



Dietitian's Guide

10 Healthy Habits

to lose weight & keep it off

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HEY THERE!

*I'm Cristina Sutter,
M.H.Sc. RD*

Meet Cristina, BC's leading sport dietitian with experience in practical weight loss solutions. With over 20 years of experience in Vancouver, Cristina has developed specialized programs for the general population and women, helping them achieve their health and fitness goals. Her approach combines real-world advice with expert guidance on diet management, honed by her experience with top-tier athletes, including the Vancouver Canucks. Whether you're new to fitness or looking to enhance your dietary habits, Cristina is here to support your journey to a healthier lifestyle.

Work with Cristina



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WELCOME TO A FRESH INTRODUCTION APPROACH TO WEIGHT LOSS!

Here's a guide for sustainable weight management with our guide to the top 10 healthy habits. Forget the quick fixes and restrictive diets that lead you back to square one once they're over. The secret to lasting weight loss isn't found in temporary diets—it's in transforming

your eating habits and lifestyle to fit you perfectly. By focusing on one manageable habit at a time, you'll gradually build a lifestyle that naturally leads to weight loss and maintenance, without feeling deprived.

10

HEALTHY HABITS

*to lose weight
and keep it off*

FIND THE LOW-HANGING FRUIT

Identify easy wins by reducing high-calorie staples in your daily diet.

PRACTICAL TIPS:

- Cut back on the high-calorie foods you consume daily.
- Swap free-poured olive oil with air frying or lemon juice seasoning.
- Choose veggies and hummus over cheese and crackers.
- Snack on roasted chickpeas or fruit, instead of nuts.
- Replace sugary drinks like frappuccinos and bubble tea with soda water or unsweetened coffee.

EASE UP ON HIGH-FAT FOODS

Focus on reducing high-fat and high-calorie foods to manage your calorie intake better.

PRACTICAL TIPS:

- Reduce portion sizes of butter, ice cream, and takeout food by half.
- Substitute cream or pesto sauce with tomato sauce.
- Choose popcorn over bagged chips and fresh meal options over fatty takeouts.

PLAN MEALS ON WEEKENDS

Extend your healthy eating habits into the weekend to avoid disrupting your progress.

PRACTICAL TIPS:

- Prepare for outings with healthy snacks like protein bars and fruit.
- Swap typical party foods with healthier alternatives like fruit kabobs or shrimp cocktails.

MAINTAIN REGULAR MEALS

Stabilize your appetite and energy levels by eating at regular times.

PRACTICAL TIPS:

- Stick to three regular meals a day to manage hunger and avoid overeating.

STAY ACTIVE

Incorporate daily physical activity to support consistent active calorie burn and overall motivation.

PRACTICAL TIPS:

- Include 30-45 minutes of vigorous activity into your daily routine to give you consistent energy and motivation.

AVOID TAKEOUT

Encourage home cooking and thoughtful meal planning to choose ingredients and portions.

PRACTICAL TIPS:

- Delete food delivery apps and commit to cooking at home most days.
- Plan your meals and use tools like meal delivery services and grocery planning.

MINDFUL EATING

Cultivate awareness around your eating habits to enhance your relationship with food.

PRACTICAL TIPS:

- Turn off screens during meals to promote mindfulness and prevent mindless eating.
- Eat at the table, not in front of a screen or on the couch.

CURB EVENING SNACKS

Strategically manage your evening cravings by keeping busy and choosing healthier snack options.

PRACTICAL TIPS:

- Engage in activities like puzzles, music or drawing in the evening to distract from boredom snacking.

CUT CHEAT DAYS

Minimize the impact of indulgences by moderating how often and how much you treat yourself.

PRACTICAL TIPS:

- Apply the 80/20 rule: Eat nutritiously 80% of the time and allow a treat 20% of the time.
- Choose lighter meal options and save indulgences for truly special occasions.

KNOW YOUR KRYPTONITE

Understand and manage your unique dietary weaknesses to maintain intention with your eating habits.

PRACTICAL TIPS:

- Identify and plan for your triggers to avoid overeating when you are stressed or busy.