

**123 DIETING TIPS YOU SHOULD KNOW BEFORE
STARTING YOUR NEXT DIET**

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Help patients understand the stages of change and how the stages relate to making lifestyle changes, such as weight loss, that may improve health. Making the effort to plan and pack your lunch ahead of time can be a simple way to make better food choices and increase weight loss.

What if a patient needs more help? In fact, a recent study in the journal *Appetite* found that mindfulness is a practice that involves fully focusing on the present moment and bringing awareness to your thoughts and feelings. Before asking patients if they wish to discuss their weight, mention the health risks associated with overweight and obesity.

Research shows that even a modest weight loss of 5 percent can result in health benefits. Patients who are not yet ready to attempt weight loss may still benefit from talking with their primary care clinician about healthy eating and regular physical activity.