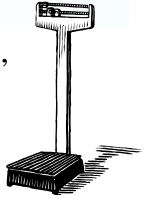


Healthy Weight Loss

Maintaining a healthy weight is important because it can lower your risk for diseases like heart disease, diabetes and cancer. For safe and lasting weight loss, do not try to lose more than 1-2 lbs a week. Losing as little as 5-10% of your body weight has shown big gains on health, including decreasing blood pressure, cholesterol, blood sugars, and risk for cancer. Increasing exercise and cutting back on calories in your diet can lead to healthy weight loss success. The tips listed below can help you change your current eating habits. Try 1-2 tips each week to see results!



TRY:

Keeping a regular eating schedule.

- Try to eat **at least** 3 meals around the same time every day.
- Skipping meals can lead to overeating later in the day.

Monitoring your portion sizes.

- Use measuring cups or follow the serving size on a food label.
- During meals, use a smaller plate and put your fork down between bites.
- Put leftovers away right away or wait 10-20 minutes before a second portion.

Eating more high fiber foods.

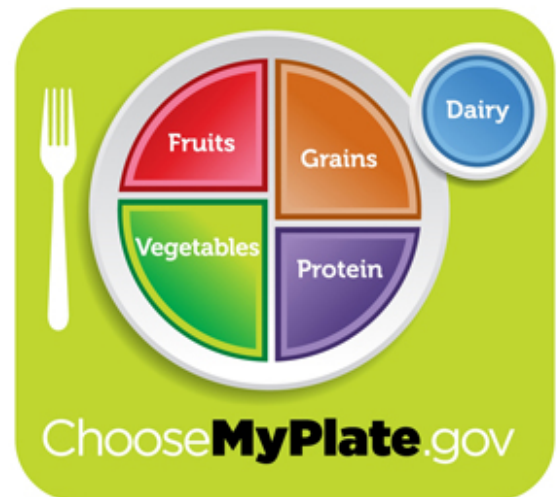
- Include fruits and vegetables with meals and as snacks. These are high in fiber and water, which makes you feel fuller.
- Make half your grains whole grains. Examples include brown rice, oatmeal, popcorn, 100% whole wheat bread, pasta and tortillas, and whole grain crackers and cereals.
- Eat beans 3 times per week. These are both high in fiber and protein!

Making low calorie substitutions.

- Choose light or low fat products instead of regular.
- Drink 1% or skim milk instead of 2% or whole milk.
- Use cooking spray instead of oil or butter.
- Try egg substitutes instead of eggs.

Eating a variety of foods.

- Choosing foods from all food groups helps provide the body with all the nutrients it needs.
- Use the MyPlate method as a guide for variety.



Choosing healthier snacks.

- If snacking is a part of your meal pattern, make sure you eat smaller meals.
- Snacks should be 100-200 calories each.

Patient Education

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LIMIT:

“Empty calories”

- These are foods that have a lot of calories but few vitamins and minerals.
 - **Small bag of chips = 200-250 calories**



- **Chocolate chip cookie = 210 calories**



- **Candy bar = 235 calories**



- **Ranch dressing (2 Tbsp) = 150 calories**



- **Glazed doughnut = 240 calories**



Drinking your calories

- Beverages can have a lot of calories but very few vitamins and minerals
 - **Can of regular soda = 150 calories**



- **Wine (5 oz) = 120 calories**



- **Regular Beer (12 oz) = 150 calories**



- **Sweet Tea (8 oz) = 100 calories**



- **Juice (8 oz) = 130 calories**



Limit dining out or make healthier choices when you do go out to eat

- Try to limit to 1-2 times per week. You have more control over what you eat and the portion size when you cook at home.
- Check the restaurant's website to help you choose a lower calorie option.
- A safe choice is usually baked or grilled meats, salads with light dressing or fruits and vegetables as a side.
- Take half your meal home or split it with a friend.

Patient Education

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PLAN AHEAD:

Meal Planning

- Write out meal ideas for the week
- Make grocery list
- Cut up fruits and vegetables when you get home from the grocery store
- Make extra servings and put them in the freezer for days you don't have a lot of time
- Throw ingredients into a Crock-Pot® to cook throughout the day
- Have healthy low calorie snacks ready for on-the-go

Identify the reasons why you eat.

- If you are more likely to eat due to stress, emotions, or boredom you should try to find other ways to spend your time like taking a walk, reading a book or calling a friend.
- Develop other ways of dealing with issues such as stress, boredom, and low self-esteem to prevent over-eating.
- Consider seeing a counselor to help you deal with life stressors that trigger eating.
- Using the hunger scale to determine if you are truly hungry.

Begin an exercise program or tweak your workout.

- Pick a type of activity you enjoy, like walking, and start gradually.
- If you already exercise, kick your program up a notch by adding another day or increasing your intensity. Try mixing it up a bit with a new class or different type of exercise!

Keep a food diary for a week.

- Write down the time you eat, amount, and type of food.
- Keeping track allows you to see where unnecessary calories are coming from, such as in the form of snacks, large portions of food, or even from beverages.
- Try one of these weight loss applications or websites: "Lose It!", Pact, MyFitnessPal, Fooducate, Nike Training Club, iPhone Health App, Google Fit, Sparkpeople.com



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For more nutrition information or to speak with a Registered Dietitian, call

For more health education resources, visit Health & Wellness at osfhealthcare.org