*, Joseph C. Piscatella
  - *Jane Brody's Nutrition Book*- Jane Brody
  - *The Fast-Food Diet*- Mary Donkersloot, R.D.
  - *The Completely Revised and Updated Fast-Food Guide*- Michael Jacobson and Sarah Fritschner