

## Introduction to Healthy Weight Management



Did you know that by losing only about 10 to 30 pounds of weight will make you much healthier? There is no reason to feel like you cannot help yourself!

### You can do this!

Most folks think that in order to lose weight, one must go on a *strict diet*.

Actually, the only way a person *loses* weight is by eating *less* food than their body burns, and the only way a person *gains* weight is by eating *more* food than their body burns.

It is easy to eat more food than we need because food is everywhere, and when we see tasty food we all want to eat!

We *can* lose weight if we learn to eat less food. If we become more aware of how we handle our food life because we have learned to eat less food.

### A diet *can* work...

...because *we are told exactly how to eat less food calories*. A diet works while we are on it, but as soon as we go off the diet, most folks gain all of their weight back. This is because they never learned what they were doing to cause the weight gain in the first place.

### A better way to lose weight permanently

is to learn where the extra food calories are coming from, eliminate those calories, and change to better eating habits—this is the trick to permanent weight loss!

Please read the questionnaire at right and check the line that describes how you feel about weight management, then tell us so we can help you better.

### MY GOALS:

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## QUESTIONNAIRE

Are you ready to take the first steps toward a healthier way of eating?

- A. I'm ready to make some changes and would like some help.
- B. I know I need to change my diet, but I'm not quite ready.
- C. I would like to change the way I eat but I know I will not stick with it.
- D. I don't think changing the way I eat will do much to improve my health.
- E. I'm not interested in changing the way I eat.

### If you answered...

A—you are ready to begin to change eating patterns right away. You are open to change and the time is right to get started.

B—you are aware of the need to change your eating habits, but honestly feel that now is not the time. Can you think of why this is not a good time? When would be a better time?

C—this is how many people feel, especially those who have tried diets before, lost weight, and regained all the weight (and then some!). We would like to show you a way to eat that will change habits for life, not put you on a diet that will give you rapid weight loss and then gain weight back. We want to provide you with many years of keeping the weight you lose off!

D—that is an understandable answer because you cannot see immediately the health benefits of healthy eating. However, just losing 5% to 10% of your current weight does have profound effects on your health. We can show you how to do that slowly over a period of time.

E—it is your right to eat the way you wish. However, if you change your mind, we are here to assist you through the maze of healthier lifestyle choices that will enhance your health and possibly make you feel better.

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### **PREPARING TO EAT HEALTHIER IS LIKE REPAINTING YOUR KITCHEN**

The right tools help us follow a healthy eating and weight loss plan. A way to think about getting prepared is to think about how you would "re-paint" the kitchen only with the right foods. Cleaning out the pantry and refrigerator of the "old paint" and putting on a coat of clean, "healthy paint" will help to make wise choices.

#### **Step 1: Remove the "old paint"**

These foods are too tempting to keep in the kitchen!

- Whole milk
- Cookies
- Potato chips
- Fruit drinks
- Instant mashed potatoes
- Whole milk cheeses
- Ice cream bars
- Salad dressings
- Soft drinks
- Fruit flavored snacks
- Ice cream
- Butter
- Lard
- Bacon
- Snack crackers
- Candy bars
- Mayonnaise
- Sausage

#### **Step 2: Clean the surfaces**

Move not-so-healthy food items that we are in a habit of using or eating to the back of the pantry shelves or refrigerator.

- White flour
- Bread crumbs
- Sugar
- Jams and jellies
- Saltine crackers
- Pretzels
- Oils

#### **Step 3: Add a new look to the pantry**

Replace some unhealthy foods with foods that give more nutrition bang!

- Flavored vinegars
- High fiber breads and cereals
- Fruit canned in water or juice
- Vegetables canned in water
- Fruit and vegetable juices
- Whole grain crackers, breads, cereals and rice
- Fruit leathers
- Non-stick cooking spray
- Vegetable broths
- Peanut butter
- Whole wheat flour and pastas
- Salsas
- Water-packed tuna
- Dried beans and peas
- Tomato sauces
- Nuts
- Oatmeal
- Canola oil
- Olive oil

#### **Step 4: Freshen up the refrigerator shelves**

Add these foods to your healthy choice lists!

- Diet drinks
- Low fat cottage cheese
- 94% fat free luncheon meats
- Lemons and limes
- Water with lemon
- Light cheese
- Reduced fat margarines
- Fruits and vegetables
- Unsweetened tea
- Skim or 1% milk
- Low fat frozen ice cream/yogurt
- Low fat yogurt
- Low fat meats

**YOU ARE ON YOUR WAY!**