

# Helpful Guidelines for Successful Weight Loss

Weight loss should occur when you eat fewer calories than you use. Increasing physical activity while limiting your calories will help with weight loss and weight maintenance. Talk to your dietitian about your calorie needs to achieve your weight loss goals.

## My Goals

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## Basic Tips



- Be mindful of your daily food intake.
  - Keep a written food journal.
  - Read food labels to learn serving sizes and calories of foods you eat.
  - Turn off the TV and computer during meals and snacks.
  - Eat slowly and enjoy the meal.
- Make smart food choices. For example:
  - Eat breakfast every day and do not skip meals. Skipping meals can lead to extreme hunger, over-eating, and poor food choices.
  - Eat a diet rich in whole grains, vegetables, fruits, lean proteins, and dairy.
  - Limit high fat, high sugar foods.
  - Decrease your portion size.
  - Choose calorie-free, caffeine-free beverages.
  - Limit restaurant and fast food meals by cooking at home more often.
- Be more active
  - Reduce the amount of time you spend sitting. Increase the time you spend moving each day.
  - Use a journal to track your physical activity.
- Monitor your progress
  - Weigh yourself once per week at the same time of day.
  - Keep track of body measurements (waist, hip, thigh, and upper arm).

# Food Preparation

- Use low-fat cooking methods such as baking, grilling, boiling, poaching, broiling, roasting, steaming, or microwaving without adding fat.
- Avoid frying.
- Place meat on a rack so the fat will drain off during cooking.
- Trim all visible fat and skin from poultry and meat before cooking.
- Use nonstick cookware or cooking sprays.
- Use egg whites or egg substitute in place of whole eggs.
- Season food with spices, butter flavoring (such as Butter Buds<sup>®</sup>), lemon, or low-fat/nonfat dressings.
- Limit high-fat sauces, gravies, sour cream, regular salad dressings, full-fat gravy, and cream or cheese sauces (such as Hollandaise or Alfredo sauce).
- Replace sugar in recipes with pureed fruit or a sugar substitute that can be used in baking or cooking.



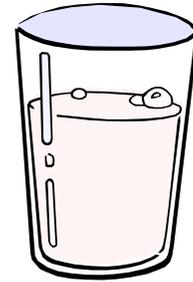
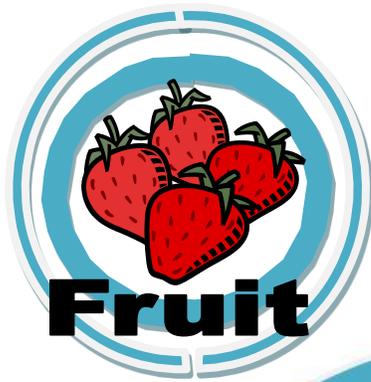
## Restaurant Eating/Take-Out

- Don't be shy about making special requests. Many restaurant foods can fit into a healthy diet if prepared with less salt and low-fat ingredients.
  - Request sauces, dressings, and gravies on the side.
  - Request that no salt be added to your entrée.
- If you order pasta, choose tomato-based sauces rather than cream-based sauces.
- Limit appetizers, bread with butter, and chips.
- Select a salad with light dressing on the side or a broth-based soup.
  - When ordering salads, avoid high-fat dressings, croutons, and cheese that add extra calories.
- Place a portion of your meal in a take-home container before you start eating or share an entrée with a friend.
- Ask for the nutrition information from the restaurant to help you choose low-calorie, low-fat menu items.
- Order a salad or fresh fruit on the side instead of fries.

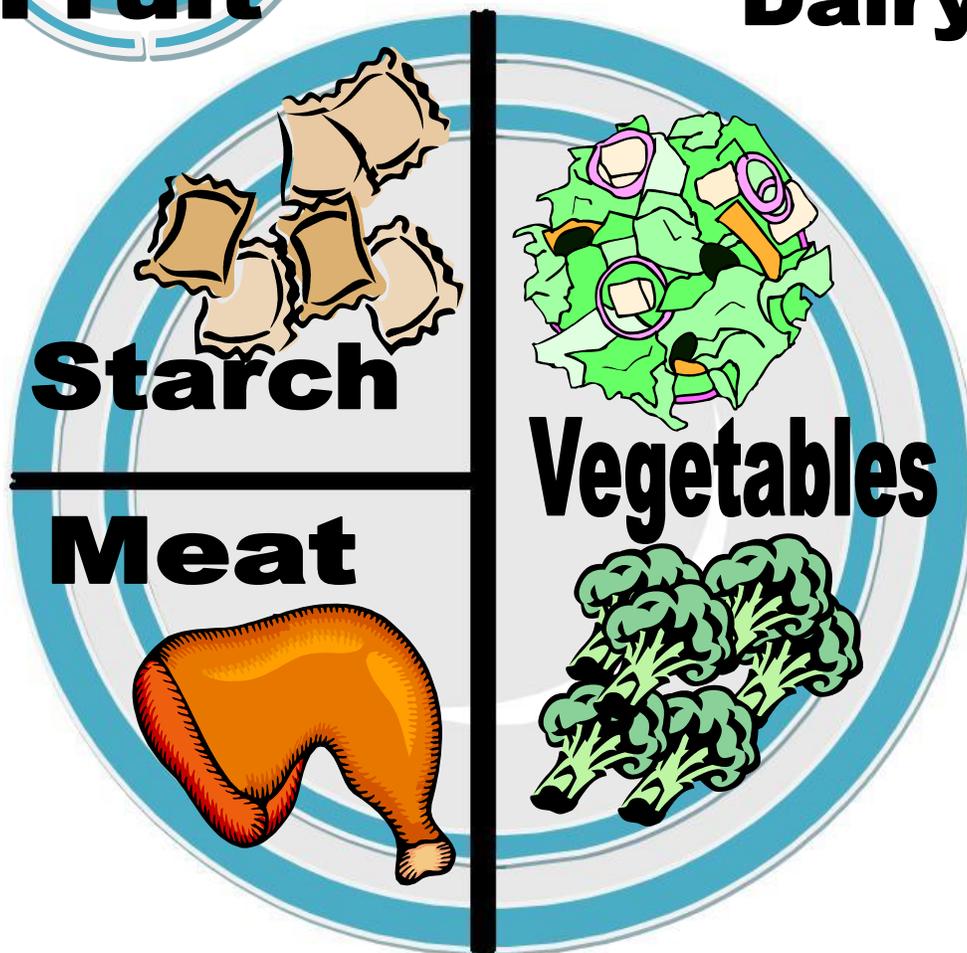


# Portion Control

The plate method can be helpful in limiting calories and choosing the right amount of food items for meals.



**Dairy**



## Check List for Your Meal:

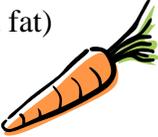
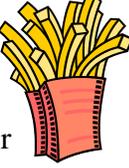
- 1 serving starch
- 1 serving lean protein
- Nonstarchy vegetables (excludes potato, peas and corn)
- 1 serving nonfat or 1% milk
- 1 serving fruit

# Food Groups and Recommended Portion Sizes

<b>Meat/Protein</b> (2-3 servings per day) 1 serving = 3 oz meat, poultry, fish; 1½ cup cooked dry beans, lentils, split peas; ½ cup tofu; 2 eggs	<b>Bread/starch</b> (4-8 servings per day) 1 serving = ½ cup rice, pasta, cereal; 1 slice bread; ½ small bagel; 1 small tortilla	<b>Fruit</b> (2-4 servings per day) 1 serving = 1 small piece fruit; ½ cup cut-up fruit
<b>Choose more often</b>	<b>Choose more often</b>	<b>Choose more often</b>
Baked fish Canned tuna in water Chili without meat Cooked dry beans/legumes Egg whites or egg substitute Lean red meat (round, loin) Lentils Low-fat lunchmeat Poultry without skin Split peas/black eyed peas Tempeh Tofu	Baked chips Barley Brown rice Bulgur Corn tortillas English muffins Hominy Oatmeal Plain popcorn Rice cakes Unsweetened cereal Whole-grain bread Whole-grain crackers Whole-grain pasta	Fresh fruits Frozen fruit without added sugar Fruit canned in water or juice Unsweetened applesauce <div data-bbox="1203 785 1430 905" data-label="Image"> </div>
<b>Choose less often or avoid</b>	<b>Choose less often or avoid</b>	<b>Choose less often or avoid</b>
Bacon Bologna Canned tuna in oil Chili with meat Fish sticks Fried chicken Fried eggs Fried fish Hot dogs Marbled red meat Nuts and seeds* Nut butters, peanut butter* Oil-packed sardines Poultry with skin Salami Sausage <div data-bbox="386 1220 558 1402" data-label="Image"> </div>	Biscuits Bread stuffing Buttered popcorn Chips Corn bread French toast Fried or store bought taco shells Granola High-fat crackers (Ritz® crackers) Pasta with cream sauce Macaroni and cheese Macaroni salad Muffins Pancakes Pizza Sweetened cereal Waffles	Avocado* Coconut Fruit canned in syrup Fruit juice Fruit roll-ups Fruit sorbet Sweetened applesauce

\*This food is high in calories but also provides healthy fats. Eat in moderation and talk to your dietitian about the right portion for your daily meal plan.

# Food Groups and Recommended Portion Sizes

<b>Vegetable</b> (3 or more servings per day)  1 serving = ½ cup cooked or 1 cup raw	<b>Dairy/Milk</b> (2-3 servings per day)  1 serving = 8 oz milk or yogurt; 1 oz cheese; ¼ cup cottage cheese
<b>Choose more often</b>	<b>Choose more often</b>
Broth-based vegetable soups Fresh, frozen, or canned vegetables (prepared without added fat) 	Nonfat or low-fat (1%) cheese Nonfat or low-fat cottage cheese Nonfat or low-fat milk Nonfat or low-fat yogurt Unsweetened soy milk 
<b>Choose less often or avoid</b>	<b>Choose less often or avoid</b>
Creamed vegetable soups French fries Fried or tempura vegetables Hash brown potatoes Mashed potatoes made with butter or margarine Potato salad Vegetables in cream sauce 	Chocolate milk Frozen yogurt Full-fat cheese Full-fat fruit yogurt Ice cream / ice milk Pudding Whole or reduced fat 2% milk

<b>Fats</b> (choose less often)	
<b>Avoid</b>	<b>Use Sparingly</b>
<b>Saturated Fat</b> Bacon grease, butter, cocoa butter, coconut products, cream, lard, and palm oils  <b>Trans Fat</b> Often found in: <ul style="list-style-type: none"> <li><input type="checkbox"/> Baked goods (doughnuts, cookies, crackers), chips, fried foods, shortening, stick and some tub margarine</li> </ul> 	<b>Unsaturated Fat</b> Good sources include: <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Olive, canola, safflower, corn, soy, and peanut oils</li> </ul>  <b>Omega-3-Fat</b> Good sources include: <ul style="list-style-type: none"> <li><input type="checkbox"/> Fatty fish such as tuna, salmon, trout, and mackerel</li> <li><input type="checkbox"/> Walnuts, flaxseed, and canola oil</li> </ul>

## Empty Calorie Foods

(These foods are high in fat or sugar and low in nutrients. Avoid these foods.)

Beer Candy Cake Chips Chocolate Coconut Cookies Cream Cream cheese Cream sauce Croissants	Doughnuts Energy drinks Frosting Fruit-flavored drinks Fried foods Gravy Half and half Honey Jam Jell-O® Jelly	Kool-Aid®/ Tang® Liquor Marmalade Olives Pastries Pies Preserves Popsicles Salt pork	Shakes Sherbet Sodas Sweet rolls Sweet pickles Syrup Tartar sauce Whipped cream Wine
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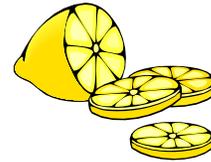


## Free Foods

(Any food or drink that has 20 calories or less per serving. Limit to 2-3 per day)



Broth Coffee/Tea (regular or decaffeinated) Diet soda Fat-free salad dressing Fat-free mayonnaise Garlic Lemon Lime	Mineral water Salsa Spices Sugar-free gelatin Sugar-free syrup Sugar substitutes Reduced-sugar or sugar-free jam or jelly Vinegar
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## Tips for Serving Sizes

- Use measuring cups or a food scale to measure dry and liquid foods. This will help you learn what a serving size looks like. Use the table below for reference.
- Use smaller plates, bowls, and cups to naturally limit your portion sizes.
- Some food servings can be compared to common household items, which may make for easier estimation of your portion. Examples:
  - 3 oz cooked meat, poultry, or fish is about the size of a deck of cards.
  - 1 oz cheese (1 string cheese) is equal to about the size of 4 playing dice.
  - 1 serving of fresh fruit is about the size of a tennis ball.
  - 3 oz baked potato is about the size of a small computer mouse.



<u>Common Measurements</u>	
3 tsp = 1 Tbsp	4 oz = ½ cup
4 Tbsp = ¼ cup	8 oz = 1 cup
5 ⅓ Tbsp = ⅓ cup	1 cup = ½ pint

# Eating Habits and Emotions

**Eating habits are behaviors that we do every day, often without thinking.**

Harmful eating habits can lead to overeating and weight gain. Examine your eating habits and replace unhealthy habits with new, healthy ones to maintain your weight.

Examples of harmful eating habits	Examples of helpful eating habits
<ul style="list-style-type: none"> <li><input type="checkbox"/> Skipping meals</li> <li><input type="checkbox"/> Eating too fast</li> <li><input type="checkbox"/> Automatically cleaning your plate</li> <li><input type="checkbox"/> Eating when not hungry</li> <li><input type="checkbox"/> Eating in front of the TV, phone, or computer</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Add healthy snacks to the weekly grocery list</li> <li><input type="checkbox"/> Set a timer at meals and eat slowly</li> <li><input type="checkbox"/> Put the fork down in between bites</li> <li><input type="checkbox"/> Turn off the TV, phones and computers during meals</li> </ul>



**Emotional eating means eating food in response to feelings (such as stress, boredom, anger, and being tired) rather than hunger.**

The first step is to identify the reason for your feelings and to deal with the primary problem. Changing emotional eating also means finding new ways to address these feelings without food, because food will not solve the problem.



## Tips for emotional eating:

- Keep a diary to track food and emotions. Write down how you're feeling before you eat to identify triggers for food cravings.
- Do not keep problem foods around the house and/or at work. A problem food is a food that you are likely to eat too much of or too often.
- Get adequate sleep each night (7 - 9 hours).
- Try other activities as alternative ways to celebrate, comfort, nurture or distract yourself.
  - Take a walk
  - Work on a word puzzle
  - Call a friend
  - Read a book, magazine or blog
  - Listen to music
  - Organize or clean a small area in your house
  - Paint your nails



Changing behavior takes hard work and perseverance! Talk to your dietitian about where to start.

# Tips to Become More Physically Active

- Consult your doctor before beginning an exercise routine.
- For the most health benefits, aim for 300 minutes of moderate-intensity physical activity each week, about 60 minutes each day.
- Exercise can be broken up into 10-minute increments.
- Include a mix of aerobic exercises (running, walking, swimming), stretching, and strength training (weight-lifting) every week.
- Find activities you enjoy and spread physical activity throughout the day.
- Bring a change of clothes to work and exercise before you go home.
- Decrease sitting time. Add more steps into your daily schedule.
  - Use a pedometer to track your steps.
  - Take the stairs, not the elevator.
  - Park farther away from work or the store.
  - Walk or bike instead of driving to work or the store.
  - Take one item up or down the stairs at a time instead of everything in one trip.
  - Try to get up at least five minutes for every one hour you are sitting.
- If you have joint pain or are unable to walk, try chair aerobics, swimming, or biking.



## Weight Management Resources

### Books

- 365 Days of Healthy Eating. Alma Flor Ada and Roberta Larsen Duyff. American Dietetic Association. 2003. ISBN 0471442216
- Habits Not Diets: The Secret to Lifetime Weight Control. James Ferguson and Cassandra Ferguson. Bull Publishing. 4<sup>th</sup> edition. 2003. ISBN 0923521704
- Intuitive Eating. Evelyn Tribole and Elyse Resch. St. Martin's Griffin Publishing. 2003. ISBN 0312321236
- Slim by Design. Brian Wansink. William Morrow Publishing. 2014. ISBN 0062136526
- The Step Diet: Count Steps, Not Calories to Lose Weight and Keep it Off Forever. James Hill, John Peters, Bonnie Jortberg, and Pamela Peeke. Workman Publishing Company, Bk & Acces edition. 2004. ISBN 0761133240

### Internet Sites and Mobile Phone Apps

- Counting Calories Phone Apps: My Fitness Pal and Lose It!
- Food Composition: [www.calorieking.com](http://www.calorieking.com), USDA Database [www.ars.usda.gov/ba/bhnrc/ndl](http://www.ars.usda.gov/ba/bhnrc/ndl)
- Emotional Eating: Centers of Disease Control and Prevention, "Improving Eating Habits." [www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)
- Exercise: Active at Any Size [www.niddk.nih.gov/health-information/health-topics/weight-control/active-at-any-size/Pages/active-at-any-size.aspx](http://www.niddk.nih.gov/health-information/health-topics/weight-control/active-at-any-size/Pages/active-at-any-size.aspx)
- Low Calorie Recipes: [www.cookinglight.com](http://www.cookinglight.com), [www.eatingwell.com](http://www.eatingwell.com)
- Portion Guidance: USDA Choose My Plate, [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Weight Loss and Healthy Living Community: [www.sparkpeople.com](http://www.sparkpeople.com), [www.sparkteens.com](http://www.sparkteens.com), [www.weightwatchers.com](http://www.weightwatchers.com) and [www.tops.org](http://www.tops.org) (Take off Pounds Sensibly)

