



Do You Need to Lose Weight?

Need help losing weight? Set up an appointment with a dietitian today. A dietitian can help you make an eating plan that is right for you. Also, visit www.mypyramid.gov for more ideas.

Whether you want to lose weight for self-image or your weight is putting you at risk for obesity-related health problems, these easy guidelines can help. Even losing just 10% of your body weight can lower your risk for high cholesterol, blood pressure, and diabetes. These conditions will eventually lead to heart disease, including heart attacks and strokes.

Listen to Your Body

Does your body say it's hungry, or does that bag of chips just sound yummy? It is important to remember that your body can regulate its weight if you let it. Listen to your body's signals about hunger and being full, and try to follow them. Remember to stop and think, am I actually hungry, or just bored or stressed?

Try keeping a log. When you eat, write down how hungry or full you are on a scale of 1 to 5, and then eat accordingly.

Make Exercise a Priority

It is very hard to lose weight without exercising. Set aside a time for exercise at least 4 to 5 times each week. Exercise also helps increase metabolism and build muscle.

Try increasing the number of steps you take each day. Get a pedometer to keep track of how far you are walking, park further away, and use the stairs whenever possible.

Decrease Sedentary Activities

The more time you spend in front of the TV or computer, the less time you are being active. In addition, TV-watchers are usually snacking and consuming more calories.

Try setting a goal of only watching 1 hour of TV a day. Only eat food in the kitchen, not on the couch or in front of the computer.

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An extra 100 calories each day leads to a 1-pound weight gain per month.

Decrease Portion Sizes

A portion is usually about as much as a handful. If it doesn't fit in your hand, it is probably too big.

If you go out to eat, ask them to put half of the food in a box for you to take home for later. If you're in a rush and must eat fast food, choose non-breaded chicken or fish and get a small size.

Eat Fruits and Vegetables

Eat at least 5 servings of fruits and vegetables every day. These foods contain fiber, antioxidants, phytochemicals, vitamins, and minerals, all of which help your body stay in good health. They also generally contain fewer calories, help you to feel full, and keep you from feeling hungry.

Eat fruits and vegetables as snacks instead of more calorie-dense foods. Also, when you fill your plate, make sure half is filled with fruits and vegetables.

Eat Breakfast

Eating breakfast helps you consume fewer calories throughout the rest of the day. It also boosts your metabolism so you have more energy during the day.

Choose whole-grain, fiber-rich cereals, oatmeal, fat-free yogurt, and fruit. By starting off with fruit, you can start off your day right by checking off one of your servings of fruits and vegetables.

Portion Sizes for Various Foods

- Dairy 1 cup milk or yogurt
- Grains ½ cup pasta or cereal, 1 ounce bread
- Fruit ½ cup fresh fruit or juice
- Vegetables 1 cup raw, ½ cup cooked
- Meat 1 ounce
- Legumes ½ cup dried
- Fats/oils 1 teaspoon to 1 tablespoon

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet
Technician:

Notes

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