

NUTRITION AND 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 late 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](https://www.choosemyplate.gov) method as a guide for variety.

Healthy Snacking:

Almost any food can be a snack, but making the right choice is important for a healthy diet. Snacks included in a healthy, balanced diet include fruits, vegetables, low fat dairy products, whole grains, lean meats, fish, beans, nuts and seeds. When planning snacks, be sure to choose from different food groups. Each snack should be 100 - 200 calories. Try to snack only when you are truly hungry.

Read food labels to help choose the right serving size:

SWEET SNACKS:

- Fresh fruit
- Canned fruit in water/juice
- Frozen fruit
- Dried fruit (1/4 cup)
- Applesauce
- Fruit & low fat fruit dip
- Light yogurt (regular or Greek)
- Sugar free gelatin
- Sugar free pudding
- Low fat frozen treats (popsicles, low fat ice cream -1/2 cup, light ice cream sandwiches)
- Ready-to-eat whole grain cereals (more than 5 grams of fiber per serving)
- Slice of angel food cake w/ strawberries
- Granola bar (more than 2 grams of fiber)
- Low fat cookies such as Fig Newtons®, animal crackers or ginger snaps
- Instant flavored oatmeal

SALTY SNACKS:

- Sliced tomato & mozzarella cheese or lunchmeat on a whole grain sandwich thin or English muffin
- Celery & reduced fat cream cheese (2 Tbsp)

Low fat cheese w/whole grain crackers
Low fat cottage cheese w/sliced tomato
String cheese or cheese cubes
Hard boiled eggs
Veggies w/low fat dip, salad dressing or hummus (2 Tbsp)
Single serve bag of light popcorn
Baked cheese curls, potato chips or nacho chips
Baked tortilla chips w/salsa
Chicken/tuna salad on whole grain crackers
Walnuts, hazelnuts, almonds, pistachios, peanuts, pecans or soynuts (1/4 cup)
Edamame (soybeans)
Sunflower or pumpkin seeds (1/4 cup)
Cup of soup
Pretzels

COMBO FLAVOR SNACKS:

Grapes & cheese cubes
Celery & peanut butter (2 Tbsp)
Frozen banana coated w/peanut butter (1 Tbsp)
Whole grain crackers & peanut butter (1 Tbsp)
Graham crackers & low fat milk
Trail mix (whole grain cereal, dried fruit, mini chocolate chips, peanuts) (1/4 cup)
Mini whole grain bagel w/100% fruit spread
Low fat cottage cheese w/ fruit

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 calorie s

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.

PLAN AHEAD:

Plan Meals.

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!, MyFitnessPal, Fooducate, Nike Training Club, iPhone Health App, and Sparkpeople.

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7-30-15