



FC STATS

Successful dieters who've kept the weight off have these habits in common:

- 78% eat breakfast every day
- 69% weigh themselves at least once a week
- 90% get about an hour of moderate exercise a day
- 88% restrict their intake of certain food groups

Source: National Weight Loss Control Registry

Eat More, Weigh Less

Say goodbye to nagging hunger pains by choosing low-energy-density foods, which contain more water, air or fiber so you'll feel fuller longer. Weight Watchers' Momentum Program suggests these smart swaps.

	instead of	fill up with
Breakfast	 2 slices of white toast with 1 tbsp butter	 1 cup yogurt with ½ cup blueberries, ½ cup pineapple
Lunch	 A turkey sandwich on a roll with lettuce, tomato and mustard	 A lean turkey burger on whole-wheat bun with lettuce, tomato and 1 tsp ketchup or mustard
Dinner	 Spaghetti with marinara sauce	 Lemon-pepper-seasoned filet of sole with asparagus and a baked sweet potato
Snack	 4 oz of honey-wheat pretzels	 5 cups of low-fat microwave popcorn

Even if trans fat is not listed on the nutrition label, keep reading: "Partially hydrogenated oils" also indicates trans fats.

FACE THE FATS

Danger: Eating foods high in trans fat can cause more weight gain than consuming other types of fat. Trans fat is found in many supermarket staples, but most Americans are unable to name foods that contain it. Try to limit your intake to fewer than 2 grams a day. Laura Jeffers, R.D., of the Cleveland Clinic shows you which items to watch out for.

» **Spreads** Margarine, butter and shortening can contain up to 4 grams of trans fat per tablespoon. Instead: Go with soft-tub margarine—it has less trans fat than other types and is low in cholesterol.

» **Soups** Ramen noodles and soup cups are not only high in trans fat, they also have about 1,000 mg of sodium per serving. Instead: Look for fat-free types because they will have fewer grams of trans fat.

» **Frozen foods** Breaded and/or fried items like fish sticks as well as pot pies and waffles can be loaded with trans fat even if the box says low fat. Instead: Opt for baked or grilled frozen entrées, which are usually healthier.

"On previous diets I'd last only until my first misstep. Then I'd give up altogether."



POUNDS LOST >
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HOW I LOST IT!

Angela Haragan

HOMETOWN: Salem, OR AGE: 32 HEIGHT: 5'9"
 PREVIOUS WEIGHT: 255 CURRENT WEIGHT: 169

My new healthy habits...

» **I went to the Web.** I joined Sparkpeople.com, a free online weight loss program. I got advice from dietitians and trainers and found healthy recipes to try at home.

» **I indulge a little.** But I stick to small portions. My favorite sweet is Hershey's Bliss dark chocolate because they're individually wrapped and only 33 calories each.

» I walk toward goals.

I add some short bursts of running to my almost daily hour-long walks. When I first started losing, I entered a 1-mile running race. Now, I'm training for a 5K.

—Cheryl S. Grant

Want to share your weight-loss story? Send an e-mail that describes how you did it to dietsuccess@familycircle.com. Please include photos.