

Tips for Weight Loss

DON'T RUN ON EMPTY

- Establish a regular meal pattern considering your daily schedule. Always include breakfast.
- Aim for 3 smaller meals (roughly 1/4 of your daily calorie needs per meal) and 2 snacks (roughly 1/8 of your daily calorie needs per snack) - distribute calories somewhat evenly throughout the day.
- Skipping meals will only cause your metabolism to slow down and may lead to overeating – both of which will sabotage your weight loss goals!

CHOOSE A VARIETY OF FOODS

- Choose foods from all the food groups every day, and vary your choices. (See the table on the back of this page for more information on the food groups)
- Choose foods from at least 3 different food groups to form a balanced meal.
Example: 3oz grilled chicken breast (meat group), 1/2 cup cooked broccoli (vegetable group), 1/2 cup brown rice (grain group)
- Choose foods from at least 2 different food groups to form a balanced snack.
Examples: Apple slices (fruit group) and 2 tablespoons natural

peanut butter (meat group), 1oz low- fat cheese (dairy group) and 100% whole wheat crackers (grain group), veggie sticks (vegetable group) and 2 tablespoons hummus (meat group), low-fat plain yogurt (dairy group) and fresh fruit (fruit group)

- Foods high in protein should always be included with every meal and snack: lean meats, 95% lean hamburger, chicken or turkey breast without skin, fish, canned tuna, eggs, beans, dry roasted unsalted nuts, natural peanut butter, soy meat alternatives (veggie burgers), soy foods (tofu, soy nuts, soy nut butter, soy milk), low fat dairy products (milk, yogurt, cheese, cottage cheese)

EAT AND DRINK MINDFULLY

- Choose to eat based on hunger or pleasure. Try to avoid eating just because food is available.
- Pay attention to your beverages. Most Americans drink 21% of their calories¹ without even realizing that is what may be causing them to gain weight. Choose more nutrient dense beverages such as 1% or skim milk, plain water, calorie free drinks, unsweetened ice tea, or up to 6 ounces of 100% fruit juice, and fewer sugar or fructose sweetened beverages.

- Share an entrée with a spouse or friend, take half of an entrée home for another meal, add servings of fruits and vegetables to the meals you order, avoid fried foods, request salad dressing, cheese, mayonnaise on the side.
- Limit sweets and desserts to <200 calories per day.
- Keep a food diary. If you have to be accountable to yourself, you may make consistently healthy choices such as nutrient dense foods and sensible portion sizes.

¹ Popkin BM, Armstrong LE, Bray GM, Caballero B, Frei B, Willett WC. A new proposed guidance system for beverage consumption in the United States. *Am J Clin Nutr* 2006;83:529-42.

Make an appointment with your local Registered Dietitian (a nutrition expert) for more meal/snack planning ideas as well as more information on how to make proven healthy lifestyle changes for long-term weight management and chronic disease prevention.
















Use the following table to make balanced, nutritious food choices.

| FOOD GROUP | CALORIE GOAL PER DAY* | | | | | | |
|-------------------------------------|-----------------------|----------|----------|----------|----------|--------|--------|
| | 1,200 | 1,400 | 1,600 | 1,800 | 2,000 | 2,200 | 2,400 |
| Fruits | 1 cup | 1.5 cups | 1.5 cups | 1.5 cups | 2 cups | 2 cups | 2 cups |
| Vegetables | 1.5 cups | 1.5 cups | 2 cups | 2.5 cups | 2.5 cups | 3 cups | 3 cups |
| Grains | 4oz | 5oz | 5oz | 6oz | 6oz | 7oz | 8oz |
| Meat, Fish, Poultry, Nuts and Beans | 3oz | 4oz | 5oz | 5oz | 6oz | 6oz | 7oz |
| Milk and Dairy | 2 cups | 2 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |
| Fats and Oils | 4 tsp | 4 tsp | 5 tsp | 5 tsp | 6 tsp | 6 tsp | 7 tsp |

*Table adapted from MyPyramid, USDA, Center for Nutrition Policy and Promotion, April 2005.

Visit www.MyPyramid.gov for more information on the food groups and calorie levels.

Food Group goals are per day. For example, at 1,400 calories per day, your goal is 1.5 cups of fruit per day.

| What does a Food Group Serving Look Like? | |
|--|--|
| <p>Grains</p>  1 cup of cereal flakes = fist  1 pancake = compact disk  1 bagel or roll = hockey puck  1 slice of bread = cassette tape | <p>Fruits and Vegetables</p>  1 cup of fruit or veggies = baseball or fist  1/2 cup of fruit or veggies = 1/2 baseball  1/4 cup of fruit = 1 large egg  1 baked potato = fist |
| <p>Milk</p>  1 1/2 oz cheese = 4 stacked dice or 2 cheese slices  1/2 cup ice cream = 1/2 baseball | <p>Meat and Beans</p>  3 oz meat, fish and poultry = deck of cards  3 oz grilled/baked fish = checkbook  2 Tbsp peanut butter = golf ball |
| <p>Fats/oils</p>  1 tsp margarine or spreads = 1 die  1 teaspoon oil = quarter in diameter | |

