



## Guidelines for Weight Management

**Goal:**

*To lose weight and keep it off through healthy eating habits*

<p><b>Eat more low-fat, low-calorie foods</b></p>	<p>Choose a variety of these healthy foods each day:</p> <p><b>Dairy:</b> Fat-free or 1% low-fat milk or yogurt; fat-free, low-fat, and part-skim cheeses.</p> <p><b>Protein Foods:</b> Poultry without the skin, fish (not fried), lean beef, lamb or pork, fat-free or low-fat lunchmeats, boiled beans and lentils, tofu.</p> <p><b>Vegetables:</b> Vegetables, raw or cooked, without added fat.</p> <p><b>Grains:</b> Whole-grain breads and cereals, pasta, and rice.</p> <p><b>Fruits:</b> Fresh fruits or light canned fruits.</p>
<p><b>Eat less high-fat, high-calorie foods</b></p>	<p>Choose these foods less often:</p> <p><b>Dairy:</b> Whole and 2% reduced-fat milk and yogurt and whole-milk cheeses.</p> <p><b>Protein Foods:</b> Bacon, sausage, regular lunchmeats, hot dogs, ribs, chicken skin, fried meats, nuts and nut butters.</p> <p><b>Vegetables:</b> Vegetables prepared with sauces, fat, or cheese (including french fries and onion rings).</p> <p><b>Grains:</b> Muffins, pasta with oil or cheese, fried rice, croissants, pastries, and donuts.</p> <p><b>Fruits:</b> Fruit-flavored drinks, fruits canned in syrup, fruit juice, and smoothies.</p> <p><b>Other High-Fat Foods:</b> Fried foods, gravies, sauces made with cream or fat, salad dressing, butter, margarine, mayonnaise, avocados, olives, cream cheese, sour cream.</p>
<p><b>Additional Guidelines</b></p>	<ul style="list-style-type: none"> <li>• Eat at least 3 balanced meals per day. Do not skip meals.</li> <li>• Eating smaller amounts more often can help you lose weight. Have low-fat, low-calorie foods on hand.</li> <li>• Limit amounts of the “healthy oils” such as olive or canola. They have the same number of calories and grams of fat as lard or butter.</li> <li>• Limit high-sugar foods such as candy, desserts, ice cream, etc. Fat-free desserts and snack foods can still be high in calories.</li> <li>• Limit high-calorie beverages such as alcohol, soft drinks, lemonade, juices, specialty coffees, and smoothies.</li> <li>• Make sure to drink 6 to 8 glasses of water per day.</li> <li>• Be aware of portion size. You can gain weight by eating “too much” healthy, low-fat food.</li> </ul>



<p><b>Increase Awareness of Eating Behavior</b></p>	<ul style="list-style-type: none"> <li>• Keep a food record and think about your current eating habits (the time you eat, type of food, and amount).</li> <li>• Watching TV, social situations, or feeling bored, tired, angry, or depressed can make people eat at times when they are not really hungry.</li> <li>• When you feel like eating, ask yourself: Am I really hungry? Wait just a few minutes before eating and you may find that eating is not really what you want to do.</li> </ul>
<p><b>Avoid These Common Mistakes</b></p>	<ul style="list-style-type: none"> <li>• Following a strict meal plan or skipping meals is not helpful. Feeling hungry or deprived can cause overeating and set up a “starve/binge” yo-yo pattern.</li> <li>• Setting unrealistic goals for weight loss may lead to disappointment and failure. A reasonable weight loss goal is one-half to two pounds per week. It is best to use the scale about once per week as water weight can change on a daily basis. Changes in clothing size or the way clothing fits may be more valid than using a scale only.</li> <li>• Expecting a perfect body is unrealistic. Everyone has a different body type.</li> <li>• Instead of “going on a diet,” which can seem like a short-term goal, it is better to change your eating and exercise habits permanently. Changing lifestyle habits is a long-term project — be patient!</li> </ul>
<p><b>Guidelines for Exercise</b></p>	<ul style="list-style-type: none"> <li>• If you have health problems, or have not exercised for some time, consult your physician before starting an exercise program.</li> <li>• To lose weight, a combination of aerobic exercise and strength training is ideal.</li> <li>• Aerobic exercises of moderate intensity are recommended. Walking, swimming, and biking are among the safest exercises for the beginner. Other aerobic activities include hiking, skating, dancing, cross-country skiing, aerobic dance, jump rope, singles tennis, and full-court basketball.</li> <li>• Start slowly and do not do too much too soon. Exercise at a pace that is fast enough so that you are breathing deeply and sweating a little, but easy enough so that you can talk. Work up to 30 to 40 minutes per session, 4 to 5 times each week. A five-minute warm-up and cool-down is also recommended.</li> <li>• Lift weights to increase muscle mass and metabolism.</li> <li>• Try to do more activity every day. Take the stairs instead of the elevator, or walk instead of driving.</li> <li>• Exercise not only reduces stress and fatigue, but also increases heart fitness, flexibility, and endurance — in addition to burning fat and calories.</li> </ul>

If you have any questions, please call your registered dietitian.

