

# Avoiding Pitfalls

Sometimes an apple or carrot is no match for a bag of potato chips. These tips can help you avoid those everyday pitfalls.

## Portion Control

Watch portion sizes and limit second helpings, especially with high-calorie or high-fat foods.

## Cooking Methods

Learn healthy cooking techniques. Try baking, poaching, or grilling. Or fry or sauté in healthy vegetable oils such as olive and canola.

## Empty Calories

Limit your alcoholic beverages, fruit juice, and pop.

## Sauce Substitutions

Use herbs and spices to add flavor instead of using fatty sauces, gravies, dressings, butter, or margarine.

## Different Desserts

Have fruit, pumpkin bread or angel food cake for dessert.

## New Rewards

Don't use food as a reward. Instead, try a long walk with a friend, a relaxing bath, a phone call with a family member, a good book, gardening, etc.

## Lunch Sack

Take your lunch to work to avoid eating fast food.

## Handy & Healthy

Make sure you keep plenty of healthy, pleasing, ready-to-eat food on hand.

# Lo-Cal Dangers

Very low-calorie diets can seem logical at first. If you can lose 2 pounds a week eating 1500 calories a day, 750 calories should help you lose weight twice as fast, right? Wrong!

**Any diet that suggests eating fewer than 800 calories a day is a bad idea.**

Here are some low-cal risks:

- dehydration
- tired or weakness
- diarrhea
- headaches
- loss of muscle
- sudden death
- heart irregularity
- menstrual irregularity
- ketosis
- kidney infections
- constipation

