

MTRIMM2 Program Printed Messages and Craving Tips for Weeks One through Sixteen

M-TRIMM Text Program Messages - WEEK 1 of 16

Sign-up Welcome to the TRIMM community! Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for Eating/drinking less sugar, (2) for Low fat diet, (3) for eating only when hungry. ANSWER:

Monday Morning

1. FOR EATING/DRINKING LESS SUGAR

Want an easy way to cut down on calories this week? Just replace soda and juice with water, unsweetened iced tea, or black coffee.

2. FOR LOW FAT DIET

Butter, creamy sauces, and salad dressing add lots of calories. This week, rather than cutting out these foods, try putting dressings on the side to use less.

3. FOR EATING ONLY WHEN HUNGRY

Is boredom is triggering you to eat? Try something that keeps you from snacking (shower, sing, work in the yard, call a friend, or learn how to knit).

Monday Evening

1. FOR EATING/DRINKING LESS SUGAR

Have you planned your meals and snacks for the week yet? Remember planning can help you avoid sugary foods.

YES

ANSWER (please circle):

NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. FOR LOW FAT DIET

Have you planned your meals and snacks for the week yet? Planning can help you avoid fatty foods.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

3. FOR EATING ONLY WHEN HUNGRY

Have you thought about your eating triggers and planned how you will avoid them this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you have a strategy in place. Take a minute to plan right now.

Wednesday Morning

1. FOR EATING/DRINKING LESS SUGAR

Make today a low-sugar day! Try to have fruits or vegetables as a snack. Maybe an apple with cinnamon or crackers and turkey.

2. FOR LOW FAT DIET

Remember, low-fat does not mean low-taste! Try a well-spiced grilled chicken sandwich! Low-fat mayo tastes just like the regular kind!

3. FOR EATING ONLY WHEN HUNGRY

Good morning! Pay attention today and see if you ever feel tempted to eat because you're bored. If so, remember to focus on eating only when you're hungry!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages - WEEK 2 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for portion control, (2) for eating only when hungry, (3) for eating a balanced diet. ANSWER:

Monday Morning

1. FOR PORTION CONTROL

Will you be doing takeout/eating out this week? If so, split your meal with a friend or take half of your meal home. You can save money & have less calories!

2. FOR EATING ONLY WHEN HUNGRY

This week, keep foods that tempt you out of your sight and in harder to reach places. Remember: Out of sight, out of mind!

3. FOR EATING A BALANCED DIET

This week, try mixing your normal rice, pasta, and bread with whole grain versions or quinoa.

Monday Evening

1. FOR PORTION CONTROL

Have you planned your meals/workouts/group session for the week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There's no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. FOR EATING ONLY WHEN HUNGRY

Have you planned your meals and snacks for the week yet? Planning can help you manage your portions in advance. ANSWER (please circle): YES NO

Yes: Great job!

No: People who eat 5 to 6 small meals a day are less likely to overeat because they get hungry less often. Take 10 minutes to plan your meals now.

3. FOR EATING A BALANCED DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now

Wednesday Morning

1. FOR PORTION CONTROL

Eating in front of a TV can make us pay less attention to how much we consume. Try to avoid overeating today by making sure the TV is off while you eat.

2. FOR EATING ONLY WHEN HUNGRY

Good morning! Every time you are tempted to eat today, remember to ask yourself first, AM I REALLY HUNGRY?! If the answer is no, don't eat.

3. FOR EATING A BALANCED DIET

Feeling hungry in the middle of the day? Don't reach for the chips, go for some fruit or another healthy option!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 3 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to focus on next week? Pick (1) for eating a balanced diet, (2) for being more physically active, or (3) for exercising more.

ANSWER:

Monday Morning

1. **FOR EATING A BALANCED DIET**

This week, instead of beef or pork/bacon, try to eat seafood or lean meats only (chicken, lean cuts of turkey/ham). This can help you drop off a few extra lbs!

2. **FOR BEING MORE PHYSICALLY ACTIVE**

This week, write down how many minutes you are physically active each day. Try to increase the number as the week goes on!

3. **FOR EXERCISING MORE**

When will you work out this week? Try to schedule a few quick jogs, walks, or visits to the gym for this week!

Monday Evening

1. **FOR EATING A BALANCED DIET**

Have you planned your meals and snacks for the week yet? Remember planning can help you avoid sugary foods.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. **FOR BEING MORE PHYSICALLY ACTIVE**

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. **FOR EXERCISING MORE**

Have you planned your workouts for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

Wednesday Morning

1. FOR EATING A BALANCED DIET

Good morning! Make sure to enjoy plenty of whole grains, fruits and vegetables today!

2. FOR BEING MORE PHYSICALLY ACTIVE

Good morning! Start today off active! Do some stretches to wake your body up. It is a great way to start the day!

3. FOR EXERCISING MORE

Let's do another work out today. Workouts do not need to be an hour long. Work them in when you can!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 4 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating in social situations, (2) for exercising more, (3) for low fat diet.

ANSWER:

Monday Morning

1. *FOR EATING IN SOCIAL SITUATIONS*

Plan ahead and stick to your weight loss plan even when dining out with friends and family. Then reward yourself for your success!

2. *FOR EXERCISING MORE*

This week try to exercise at the same time each day. Having a consistent routine will help you form healthy exercise habits, lose weight, and keep it off.

3. *FOR LOW FAT DIET*

When choosing snacks this week, opt for raw veggies, nuts, fruit, whole grain crackers or low fat cheeses.

Monday Evening

1. *FOR EATING IN SOCIAL SITUATIONS*

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

2. *FOR EXERCISING MORE*

Have you planned your workouts for the week yet? Planning can help you meet your fitness goals.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. *FOR LOW FAT DIET*

Have you planned your meals and snacks for the week yet? Planning can help you avoid fatty foods.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

Wednesday Morning

1. **FOR EATING IN SOCIAL SITUATIONS**

Good morning! If you plan to dine out, consider asking the waiter to pack up half your meal to go ahead of time so you are not tempted to over indulge.

2. **FOR EXERCISING MORE**

Today, try changing up how hard you exercise! For example, you can go for a walk and then switch to jogging every 30 seconds.

3. **FOR LOW FAT DIET**

There are a lot of strategies for avoiding high-fat foods. If you cannot find a low-fat version of your favorites, try something new!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 5 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for exercising more, (2) for eating/drinking less sugar, (3) for eating in social situations.

ANSWER:

Monday Morning

1. **FOR EXERCISING MORE**

Every minute you spend exercising matters. See if you can exercise a little bit longer this week. Even a few extra minutes can make a difference!

2. **FOR EATING/DRINKING LESS SUGAR**

Eliminate sugary snacks from your diet. This week try a piece of fruit instead if you want something sweet!

3. **FOR EATING IN SOCIAL SITUATIONS**

Social situations might tempt you to cheat. Make a plan to say “no” to unhealthy options. (Take 10 seconds & remind yourself why you want to live a better life)

Monday Evening

1. **FOR EXERCISING MORE**

Have you planned your workouts for the week yet? Planning can help you meet your fitness goals.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. **FOR EATING/DRINKING LESS SUGAR**

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. **FOR EATING IN SOCIAL SITUATIONS**

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

Wednesday Morning

1. **FOR EXERCISING MORE**

Have you found that it has gotten easier and easier to exercise? The more you do it, the more you will be able to do and the better you will feel!

2. **FOR EATING/DRINKING LESS SUGAR**

Vegetables make a great snack and are very low in sugar. Try to have a few servings of vegetables today, your body will thank you!

3. **FOR EATING IN SOCIAL SITUATIONS**

Good morning! Remember to stick to your weight loss plan even when dining out or eating on the run- it will help you maximize your weight loss!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 6 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating only when hungry, (2) for eating a balanced diet, (3) for portion control. ANSWER:

Monday Morning

1. FOR EATING ONLY WHEN HUNGRY

Take note of how many times this week you eat when you are not really hungry. Aim for zero times!

2. FOR EATING A BALANCED DIET

This week, have 1 extra serving of fruits and veggies a day. Replace your midday snack with a fruit or add an extra side of veggies to your dinner plate.

3. FOR PORTION CONTROL

This week, read labels to find out the serving size. Sometimes it is not obvious (1 bottle of soda might have 2 servings!)

Monday Evening

1. FOR EATING ONLY WHEN HUNGRY

Have you thought about your eating triggers and planned how you will avoid them this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you have a strategy in place.

Take a minute to plan right now.

2. FOR EATING A BALANCED DIET

Have you planned your meals and snacks for the week yet? Remember planning can help you achieve a balanced diet.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a

minute to plan right now.

3. FOR PORTION CONTROL

Have you planned your meals and snacks for the week yet? Planning can help you manage your portions in advance.

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

Wednesday Morning

1. FOR EATING ONLY WHEN HUNGRY

Eating together with other people, and having lots of food around where you work or live, can make you overeat. Try to avoid these triggers today!

2. FOR EATING A BALANCED DIET

Good morning! Try a balanced breakfast today! Fruits/veggies, lean protein, and whole grains will start your day right!

3. FOR PORTION CONTROL

Good morning! Today, focus on portion sizes at meals. See if there is any difference in how large your portions are compared to when you first started.

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 7 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Monday will be a fresh start and a new opportunity to take steps to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for low fat diet, (2) for eating in social situations, (3) for being more physically active. ANSWER:

Monday Morning

1. FOR LOW FAT DIET

This week, use less butter, shortening, and oils when cooking. Instead, add flavor with spices and herbs, or try grilling!

2. FOR EATING IN SOCIAL SITUATIONS

This week try to stick to your weight loss plan when you are eating at home, and when eating out.

3. FOR BEING MORE PHYSICALLY ACTIVE

Instead of the elevator, take the stairs this week! You will feel great afterwards!

Monday Evening

1. FOR LOW FAT DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

2. FOR EATING IN SOCIAL SITUATIONS

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

3. FOR BEING MORE PHYSICALLY ACTIVE

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

Wednesday Morning

1. FOR LOW FAT DIET

Good morning! It is another low-fat day! Think of all your successes eating healthily so far. Focus on those and keep going!

2. FOR EATING IN SOCIAL SITUATIONS

If you are going to get take-out with friends or family, try to eat a healthy snack first. It will keep you from over-indulging in the less healthy food.

3. FOR BEING MORE PHYSICALLY ACTIVE

It is another active day! Get up, do some stretches, touch your toes, walk around the house/office! There are so many options!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Craving Tips

Baseline to Week 8

HELPFUL CRAVING TIPS:
Cravings only last a few minutes, so stay strong! Distract yourself by occupying your mind and hands, with a crossword puzzle, knitting, or a game on your phone.
Stay strong! The craving will pass soon. Call a friend to talk you through it or provide some distraction, or drink a glass of water.
Think of the reasons you are losing weight. Count your reasons to get through your craving.
You may miss having something in your hand or mouth. Chew on a straw. Roll a pencil or a coin around in your hand. Replace unhealthy foods with something else.
If you don't give in to the cravings, they'll weaken. Breathe in deeply through your nose. Exhale slowly through your mouth. Keep breathing through the craving.
You can get through this! Take 10 deep breaths. Inhale through your nose. Feel your chest and belly expand as your lungs fill. Exhale slowly through your mouth.
Don't let the craving win – it'll pass in a few minutes. Tell yourself, 'I won't let myself down.' Stay strong!
Teach yourself to quickly relax. Sit down. Tense your muscles then let everything go limp. Feel the difference. Close your eyes and breathe through cravings.
You are strong enough to overcome negative moods. Close your eyes and think of a soothing or happy memory. Take deep breaths until the craving passes.
Distract yourself until the craving passes. Review the reasons you want to lose weight and let those reasons motivate you to resist the craving. Hang in there!
Weight loss is tough but you are tougher! If you need help, call a supportive friend, or take time to set goals for your week.
Cravings can make you cranky, but it's only temporary. You will get through this. Do what you need to do to boost your mood – just stick to your eating plan!
Even the strongest cravings last only a few minutes. Motivate yourself to stay strong. Picture your next weight loss milestone & celebrating it with family!
Reach out for support - your friends or family can encourage you or distract you from your cravings. All you have to do is ask!
If you keep resisting cravings, they'll become weaker and less frequent over time. Go take a quick walk outside. Breathe in deeply and appreciate that fresh air
What triggers your cravings? Think about what you're doing and how you're feeling when you want to give in. Be aware of triggers and switch up your routine.
Giving into a craving will only make it stronger. Tell yourself, 'I'm too strong to give in,' and hold on. The craving will pass in a few minutes.
Do not give in to your craving. Remind yourself why it is important for you to lose weight.
Think about how much it means to you to reach your goal weight and make today a healthy day. You can do this!
Do your best to meet your weekly goals. We are all on your side!
Today is another chance to eat healthy food, and to exercise. If you have gotten off track, restart your healthy habits today!
Drink water before eating. It can reduce your cravings and lower your appetite, which might help you lose weight.
Try eating food that has a lot of protein. It can help reduce your cravings, and your desire to snack at night, in half!
If you are having a craving, chew gum. Make sure it is 100% natural. No artificial sweeteners.
If you are having a craving, look through old photos that make you smile.

HELPFUL CRAVING TIPS CONTINUED
Keep tempting snacks like ice cream in the back of the freezer behind frozen vegetables. Hard to reach will be less tempting!
If you are having a craving, spend time organizing. You can rearrange your photos, clothes, or computer files.
If you are having a craving, stretch or do gentle yoga.
If you are having a craving, find someone who needs your help. Then do something to make his or her day.
If you are having a craving, clean your house or car.
If you are having a craving, do something else to keep your hands busy. You can knit, crochet, sew, paint, or draw.
If you are having a craving, write down your health goals.
If you are having a craving, read a book.
If you are having a craving, take a nap.
If you are having a craving, watch an episode of your favorite TV show.
Plan your meals for the day or the upcoming week. This helps to limit uncertainty. Being less spontaneous about can actually help you have less cravings.
Portion out a serving and put the rest away!
Hunger is a big reason for cravings. Avoid extreme hunger by always having a healthy snack ready.
Do not starve yourself during the day! Skipping meals would lead to binge eating at night.
Create happiness in your life by making an upbeat music playlist to listen to when a food craving strikes. Music can be a distraction & relieves stress.
Wait it out – when stress strikes do not give in. Cravings build, crest, and then disappear!
If you are feeling stressed find an activity that helps relieve. You could go for a walk, workout, or call a friend!
Eat some green leafy vegetables (e.g. spinach, collards, broccoli, and lettuce). They can help you have less cravings & to digest fat.
There is a difference between having a craving and feeling hungry. Being able to tell the difference will help you make better choices.
Poor sleep can affect your appetite control and lead to cravings. Make sure to get a good night's sleep.
Have some caffeine! It will help you get through the day with any high calorie pick me-ups (try to avoid caffeine after 3 pm).
Try some herbal tea in the morning or during the day. It might help with your cravings.
Eat balanced meals to help prevent hunger and cravings, this will help your body gets the nutrients it needs
Eat before you go to the food store – it helps to reduce impulsive buying.
Buy snacks in single serving size – portion control will help prevent binge eating.

M-TRIMM Text Program Messages

WEEK 8 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for being more active, (2) for portion control, (3) for eating/drinking less sugar. ANSWER:

Monday Morning

1. FOR BEING MORE ACTIVE

Try to walk or bike to get around when you can. Less driving means more time for activity!

2. FOR PORTION CONTROL

When you have leftovers, split them up into several containers, 1 per meal. That way you can get 1 serving to reheat at a time.

3. FOR EATING/DRINKING LESS SUGAR

This week, check the nutrition labels of your favorite sweets. If they have more than 10 grams of sugar per serving, see if you can find ones with less sugar.

Monday Evening

1. FOR BEING MORE ACTIVE

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. FOR PORTION CONTROL

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: People who eat 5 to 6 small meals a day are less likely to overeat because they get hungry less often. Take 10 minutes to plan your meals now.

3. FOR EATING/DRINKING LESS SUGAR

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now!

Wednesday Morning

1. **FOR BEING MORE ACTIVE**

The exercise you do every day helps improve your mood & energy level. It is also an investment in your long-term health & well-being. Get moving today!

2. **FOR PORTION CONTROL**

Remember, sometimes the key to not overeating is just to put a little less on your plate! Using smaller plates & cups also helps!

3. **FOR EATING/DRINKING LESS SUGAR**

Good morning! Today is a sugar-free day! Try to drink diet soda instead of regular soda. Better yet, have water instead with oranges or limes!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 9 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for exercising more, (2) for eating in social situations, (3) for low fat diet. ANSWER:

Monday Morning

1. **FOR EXERCISING MORE**

It's good to try different exercises from time to time, but consistency is most important. This week, set a plan for getting your exercise in each day!

2. **FOR EATING IN SOCIAL SITUATIONS**

Today, make it your goal to follow your weight loss plan all the time- even when eating out!

3. **FOR LOW FAT DIET**

This week, check if the food you love has more than 10% of the saturated fat you need per day. Try to find lower fat versions by comparing nutrition labels.

Monday Evening

1. **FOR EXERCISING MORE**

Have you planned your workouts for the week yet?

ANSWER (please circle): YES NO

Yes: Great Job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plans right now.

2. **FOR EATING IN SOCIAL SITUATIONS**

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

3. **FOR LOW FAT DIET**

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

Wednesday Morning

1. *FOR EXERCISING MORE*

Good morning! Today, try some lunges, squats, & heel raises to help tone your legs! If you are not sure how to do these exercises, just find tutorials online.

2. *FOR EATING IN SOCIAL SITUATIONS*

If you are eating out with friends and they all get dessert, you can split a low-fat option, or get a coffee instead. That way you are not left empty-handed.

3. *FOR LOW FAT DIET*

Good morning! Continue to work on eating a lower fat diet today. Prepare eggs without oil or butter. Poach, boil (for 12-15 minutes), or dry-fry your eggs.

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 10 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating only when hungry, (2) for exercising more, (3) for being more active.

ANSWER:

Monday Morning

1. **FOR EATING ONLY WHEN HUNGRY**

Take note of what triggers you to eat. Make sure you write down what and why you're eating in your journal. Try to eliminate one of those triggers this week.

2. **FOR EXERCISING MORE**

Let's work out this week! Try to get 30 minutes of exercise every day, either all at once or in 10 min intervals!

3. **FOR BEING MORE ACTIVE**

Find time to squeeze activity into your schedule. Start by taking five-minute breaks during the day to be physically active. Take a walk, tidy up, or stretch.

Monday Evening

1. **FOR EATING ONLY WHEN HUNGRY**

Have you thought about your eating triggers and planned how you will avoid them this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you have a strategy in place.

Take a minute to plan right now.

2. **FOR EXERCISING MORE**

Have you planned your workouts for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a

minute to plan right now.

3. **FOR BEING MORE ACTIVE**

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a

minute to plan right now.

Wednesday Morning

1. *FOR EATING ONLY WHEN HUNGRY*

Make sure you are eating a regularly today. To avoid getting very hungry and overeating, have at least three meals and two snacks.

2. *FOR EXERCISING MORE*

Good morning! Make this another fitness day. Make sure your routine includes resistance and aerobic exercise.

3. *FOR BEING MORE ACTIVE*

Rise and shine! Today is another chance to practice healthy exercise habits. If you have gotten off track, restart your healthy habits today!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 11 OF 16

Welcome to the TRIMM community! Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for being more active, (2) for portion control, (3) for eating/drinking less sugar. ANSWER:

Monday Morning

1. **FOR BEING MORE ACTIVE**

Look for non-food rewards to give yourself for meeting fitness goals. Treat yourself by taking a bubble bath, exploring a new place, or getting a new outfit!

2. **FOR PORTION CONTROL**

Can you eat just half of that sandwich or bag of chips and then save the other half for later? Little things like this really add up!

3. **FOR EATING/DRINKING LESS SUGAR**

Craving sweets? This week, stock up on naturally sweet foods such as fruit, sweet peppers, peanut butter or almond butter!

Monday Evening

1. **FOR BEING MORE ACTIVE**

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. **FOR PORTION CONTROL**

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. **FOR EATING/DRINKING LESS SUGAR**

Have you planned your beverages for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

Wednesday Morning

1. **FOR BEING MORE ACTIVE**

Remember, you don't have to work out for an hour. You could always just take a brisk walk or just do some stretches!

2. **FOR PORTION CONTROL**

Be careful to avoid the Mindless Munch (eating without thinking)! Today try moving food (chips, cookies, & candy) so that they does not sit in front of you.

3. **FOR EATING/DRINKING LESS SUGAR**

Good morning! Try to cut down on sugar today. You have probably been good so far, but go the extra step- try for no sugary foods today!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 12 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Start fresh on Monday! It is a new week & a new opportunity to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating in social situations, (2) for eating/drinking less sugar, (3) for exercising more. ANSWER:

Monday Morning

1. FOR EATING IN SOCIAL SITUATIONS

Be sure to plan ahead, and follow your weight loss plan even if eating out or in social situations this week. You will be glad you did!

2. FOR EATING/DRINKING LESS SUGAR

This week, try to drink beverages that do not have added sugar. Water is the best, and you can use lemons, cucumbers, or watermelon to add flavor!

3. FOR EXERCISING MORE

This week, try to include both resistance & aerobic exercise in your fitness routine! You can lift weights, do wall-squats, and take a walk, bike, or dance!

Monday Evening

1. FOR EATING IN SOCIAL SITUATIONS

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

2. FOR EATING/DRINKING LESS SUGAR

Have you planned your beverages for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. FOR EXERCISING MORE

Have you planned your workouts for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

Wednesday Morning

1. *FOR EATING IN SOCIAL SITUATIONS*

Even if you want to enjoy a meal out or order from a carryout, you can make good choices. Split a meal with a friend, & choose low-fat, low-calorie options.

2. *FOR EATING/DRINKING LESS SUGAR*

You probably have been doing great with your diet so far! Keep it up - consistency is key. Try to eat no sugary snacks today!

3. *FOR EXERCISING MORE*

Reduce your risk of diabetes, heart disease, and stroke by walking at least 30 minutes each day.

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 13 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for low fat diet, (2) for eating a balanced diet, (3) for eating in social situations. ANSWER:

Monday Morning

1. FOR LOW FAT DIET

Low fat does not mean low taste. Identify some low-fat versions of 3 of your favorite foods. Stock up on some of those low-fat items!

2. FOR EATING A BALANCED DIET

Start your day with breakfast. Breakfast fills you up to get you going after a long night without food. Try to eat breakfast at least 5 days this week!

3. FOR EATING IN SOCIAL SITUATIONS

What do you need to do in order to stick to your weight loss plan in social situations? Come up with a strategy this week & ask a friend to help.

Monday Evening

1. FOR LOW FAT DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

2. FOR EATING A BALANCED DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. FOR EATING IN SOCIAL SITUATIONS

Have you thought about strategies to not overeat and stick to your weight loss plan when eating with others this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Developing a strategy will help you stick to your goal. Take a minute to plan right now.

Wednesday Morning

1. *FOR LOW FAT DIET*

Good morning! Remember to make this a low-fat day! Your body will thank you!

2. *FOR EATING A BALANCED DIET*

It is a balanced diet day today! Avoid high-fat, high-sugar foods. Aim for whole grains & nutritious snacks / meals! (veggie sandwich on whole grain bread)

3. *FOR EATING IN SOCIAL SITUATIONS*

Remember, following your weight loss plan even when you feel tempted to cheat. Doing that will help build your confidence. Keep it up!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 14 OF 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Monday will be a fresh start and a new opportunity to take steps to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating a balanced diet, (2) for eating only when hungry, (3) for portion control. ANSWER:

Monday Morning

1. FOR EATING A BALANCED DIET

This week, make eating healthy convenient! Cut up fruits and veggies, and put them in plastic containers for quick and easy snacks on the go.

2. FOR EATING ONLY WHEN HUNGRY

Did you know that sometimes your body feels hungry when it is actually just thirsty! Try drinking a glass of water when you feel a bit hungry!

3. FOR PORTION CONTROL

Having a snack? Be sure to divide up your portions before you begin eating. It is hard to eat just 1 portion when eating out of the bag.

Monday Evening

1. FOR EATING A BALANCED DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. FOR EATING ONLY WHEN HUNGRY

Have you thought about your eating triggers and planned how you will avoid them this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you have a strategy in place. Take a minute to plan right now.

3. FOR PORTION CONTROL

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: People who eat 5 to 6 small meals a day are less likely to overeat because they get hungry less often. Take 10 minutes to plan your meals now.

Wednesday Morning

1. **FOR EATING A BALANCED DIET**

Have you been writing in your food journal? It is a great way to keep track of your eating habits and target problem areas.

2. **FOR EATING ONLY WHEN HUNGRY**

Good morning! Keep this quote in mind today: If hunger is not the problem, then eating is not the solution.

3. **FOR PORTION CONTROL**

Did you grow up as a member of the 'clean plate club'? Remember that it's OK to leave food on your plate!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 15 OF 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Monday will be a fresh start and a new opportunity to take steps to reach your goals.

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for eating/drinking less sugar, (2) for being more active, (3) for eating a balanced diet. ANSWER:

Monday Morning

1. FOR EATING/DRINKING LESS SUGAR

Try to drink only water and calorie-free beverages this week. You can even add flavor with limes, strawberries, or mint. Just drop them into your water pitcher!

2. FOR BEING MORE ACTIVE

Look for non-food rewards to give yourself for meeting fitness goals. Treat yourself by taking a bubble bath, exploring a new place, or getting a new outfit!

3. FOR EATING A BALANCED DIET

Eating a balanced diet can do wonders for your mood. This week make sure at least one meal each day has plenty of fruits, veggies, whole grains, & lean meats.

Monday Evening

1. FOR EATING/DRINKING LESS SUGAR

Have you planned your beverages for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

2. FOR BEING MORE ACTIVE

Have you planned how to fit more walking, stretching, & moving into your week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

3. FOR EATING A BALANCED DIET

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals. Take a minute to plan right now.

Wednesday Morning

1. **FOR EATING/DRINKING LESS SUGAR**

Sugar-free beverages are just as tasty as the regular kind. Also, remember that just because its fruit juice does not mean its low-sugar. Check the label!

2. **FOR BEING MORE ACTIVE**

Remember, you don't have to work out for an hour. You could always just take a brisk walk or just do some stretches!

3. **FOR EATING A BALANCED DIET**

Good morning! Have you been eating a balanced diet lately? Try eating whole grains, lean meat/fish, fruits and veggies. Make today a balanced day!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Fridays Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

Lost Weight: Great job! Remember your progress this weekend and stay strong!

No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Messages

WEEK 16 of 16

Congratulations on your new healthy lifestyle!

Sunday Afternoon

Reset on Monday. Monday is a fresh start toward reaching your goals. New week, new you!

Sunday Evening

Which topics would you like to receive tips about next week? Pick (1) for portion control, (2) for low fat diet, (3) for eating only when hungry.

ANSWER:

Monday Morning

1. **FOR PORTION CONTROL**

This week, count the number of times that you eat portions that are too large each day. Aim for zero times!

2. **FOR LOW FAT DIET**

This week, remove the skin off chicken to reduce how much saturated fat you are having. Trim the visible fat off meat such as steak. Your heart will thank you!

3. **FOR EATING ONLY WHEN HUNGRY**

This week, use a food journal to keep track of when, why & what you eat. Stress & boredom, might lead you to eat more than you need. Take back control!

Monday Evening

1. **FOR PORTION CONTROL**

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: People who eat 5 to 6 small meals a day are less likely to overeat because they get hungry less often. Take 10 minutes to plan your meals now.

2. **FOR LOW FAT DIET**

Have you planned your meals and snacks for the week yet?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you stick to your goals and avoid unhealthy eating.

3. **FOR EATING ONLY WHEN HUNGRY**

Have you thought about your eating triggers and planned how you will avoid them this week?

ANSWER (please circle): YES NO

Yes: Great job!

No: There is no time like the present! Planning helps make sure you have a strategy in place. Take a minute to plan right now.

Wednesday Morning

1. **FOR PORTION CONTROL**

It is a new day! Plan meals a head of time so that you have enough for the week, and put them in separate containers to help you maintain portion control.

2. **FOR LOW FAT DIET**

Avoid eating any fried food today. You have the willpower, and you can make great choices!

3. **FOR EATING ONLY WHEN HUNGRY**

Resist those unhealthy cravings today! Eat when you are hungry, not when you are bored or distracted. That is the way to lose weight!

Wednesday Evening

Remember, if you'd like an extra tip, or have a craving, just refer to the Craving Tips supplement.

Friday Morning

It's Friday! Congratulations on making it to the end of the week! Remember your goals as you plan for the weekend!

Friday Evening

Step on the scale. How many pounds do you weigh?

ANSWER:

1. Lost Weight: Great job! Remember your progress this weekend and stay strong!
2. No Loss: Don't get discouraged! Sticking to your goals long-term will have many health benefits down the line.

M-TRIMM Text Program Craving Tips

Weeks 9 - 16

HELPFUL CRAVING TIPS
Being aware of your cravings and their triggers makes them much easier to avoid. It also makes it a lot easier to eat healthy and lose weight.
If you feel like you cannot resist a craving, just eat a reasonable amount of the food that you are craving. Do not go overboard.
Keep a journal about your cravings. Take note of whether you are feeling stressed/tired. Figuring out what your triggers are, can help you avoid them.
Try to do something that makes you happy. Cravings are usually related to a negative mood.
Ten teaspoons of sugar is equal to drinking one can of soda. Each day, strive to have less added-sugar in your diet.
When you feel a craving, grab a glass of water. The cravings will subside.
If you snack, take a few bites and wait 15 minutes before you allow yourself more. Your craving will have probably been satisfied and you won't eat more.
Instead of thinking or saying "I can't" which makes you think you are being deprived; say "I don't". This gives you a sense of empowerment and determination.
It is human nature to crave sugar, sweets and salt. Try eating real whole foods when you have a craving.
Remove temptation – don't keep foods that you like to binge on in your cupboard. Out of reach – out of mind!
Take a "before" picture and tape to your cupboard to remind you of your goals.
Visual reminders help! Take a picture of a donut; write down how many minutes it takes to burn off those calories. Do it for pizza or potato chips too!
Do not deprive yourself. Allow 20% of your daily calories to be from a treat. Be sure baked, not fried snacks without a ton of sugar and trans fats.
Enjoy food, do not deprive yourself - just have less and remember that balance is the key!
Brush your teeth to help prevent you from digging in that stash of cookies!
If you are on the run – Grab-n-go healthy high protein snacks are the best. Try 2 hardboiled eggs, or 1 oz. beef jerky or 1 oz. peanuts.
Drink two glasses of water and one ounce of nuts. This should get rid of your craving.
Start your day off with a balanced meal and you'll be less likely to crash and crave unhealthy options during the day
If you like, toast – add avocado or some almond butter for a healthy choice.
If you like oatmeal, add peanut butter, nuts or a low-sugar fruit like strawberries.
Reduce added sugar in your diet! Less than 10% of total calorie intake should be from added sugar. Greater benefits if you can reduce it to 5%!
Canned beans are a great source of protein and high in fiber. Very cost effective to keep on hand.
Lentils are a great superfood – plant based protein, full of fiber, and the shelf life is up to one year. Just add lentils to soups or make into a dip!
Switch to whole-wheat pasta – it has fiber and more protein than white flour pastas.
Dried cranberries and raisins are great to add to oatmeal, salads or just for snacks!
Make the switch to brown rice! Just like whole-wheat pasta, brown rice is high in fiber! It keeps you fuller longer.
Set your alarm for every hour to remind you to stand up, refill your cup of water.
Limit how much fast food you are eating. Make the switch to lean proteins and whole grains.
Chew sugarless gum, it helps cravings and reduces stress.
Wait it out! Cravings are like waves. They come and go. Your craving will go away soon.
Turn on an upbeat song to distract you from the craving!
If you have a craving you can't resist – eat only a single serving
When you get a craving – STOP and picture yourself lean, fit, and healthy!

HELPFUL CRAVING TIPS CONTINUED

Try eating only half of what the food you were craving. Then find a distraction, wait 15 minutes. The craving should pass by then.

Drink two glasses of water and one ounce of nuts. This should change your body chemistry and get rid of the craving.

You can control what food is in your house. Keep healthy whole foods and snacks around. You will feel better knowing you can eat healthy and enjoy it!

Plan to avoid temptations. Do not walk by a bakery or pizzerias!

Eat foods that are in-season. That will help your body get the vitamins and minerals it needs.

When you crave fried foods, baked instead! Coat lean meats with egg whites, grated parmesan cheese & panko breadcrumbs before baking to get a crunchy texture!

Save your candy wrappers in a jar! It helps you see how much you ate and soon you will start wanting less of it.

Give up artificial sweeteners – they make you crave more sugar!

Keep an index card to track how many times you said NO to a craving. Write a check mark every time you say NO. After 15, you are likely to change your habits.

When you are craving sweets, try going for fruits instead. They are tasty, and you get fiber & lots of vitamins that way.

Your main meals need to be healthy. If you are craving sweets, go for quality over quantity. Get a smaller amount of a snack you really love & savor every bite.

You can train yourself to crave less sugar. Quitting sugary foods cold turkey can help. It is not easy, but after the first 3 days, the cravings will decrease.

To curb cravings, you need a good breakfast that has protein & fruits/veggies. (Make a smoothie with bananas, frozen berries, low-fat/soy milk, & peanut butter)

Add spices to your food! They make your meals more interesting & satisfy your taste buds! Try pepper, thyme, garlic powder, cinnamon, or nutmeg.

If you can't resist munching on something, get a bag of baby carrots. They will keep you busy, & they have Vitamin A, which is good for your eyes and skin!

If you are looking for something to snack on, try celery sticks. Celery has very few calories! It is also full of vitamins and antioxidants!

If you are craving food high in fat or sugar, take 2 minutes to figure out what else you could eat instead. Go for the food that will help you reach your goals.