



# WEIGHT LOSS

## Smart and Specific Weight Loss Goals



### WEIGHT LOSS GOALS

Goals need to be as specific as possible. Thinking about the vague thought of just “losing weight” will fail to keep you driven and empowered. Specify your thoughts about what you want to achieve and why you want to do it. Setbacks are to be expected during weight loss but it is important to stay motivated, patient, and consistent. Utilizing a buddy system or rewarding yourself when you hit a milestone are good ways to check in on your progress. Be **SMART** about your weight loss goals. **S - Specific, M- Measurable, A- Accountable, R - Realistic, T - Time frame!**

### HEALTHY HABITS THAT ENCOURAGE WEIGHT LOSS

- **Adequate amounts of sleep** - Being well rested and alert will aid in the weight loss process. Lack of sleep increases the stimulus to consume more food and increase appetite-regulating hormones. According to the CDC, more than 35% of people are sleep deprived.
- **Keep a food and physical activity journal** - Keeping a diet record helps you become more mindful of what you are eating, how much you are eating, and whether or not you are meeting your calorie and nutrient goals. Recording foods directly into an online calorie counter helps you see the immediate benefit of choosing what to eat. Because you have to enter the amount of food you eat, it helps to keep you accountable for your portion sizes. The calorie difference between portion sizes become striking when high calorie (usually high fat) foods or beverages are involved (ex/ soda, french fries, baby back ribs, etc.).
- **Eat breakfast everyday and do not skip meals** - Skipping meals can lead to extreme over-eating, and poor food choices. Despite everything you've heard about “calories in, calories out,” the links between meal skipping can be tricky. Skipping meals tricks your body into thinking it is a fat storing machine. Fuel your body every 2 hours with healthy meals and snacks. A wonderful tip for keeping your body fueled is to keep healthy choices with you at all times. Studies show that people who carry healthy snacks with them are more likely to curb their hunger and less likely to supplement the days food sources with fast food or unhealthy choices.
- **Eat protein foods first to help feel food sooner** - Eating salads with a source of healthy fats (ex/ avocado, nuts, quinoa, beans, eggs, chicken, or salmon) has many great benefits. Protein and fats take a longer time to digest, which means they'll promote feelings of fullness, and in turn have an appetite-suppressing effect.
- **Drink at least 8 cups of water per day** - Human beings need water to survive. Water is a vital component in all aspects of the development, operations, and maintenance of your body. Although water needs vary from person to person, Preventative Health recommends drinking an average of 64 oz of water everyday.
- **Fiber rich meals and snacks** - Believe it or not you can make great strides of progress by eating delicious, filling, foods that will keep you satisfied all day long. The same nutrient associated with keeping our digestion regular is also a powerful hunger zapper. By filling you up with fewer calories and slowing the rate at which you digest, high fiber foods will keep you satiated longer.
- **Increase your physical activity** - work towards 30-90 min of moderate intensity activity most days of the week. Schedule your exercise on your calendar and integrate more exercise into your daily routine (ex/ take the stairs, park further away at the store). If the weather is bad, don't skip the activity adjust to it (ex/ walking at the mall instead of outdoors). Avoid boredom during your workouts by listening to music and varying what kind of exercise you do. Wear a fit tracker to help motivate you and see how active you really are!

### TIPS FOR SERVING SIZES

- 3 oz meat, poultry, or fish is approximately the size of a “deck of cards”
- 1 oz. of cheese is equivalent to 4 playing dice, 1 mozzarella stick
- 1 serving of fresh fruit is approximately the same size of a tennis ball
- 3 oz. of baked potato is approximately the size of a small computer mouse
- Use measuring cups to measure both dry and liquid food. This will help you learn what a serving size looks like.



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## **EMPTY CALORIE FOODS HIGH IN FAT & SUGAR, LOW IN NUTRIENTS**

Beer, Cake, Chocolate, Coconut, Cookies, Cream, Croissants, Cream Cheese, Cream Sauce, Donuts, Frosting, Fried Foods, Honey, Gravy, Jam, Jell-O, Liquor, Jelly, Pies, Pastries, Shakes, Sherbet, Soda, Sweet Rolls, Ice Cream, Syrup, Tartar Sauce, Wine

## **FREE FOODS 20 CALORIES OR LESS PER SERVING**

Broth, Coffee, Tea, Diet Soda, Fat Free Dressing, Fat Free Mayonnaise, Garlic, Lemon, Lime, Mineral Water, Salsa, Spices, Sugar Free Gelatin, Sugar Free Syrup, Sugar Substitutes, Sugar Free Jam or Jelly, Vinegar

### **WEIGHT MANAGEMENT RESOURCES**

- **Habits Not Diets: The Secret to Lifetime Weight Control** - James Ferguson and Cassandra Ferguson. Bull Publishing. 4th edition. 2003. ISBN 0923521704
- **The American Dietetic Association's Complete Food and Nutrition Guide** - Roberta Larson Duyff. Wiley, 2nd edition. 2002. ISBN 0471441449
- **The Essential Eating Well Cookbook: Good Cars, Good Fats, Great Flavors** - Patsy Jamieson, Editor. Countryman, re-printed. 2006. ISBN 0881507016
- **The Step Diet: Count Steps, Not Calories to Lose Weight and Keep it off Forever** - James Hill, John Peters, Bonnie Jortberg, and Pamela Peeke. Worman Publishing Company, Bk & Acces edition. 2004. ISBN 0761133240
- **The Healthy Weigh: A Practical Food Guide** - Maureen Callahan. American Dietetic Association. 1991. ISBN 0880910852
- **TOPS** - Take Off Pounds Sensibly - [www.tops.org](http://www.tops.org)
- **Overeaters Anonymous** - [www.overeatersanonymous.org](http://www.overeatersanonymous.org)
- **Weight Watchers** - [www.weightwatchers.com](http://www.weightwatchers.com)
- **Better Homes and Gardens Kitchen** - [www.bhg.com](http://www.bhg.com)
- **Betty Crocker** - [www.bettycrocker.com](http://www.bettycrocker.com)
- **Vegetarian** - [www.vrg.org](http://www.vrg.org), [www.fatfree.com](http://www.fatfree.com)
- **Low Fat Recipes/Health** - [www.foodfit.com](http://www.foodfit.com), [www.lowfatlifestyle.com](http://www.lowfatlifestyle.com), [www.recipesource.com](http://www.recipesource.com)
- **American Dietetic Association** - [www.eatright.org](http://www.eatright.org)
- **American Heart Association** - [www.americanheart.org](http://www.americanheart.org)
- **Nutritional Analysis from University of Illinois** - [www.ag.uiuc.edu/~food-lab/nat/](http://www.ag.uiuc.edu/~food-lab/nat/)
- **Weight Loss** - [www.cyberdiet.com](http://www.cyberdiet.com), [www.shapeup.org](http://www.shapeup.org), [www.ediets.com](http://www.ediets.com)
- **USDA Food Composition Data** - [www.ars.usda.gov/ba/bhnrc/ndl](http://www.ars.usda.gov/ba/bhnrc/ndl)
- **USDA Food Pyramid** - [www.mypyramid.gov](http://www.mypyramid.gov)
- **National Weight Control Registry** - [www.lifespan.org/services/bmed/wt\\_loss/nwer](http://www.lifespan.org/services/bmed/wt_loss/nwer)