

LOSING WEIGHT HEALTHFULLY: MORE THAN A NUMBER ON THE SCALE



▶ Easy Strategies That Really Work.....1



▶ Staying on Course and Preventing Regain.....2



▶ Tips to Tame the "Snack Monster".....2

Healthy Nutrition

*Tips from the Wright & Filippis
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Weight loss is an important treatment for many medical problems including diabetes, cardiovascular disease, gastroesophageal reflux and obstructive sleep apnea. It's essential to find the right approach for your lifestyle and food preferences. There are so many tips and resources available that it's impossible to include them all. These basic guidelines will help you on the road to lower weight and better health.

Easy Strategies...(That Really Work!)

Cut calories gradually. Record your intake for a few days and total the calories. Look for 200-300 calories you could easily cut out. If you don't begin losing, repeat the process.

Drop the pop and calorie-filled coffee drinks. Choose drinks that provide nutrition with the calories such as low fat milk or soy milk. Limit juice. It won't fill you up as much as fruit, which has fiber.

Eat enough for adequate nutrition. Unless on a medically-supervised diet, women usually need at least 1200 calories daily and men need 1500 calories to keep metabolism (calories burned) from dropping and to meet nutrient needs.

Eat 5-6 times daily. Low-calorie snacks keep you from being too hungry.

Add healthy foods to your plate. Focus on lean meats or soy foods, whole grains, fruits and vegetables with a small amount of healthy fat.

Use smaller dishes and glassware. This helps you take reasonable portions. Pre-portioned dishware is available for calorie control.

Eat slowly. It takes about 20 minutes to feel full.

Keep a food log. If you aren't losing weight, you may be eating more calories than you realize. Use food labels and restaurant guides for calorie information.



Tips to Tame the "Snack Monster"



Plan snacks on schedule. If you have a higher calorie snack, such as peanut butter, nuts or dried fruit, decrease calories in your next meal.

Buy the right foods. Identify foods that trigger mindless eating and buy less often.

Take along healthy snacks. Avoid vending machines, mall food stands and fast-food by packing healthy snacks in zip-lock bags or small containers for your desk, car, purse or pocket.

If you are an excessive "nibbler" wait 10 minutes before eating. Take a walk, read, call a friend. You may no longer need to eat if you distract yourself.

Make Exercise a Lifelong Priority

For best results, vary your routine. Mix aerobic exercise, such as walking, with light weights or exercise bands to increase calories burned. Follow professional advice to learn proper technique.

Reminder: you burn fewer calories at a lower weight. You may need the same amount of exercise in order to maintain your lower weight. And before starting a new exercise, ask your doctor if it is safe for you.

Staying on Course and Preventing Regain

Set realistic goals. A 5-10% weight loss may bring health benefits and be easier to maintain than a drastic weight change. Talk with your doctor about your goal.

Set specific goals. Instead of saying "I should exercise more" or "I should eat more fruit" say "I am going to walk 30 minutes three days this week and include fruit daily at lunch".

Look at food in a new way. Don't think of food as good or bad. Focus on healthier food choices you can stick with long term instead of restrictive or fad diets.

Change eating behavior at social events. Eat a light snack before

going. Don't "hang out" by the food. Pick a few foods you really want, not some of everything. Choose larger portions of low calorie vegetables or salad.

Deal with emotional eating. If you use food for "comfort," ask these questions: Why do I want to eat? Will eating fix the problem? Will I feel better after I've eaten? You may still eat, but will have more control. If you can't control emotional eating, seek professional counseling.

Muzzle your inner critic. Positive thinking is more useful than self-criticism. Put setbacks in the past immediately and begin again.

Recommended Resources

American Heart Association (Healthy Lifestyle Section)
(800) 242-8721
www.americanheart.org

National Library of Medicine
<http://medlineplus.gov>

President's Council on Physical Fitness
(202) 690-9000
www.fitness.gov

Shape Up America!
www.shapeup.org

U.S. Dietary Guidelines
www.mypyramid.gov

Weight Control Information Network
(877) 946-4627
www.niddk.nih.gov



(800) 482-0222
www.FirstToServe.com