

# NUTRITION KEYNOTES

## Guidelines for Weight Management



*Goal: To lose weight and keep it off with healthy eating habits and exercise.*

### General Guidelines

- Calories do count. An important part of losing weight is to eat less and exercise more.
- Do not skip meals. Eat at least three balanced meals a day. Eating smaller amounts more often can help you lose weight.
- Drink 6 to 8 glasses of water (plain, sparkling, or infused with fruit and herbs) or unsweetened teas a day.
- Avoid drinks with calories, such as soda, energy drinks, and juice, because they can cause you to gain weight.
- Be aware of portion size, especially when eating out. Eating too much of *any* food, even healthy food, can increase your weight.
- Fat-free desserts and snack foods can still be high in calories.

### Be Mindful of Your Eating Habits

- Keep a food record and think about your current eating habits (the time you eat, type of food, and amount). Do you eat a lot of fatty foods, too much sugar, or too much in general?
- Watching TV, social situations, or feeling bored, tired, angry, or depressed can make you eat at a time when you are not really hungry.
- 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.

- Use smartphone apps such as MyFitnessPal or Lose It to help you keep track of your food intake and activity.

### Avoid These Common Pitfalls

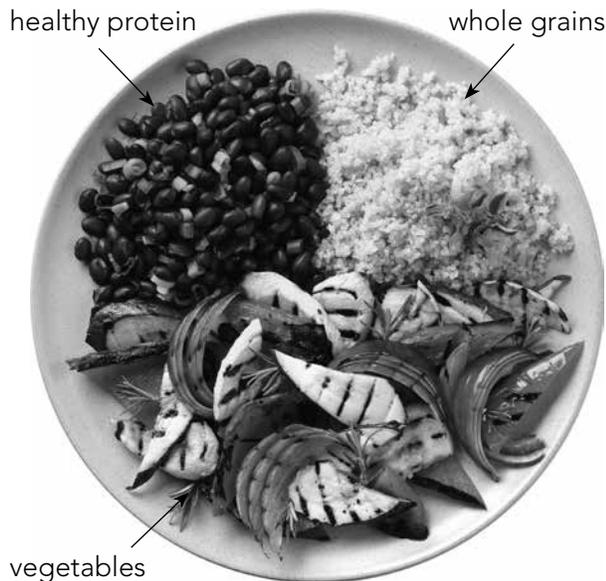
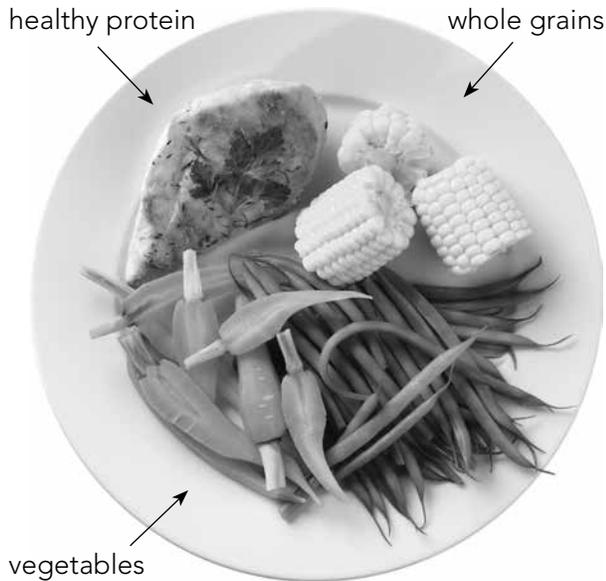
- **Instead of “going on a diet,” which can be a short-term goal, it is better to change your eating and exercise habits permanently. Changing lifestyle habits is a long-term project—be patient!**
- Following a strict meal plan or skipping meals is not helpful. Feeling hungry, deprived, or waiting too long between meals can cause overeating and set up a “starve/binge” yo-yo pattern.
- Setting unrealistic goals for weight loss may lead to disappointment and failure. A reasonable weight loss goal is ½ to 2 pounds a week. Weigh yourself once a week. Changes in clothing size or the way clothing fits may be more valid than only using a scale.

### Healthy Eating Tips to Lose Weight

- Choose healthy foods such as:
  - Fish, poultry, beans, and lentils
  - Vegetables and fruit
  - Whole grains, such as brown rice or whole-wheat pasta
  - Fat-free or low-fat milk, cheese, and yogurt
  - Small amounts of healthy fats, such as olive, canola, soy, and flaxseed oil; trans-fat-free margarine; avocados; nuts; seeds; and olives

*(over)*

- For lunch and dinner, make half your plate vegetables, one-quarter healthy protein (such as fish, chicken, or beans), and one-quarter whole grains or bread.



- Limit eating out at fast food or other restaurants to one or two times a week or less.
- Choose water, sparkling water, or unsweetened tea. Avoid regular soda, juices, sports drinks,

flavored coffee drinks, sugar-sweetened flavored waters, sugar-sweetened teas, smoothies, and alcohol.

- Cutting out 100 calories a day can result in a 10-pound weight loss in a year.
- Bake, broil, grill, boil, or use a nonstick cooking spray instead of frying.

### Guidelines for Physical Activity

- If you have health problems or have not exercised for some time, ask your physician before starting an exercise program.
- To lose weight, a combination of aerobic exercise and strength training is ideal.
- Aerobic exercises of moderate intensity, such as walking, swimming, biking, or dancing, are recommended. Work up to 30 to 60 minutes 5 or more days of the week.
- Lift weights or use exercise bands to increase muscle mass and metabolism.
- Try to do more activity every day. Take the stairs instead of the elevator, or walk instead of driving. Use a pedometer (step counter) and slowly increase to 10,000 steps a day.

### More Resources

- Visit your local Health Education Department or [kp.org/healthybalance](http://kp.org/healthybalance) for information about weight management programs.
- Go online for the personalized online weight program, HealthMedia® Balance® ([kp.org/healthylifestyles](http://kp.org/healthylifestyles)). Find tips and articles to help you maintain weight loss at [kp.org/maintainweight](http://kp.org/maintainweight).

For more information, please contact your registered dietitian or local Health Education Department.