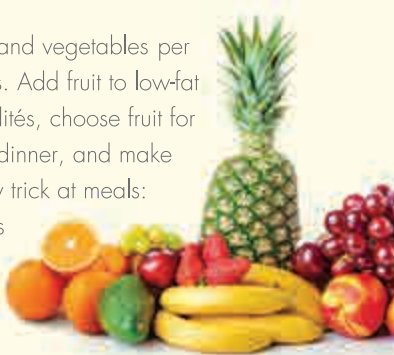


**Q: How can I eat more and weigh less?**

**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 crudites, 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 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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