

Achieve & Maintain a Healthy Weight

Eat Well

Choose healthy foods

- Lower in calories
- Unrefined, high in fiber and nutrients
- Eaten at regular meals
- Limit snacks
- Limit portion sizes
- Limit fast foods



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Choose Lower Calorie Foods

- Fresh fruits
- Vegetables and salads
- Nonfat or low fat dairy or soy milk
- Choose whole-grains
 - whole-wheat breads
 - whole grain cereals
 - brown rice



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Limit Refined and Snack Foods

- Soda pop, other sugar rich drinks
- Snack foods
- Cookies
- Chips
- Candy and sweets
- Drinks containing alcohol
- Desserts
 - pastry, cookies, cake, pie, ice cream, cheese cake



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Limit Foods High in Saturated Fats

- Fast foods
- Fried foods such as
 - French fries
 - Onion rings
 - Fried chicken
- Fatty meats
 - Hamburgers, hot dogs, bacon, sausage, fried chicken
- Cream sauce and gravies
- Whole milk or yogurt
- Ice cream, cheese, sour cream, cream cheese



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Watch Portion Size and 2nd Helpings

Servings Defined

- Grains
 - Breads, 1 slice
 - Cereal, 1/2 cup cooked, 2/3 cup dry
 - Pasta, 1/2 cup cooked
- Meats/proteins
 - 2-3 oz. of meat, poultry, fish
 - Beans 2/3 cup, nuts 1 oz
- Fruits and vegetables
 - 1 cup fresh, 1/2 cup cooked
 - One small fresh fruit



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Limit Snack Foods

- Eating between meals can add extra calories quickly.
- Snack foods are usually highest in calories and lowest in nutrition.
- 10 extra calories per day can add up to an additional pound of fat in one year!
- If you must snack, choose healthy snacks – fresh fruit, vegetables, whole wheat bread.



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Meal Planning

- Eat regular meals (avoid skipping meals and frequent snacking on “junk” foods).
- Develop new cooking techniques:
 - limit high-calorie ingredients (e.g., fats, oils, and sugar),
 - do less frying (or use vegetable sprays for oil).
- Read nutrition labels, look for calorie content.
- Limit eating out, and when you do, look for healthy, low calorie choices (ask your waiter or waitress for help).

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Eating Summary



Limit...

- Fatty meats, whole milk, cheese, cream
- Pastry, deep fried foods, snacks
- Most desserts: ice cream, pie, cake, candy, and soda pop
- Serving sizes
- Second helpings
- Eating out



Increase...

- Fresh fruits/vegetables
- Soy and other legumes
- Whole grain breads and other unrefined cereals
- High fiber foods
- Lower calorie foods
- Water
- Physical activity

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Behavior Change Techniques

- Develop a strong system of social support
- Avoid cues or triggers to overeat
- Develop problem-solving skills in relation to eating/exercise
- Change self-defeating thoughts



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Keep Records



- You are more likely to succeed if you set goals and keep records
 - weekly weight chart
 - daily exercise log
 - eating goals
- Keep goals realistic and attainable
- Reward your progress

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Maintain Good Coping Skills and a Positive Mental Outlook

- Overeating often takes place when you are discouraged, overwhelmed, frustrated, or stressed out.
- Keep life balanced and stress within limits:
 - Plan time to relax and have fun,
 - Keep stress within manageable limits,
 - Be nice to yourself,
 - Avoid discouragement, don't focus on failures,
 - Keep a positive, “can do” mental outlook.

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Lifetime Weight Control

- For long-term success keep in mind that you are not dieting but developing a healthy lifestyle you can maintain for a lifetime.
- For further help, get guidance from:
 - A dietitian
 - Your doctor
 - A weight loss support group

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Achieve & Maintain a Healthy Weight



www.LifeLongHealth.us

www.Wellsource.org

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Finally

A healthy diet low in calories, combined with increased physical activity, behavior therapy, and group support, provides the best chance for permanent weight control.

Source: NHLBI, Obesity Education Initiative

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