

# Kitchen Changes

## Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while in their kitchen at home. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Always keep frozen veggies in your freezer; this will help ensure you have a vegetable dish with every dinner.

2

Keep food in the kitchen or basement for storage. Don't keep food in other rooms of your house like your bedroom or the living room.

3

Remove tempting snacks from your home, or at least keep them out of sight.

4

Make your kitchen a place to cook, not lounge—move the TV, computer, or comfy chairs into a different room.

5

Don't have time to eat before work? Bring a healthy breakfast with you, like two hard-boiled eggs or Greek yogurt.

6

Keep high protein, ready to go snacks available at home like yogurt, hard boiled eggs, and string cheese.

7

Move fruit, veggies, and lean protein (chicken, turkey, tofu) to a shelf that's eye-level in your refrigerator.

8

Replace the candy dish in your home with grapes, berries, or grape tomatoes.

9

Store healthy food items in clear containers or baggies.

10

If you have visible shelves or clear cupboards, put dishes, not food, in these. Food that is out of sight is often out of mind.

