



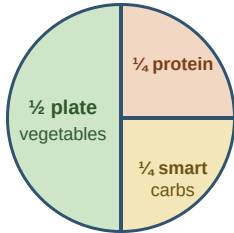
Patient name: _____

Date: _____

YOUR HEALTHY HABITS GUIDE

Weight Loss Program · Medication works best together with the everyday habits below.

1. BUILD A BALANCED PLATE



- **Half the plate: vegetables.** Salad greens, broccoli, green beans, cabbage, peppers, squash and other non-starchy vegetables.
- **A quarter: protein.** Chicken, fish, eggs, lean beef or pork, tofu, beans, Greek yogurt, cottage cheese.
- **A quarter: smart carbs.** Brown rice, beans, oats, sweet potatoes, whole-grain bread, or fruit. Keep this portion small.
- Use a smaller plate (about 9 inches), and add healthy fats in small amounts: olive oil, avocado, nuts.

Protein at every meal

- Aim for a palm-sized portion (about 25–30 grams) at each meal.
- Protein keeps you full longer and helps you keep muscle while you lose fat.
- Easy options: eggs, Greek yogurt, a protein shake, tuna, chicken, beans.

Lower the carbs

- Cut back on white rice, white bread, pasta, noodles, tortillas, chips, pastries and sweets.
- Choose whole foods instead of packaged or processed foods.
- **If you have diabetes**, talk with Dr. Vo before cutting carbs a lot. Some diabetes medicines can cause low blood sugar.

Portion size, using your hand

Palm = one serving of meat, fish or chicken

Fist = one cup of rice, pasta or fruit

Cupped hand = one serving of nuts or snacks

Thumb = one serving of oil, butter or peanut butter

2. WATCH WHAT YOU DRINK

Drink more

- **Water:** about 8 glasses (64 oz) a day, unless Dr. Vo has told you to limit fluids. Keep a water bottle with you.
- Sparkling water, unsweetened tea, black coffee.
- A glass of water before each meal can help you feel full sooner.

Cut back on

- **Soda, sweet tea, juice, energy drinks** and sweetened coffee drinks. One 20 oz soda has about 16 teaspoons of sugar.
- **Alcohol:** it adds empty calories and increases appetite. If you drink, keep it to 1 drink or fewer a day, and not every day.

3. FAST FOOD AND EATING OUT

- Limit fast food to once a week or less. Plan and pack meals ahead when you can.
- When eating out: choose grilled instead of fried, skip the fries and sugary drink, ask for sauces on the side, and box up half before you start.
- Eat slowly, put your fork down between bites, and stop when you feel satisfied, not stuffed.
- If you take weight loss medication, eat smaller meals and avoid greasy or very rich foods. This helps prevent nausea and stomach upset.



Patient name: _____

4. MOVE MORE EVERY DAY

Your weekly target

- **150 minutes a week** of moderate activity, such as 30 minutes, 5 days a week. You should be able to talk, but not sing.
- **Strength training 2 days a week:** bodyweight squats, wall push-ups, resistance bands or weights. This protects your muscle as you lose weight.
- Starting from little or no exercise? Begin with 10 minutes a day and add 5 minutes each week.

Everyday movement counts

- Take a 10-minute walk after meals. It also helps lower blood sugar.
- Take the stairs, park farther away, and stand or walk during phone calls.
- Get up and move for a few minutes every hour you sit.
- Choose something you enjoy: walking, swimming, cycling, dancing, yard work.

Ask Dr. Vo before starting a hard workout program if you have heart disease, chest pain with activity, or joint problems.

5. SLEEP WELL

- Aim for **7 to 9 hours** a night. Poor sleep increases hunger and cravings, especially for sweets.
- Go to bed and wake up at the same time every day, including weekends.
- Keep your bedroom dark, quiet and cool. Put screens away 30–60 minutes before bed.
- Avoid caffeine after 2 pm, and avoid large meals and alcohol within 3 hours of bedtime.
- Loud snoring, gasping at night or daytime sleepiness can be signs of sleep apnea. Let Dr. Vo know.

6. MANAGE STRESS

- Stress raises cortisol, which can increase appetite and belly fat. Notice when you eat because of stress, boredom or emotions rather than hunger.
- Try a quick reset: 5 slow, deep breaths; a short walk; stretching; prayer or meditation; calling a friend.
- Make time each week for something you enjoy that doesn't involve food.
- If you feel down, anxious or overwhelmed most days, tell Dr. Vo. Help is available.

7. TRACK YOUR PROGRESS

- Weigh yourself once a week, at the same time of day, on the same scale. Write it down for your monthly check-in.
- Weight changes from day to day are normal. Look at the trend over several weeks.
- Progress isn't only the scale: notice how your clothes fit, your energy, your blood pressure and your sleep.

My goals until my next visit

Choose one or two small changes. Small steps you keep are better than big changes you can't.

1. _____
2. _____

Call us at 469-931-2602 with questions or side effects. **Call 911** for chest pain, trouble breathing, sudden weakness or numbness, trouble speaking, or sudden leg pain or swelling.

This guide is general information and doesn't replace advice from Dr. Vo about your own health. Results vary from person to person.