

WEIGHT CONTROL SUGGESTIONS

Weight control diets are designed to provide a specific calorie level calculated to meet an individual's requirement to attain optimal body weight.

An exercise program is also highly recommended. Weight loss of 1 to 2 pounds per week is generally optimal.

The U.S. Department of Agriculture's Food Guide Pyramid diet plan can be used as a guide to healthy eating and is likely to produce desired weight loss. Weight loss diets of greater than 1200 calories per day are generally adequate in all nutrients except iron, as long as the diet is planned to include a variety of foods from all food groups.

Food Guide Pyramid - Daily Servings

- **Fats, Oils, & Sweets (Use Sparingly):** These foods provide calories and little else nutritionally. Most people should use these foods sparingly.
- **Milk, Yogurt, Cheese (2-3 Servings) & Meat, Poultry, Fish, Dry Beans, Eggs, Nuts (2-3 Servings):** Most of these foods come from animals. These foods are important for protein, calcium, iron and zinc.
- **Vegetables (3-5 Servings) & Fruits (2-4 Servings):** All of these foods are from plants. Most people need to eat more of these foods for the vitamins, minerals and fiber they supply.
- **Bread, Cereal, Rice and Pasta (6-11 Servings):** All of these foods are from grains. Individuals need most of these foods each day.

BEHAVIORAL STRATEGIES IN MANAGEMENT OF WEIGHT CONTROL

Individuals seeking to make a lifetime commitment to improve their eating and exercise habits can succeed at long-term weight loss. Most of the successful long-term weight-loss programs include several components: behavior modification; exercise; nutrition; social support; and cognitive changes, including goal setting, assertiveness training, and coping with mistakes and motivation. Emphasis should be placed on slow, progressive weight loss.

The following is a list of behavior modification techniques which can be used to promote healthy eating, lifestyle and in turn, weight loss.

BEHAVIOR MODIFICATION TECHNIQUES

- Evaluate what behaviors, activities or feelings trigger eating.
- Don't use food as a reward for desired behavior.
- Drink plenty of non-caloric fluids, including water daily.
- Change usual eating places, avoid eating while involved in other activities.
- Make an effort to eat breakfast and small, frequent meals.
- Eat fresh fruits and raw vegetables at least 4 times daily.
- Exercise along with television exercise programs or during commercials when watching television.
- Eat slowly, putting your utensil down between bites.
- Weight should be checked on a weekly basis only.
- Clear high calorie, low nutrient foods out of cupboards.
- Keep busy so the focus is not on food.
- Shop from a healthy food list and not when hungry.
- Leave the table soon after eating and don't feel a need to finish everything.
- Trim fat off meat and skin off poultry.
- Place a photo of a thinner you on the mirror.
- Plan ahead, especially when attending social events.
- Keep records of intake and/or weight loss progress.
- When weight drops, give away clothes that no longer fit.
- Break the habit of nibbling while cooking or cleaning up from meals.
- Try low-fat and low-calorie food items (the taste keeps improving).

Adapted from the Arizona Diet Manual (revised 1992)