



SMALL CHANGES BIG RESULTS!

It seems every time we open a newspaper or magazine, or turn on the TV or radio, we hear about the many benefits of losing weight and maintaining a healthy weight. Whether the desire to lose weight is a recent one for you or something you've been thinking about for a while, just the idea of the deprivation and starvation that often comes with losing weight could be enough to send you running to the refrigerator!

STOP! Weight Watchers® understands. And we know just what to do to help you. And it doesn't mean deprivation or starvation. Consider these little changes and you might just have great big results!



Mind your meals

Do you eat your dinner in front of the TV? Do you have lunch at your desk while trying to meet a deadline? Mealtime is much too important to share it with other activities! Simply by focusing your attention on the food you eat you'll enjoy it more, find it more satisfying, and probably eat less.



S-I-o-w down your eating

Have you ever heard that it takes about 20 minutes for the message to get from your stomach to your brain that you are full? It's true! You'll be satisfied with less if you just eat more slowly.



Want seconds? Help yourself!

Sometimes your first portion just doesn't fill you up. But if you've been counting **POINTS**® values you know just a few more spoonfuls can make a difference in your weight loss. Don't leave the table hungry; instead, wait a few minutes to see if you're satisfied. If waiting doesn't cut it, take more salad, more veggies, a ladleful of broth-based soup, or another glass of a sugar-free beverage. You'll probably find that just a little will appease you. Then push yourself away from the table and get involved in something else!



Eat more often!

You read that right! If you don't eat breakfast, if you leave big gaps of time between meals, or if you don't plan daily snacks, you're more likely to eat larger portions of high-calorie foods at your next meal. Plan to eat and you'll more than likely eat less.



Choose BIG!

When planning your meals and snacks, include foods that offer more bang for the buck – that is, a small number of calories per serving size. These foods make you feel more satisfied while you're actually consuming fewer calories. Try fresh veggies like asparagus, baby carrots, bell peppers, and avocado; fresh or dried beans and peas; whole-grain foods like brown rice, whole-wheat pasta, and air-popped popcorn. Be adventurous – you might just find a whole new favorite.