

## Three Tips to help you lose weight

### Get your protein.

Research shows that protein-rich foods such as fish, chicken, low-fat dairy, and lean meats can increase satiety, meaning they help you feel full longer.

### Eat early.

Have breakfast, even if it's simply oatmeal or a hard-boiled egg. It jump-starts your metabolism and prevents late-day bingeing. Studies have found that dieters are most successful when they start their day with a meal.

### Get a "hand-le" on portions.

Most of us eat too much—period. To lose weight, you have to eat proper portions. Use your hand to measure.

<b>Food</b>	<b>How to measure</b>
Meat, fish, poultry	3 ounces = palm of hand
Mixed nuts	1/4 cup = 1 layer on palm
Cereal/popcorn	1 cup = 2 cupped hands
Cooked pasta	1/2 cup = 1 rounded handful
Cheese	1 ounce = 1 thumb
Butter/oil	1/2 teaspoon = 1 fingertip