

YOU: ON A DIET

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YOU: On a Diet The 99-Second Edition

From [YOU: The Owner's Manual](#), by RealAge experts Michael F. Roizen, MD, and Mehmet C. Oz, MD

In the weight-loss gates and can't wait to start the race? Then skim through this cheat sheet of the YOU strategies -- big and small -- that form the path to your new life and your new body.

-- Dr. Roizen and Dr. Oz

Make Your Eating Plan Automatic

Over a 14-day period, train yourself to make good-for-YOU menu choices. You'll reprogram your body so YOU will be in charge of what you're eating.

- [Eat three main meals, plus snacks](#), so you're never hungry.
- Eat the same things for breakfast and lunch almost every day. Yes, *every day*. People who minimize food choices lose more weight.

Remember That Waist Is More Important Than Weight

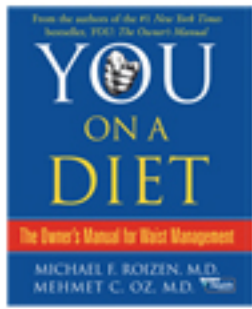
Because of its proximity to vital organs, belly fat is the most dangerous fat you can carry, and it is one of the strongest predictors of health risks (heart disease, diabetes, and more bad stuff) associated with obesity.

- Ditch the scale in favor of [the tape measure](#).
- Measure your waist and aim small: Ideal is 32½ inches or less for women and 35 inches or less for men.

Stay Satisfied

To lose weight, you need to eat.

- Eat often -- five or six times throughout the day -- so you're constantly satisfied. Slipping into starvation mode makes your body want to store fat.
- Eat plenty of fiber in the morning; it helps control afternoon cravings.



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Add Support

Enlist a friend, family member, or new [online buddy](#) as your partner. Everyone needs encouragement -- or an occasional prod.

- After finishing your 30-minute walk every day, call a buddy or post on the [YOU board](#) for a pat on the back.
- When you start [the 20-minute workout](#), do the same thing.

Know That It's OK to Make Mistakes

As long as you quickly get back on the right road, you won't travel too far down the wrong one. Just make a YOU-turn to change course.

A Few Final Tips . . .

- [Check food labels](#): Don't buy anything with more than 4 grams of saturated fat or 4 grams of any sugar (especially high-fructose corn syrup) per serving. **Sat fat is an aging fat** that's bad for your whole body, and **simple sugars make you crave high-calorie foods**.
- **Get 7 to 8 hours of sleep a night**. Fatigue also makes you crave sugary foods. Why? They release the brain chemicals that a lack of sleep leaves you short on.
- Eat a little healthy fat -- like **a handful of walnuts** -- about 20 minutes before a meal. It will take the edge off, so you won't be tempted to overeat.
- Choose elegance over force: Weight-loss battles are won when you **diet smart, not hard**.