



**The University of Arizona  
CATS Team Nutrition  
8 Tips for Healthy Weight-loss**

✓ *Use these tips during the OFF SEASON to help you lose weight healthfully and successfully!*

- 1. Say Yes to Less!**  
Large portion sizes are packed with calories and often times fat, so watch out. Choose smaller portions of high calorie, high fat foods.
- 2. Eat S-L-O-W-L-Y**  
Take your time eating. It takes your brain around twenty minutes to register to your body a feeling of fullness. If you eat too quickly, you may eat more than your body needs to feel satisfied.
- 3. Put Your Fork Down!**  
Put your fork down between bites, this will help slow you down and allow you to enjoy your meal more.
- 4. Cut Your Serving Size in Half**  
Eat half of what is on your plate, take a breather, wait a bit, and if you are still hungry, eat half of what remains on your plate. Remember it is ok to leave leftovers, they make for quick and easy meals the next day.
- 5. Only Eat When You are Hungry**  
Be aware of why you are eating. Try to only eat when you are hungry, not bored, stressed, or lonely.
- 6. Keep Healthy Snacks Handy**  
Always keep a stash of healthy snacks (fruit, vegetables, low-fat granola bars, etc.) in your locker or gym bag. Choose to satisfy your snack craving with these healthy, low calorie snacks instead of higher calorie treats.
- 7. Put Sauces, Spreads, and Dressing on Hold**  
Ask for sauces, spreads, and dressing on the side. Only use enough of these calorie dense toppings to add a bit of flavor and save yourself unnecessary calories.
- 8. Watch Out for High Fat Foods**  
When making meal selections avoid those high in fat. Watch out for entrée that are fried, crispy, breaded, or creamed, and those with butter sauce, gravy, cheese sauce, au gratin, or alfredo sauce.