

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 1-2 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 the 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.
- Clean high calorie, low nutrient foods out of cupboards.
- Keep busy so the focus is not 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 Arizona Diet Manual (revised 1992)

WEIGHT-REDUCTION DIET

(sheet 1 of 2)

PURPOSE:

This is a simple "exchange list" diet for individuals who want to lose weight. The goal of diet therapy is to reduce caloric intake to a level that can be safely and comfortably tolerated. Usually diets that provide 1200 to 1500 calories a day are acceptable for most people. However, you and your doctor should determine the appropriate amount of calories required for your weight, height, activity level and general health. The example shown is for a 1200 calories per day menu. It may be modified by adding more food portions.

DESCRIPTION:

Plan your breakfast, lunch and dinner meals by selecting items from the appropriate food list. This sample diet allows you one fruit portion, one starch and one milk for breakfast. You may choose cereal with banana and milk. Coffee or tea are "free" items. Amounts of each portion are indicated in each food list. Portions can be interchanged among breakfast, lunch and dinner as long as the total for the day doesn't exceed those indicated. For example, you can eat all your fruits for breakfast if desired, but don't exceed 4 portions for the day.

SUGGESTED MEAL PLANS FOR 1200 CALORIES PER DAY DIET DAILY PORTIONS FROM FOOD LISTS

(See lists below and following page)

BREAKFAST	LUNCH	DINNER	SNACK
1 Fruit	2 Meats	2 Meats	1 Starch
1 Starch/Bread	1 Vegetable	1 Fat	1 Fruit
1 Milk	1 Fat	2 Starch/Bread	1 Milk
	2 Starch/Bread	1 Vegetable	
	1 Fruit	1 Fruit	
	(raw vegetable as desired)	(raw vegetable as desired)	

FRUIT LIST (60 calories, 15 grams carbohydrates):

(A portion is 1 small piece or 1/2 cup unless listed)

Apples (Juice or Sauce)	Fruit Cocktail	Plums (2)
Apricots (4)	Grapefruit or Juice	Prunes (3)
Apricots, dried (7 halves)	Grapes (15)	Prune Juice (1/4 cup)
Banana (1/2)	Grape Juice	Raspberries (1 cup)
Blackberries (3/4 cup)	Lemon	Raisins (2 Tbsp)
Blueberries (3/4 cup)	Orange/Orange Juice	Rhubarb
Cantaloupe (1/3)	Peach	Strawberries (10)
Cherries	Pear	Tangerine
Dates (2)	Pineapple	Watermelon (1 cup)

VEGETABLE LIST (25 calories, 5 grams carbohydrates, 2 grams protein):

(A portion is 1 cup raw or 1/2 cup cooked)

Artichoke	Celery	Peppers
Asparagus	Cucumber	Peas
Beans (green, wax or sprouts)	Eggplant	Pumpkin
Beets	Endive	Radish
Broccoli	Mixed Vegetables	Rutabaga
Brussels Sprouts	Mushrooms	Spinach
Cabbage or Sauerkraut	Okra	Squash
Cauliflower	Onions	Tomato
Carrot	Parsnips	Turnips

Note: Some vegetables are shown in the Starch List.

WEIGHT-REDUCTION DIET

(sheet 2 of 2)

STARCH LIST (80 calories, 15 grams carbohydrates, 2-3 grams protein, 1-2 grams fat):

(A portion is 1/4 cup or as listed)

Angel Food Cake (1 oz)	Cornbread (1 in. cube)	Popcorn, fat free (3 cups)
Bagel (small or 1 oz)	Cornstarch (2 Tbsp)	Potato, white (1/2 cup)
Beans, canned (1/3 cup)	English Muffin (1/2)	Potato, sweet (1/3 cup)
Biscuit (1)	Gelatin (1/2 cup)	Pretzels (5 small)
Bread (1 slice)	Graham Crackers (2)	Rice (1/3 cup)
Bun (1/2)	Lentils, canned (1/3 cup)	Ricecakes (2)
Cereal (3/4 cup, dry; 1/2 cup hot)	Matzo crackers (3/4 oz)	Saltines (6)
Corn (1/2 cup)	Pancakes (1)	Taco Shell (1)
Cookies (fat-free, 1 or 2 small)	Pastas (1/2 cup)	Tortilla (one 6-inch)
	Pita bread (1/2)	

MEAT OR MEAT SUBSTITUTE LIST (55-70 calories, 7 grams protein, 3-5 grams fat):

(A portion is 1 ounce or 1/4 cup or as listed)

Beef (lean cuts)	Eggs (3 per week)	Pork (chops, ham, roast)
Cheese (skim milk types)	Fish (all types)	Shellfish
Cold Cuts or Frankfurters (95% fat-free)	Lamb (leg, roasted)	Soybeans, cooked (1/3 cup)
Cottage Cheese (1/3 cup)	Peanut Butter (1 Tbsp)	Veal
	Poultry (no skin)	

FAT LIST (45 calories, 5 grams fat):

(Use nonfat or lowfat products when they are available)

Bacon, crisp (1 slice)	Gravy (2 Tbsp)	Oils (1 teaspoon)
Cheese, cream* (1 Tbsp)	Margarine* (1 teaspoon)	Olives (5 small)
Coconut (1 Tbsp)	Mayonnaise* (1 teaspoon)	Salad Dressings* (1 Tbsp)
Cream, light (2 Tbsp)	Nuts (6 to 10)	Seeds (1 Tbsp)

* Portion amounts may be increased if using nonfat products (e.g., mayonnaise, 2 Tbsp)

MILK LIST (80 calories, 12 grams carbohydrates, 8 grams protein):

Skim milk (1 cup) Yogurt (1 cup plain, nonfat, unsweetened except with sugar substitute)

FREE ITEMS: You may have these as desired

Beverages: Coffee, tea, sugar-free beverages	Sugar free gelatin
Pickles, except sweet pickles	Salad greens
Bouillon and consommés	Nonstick pan spray
All spices, herbs, flavorings and artificial sweeteners	Sugar substitutes
Catsup, mustard, soy sauce, vinegars	Lemon or lime juice
Worcestershire sauce	

ADDITIONAL INFORMATION:

- Purchase fruits fresh, fresh-frozen or canned unsweetened, or in natural juices. All juices should be unsweetened.
- Vegetable and fruit portions are for the edible amounts of the item.
- Allowed amounts of meats are after cooking; amounts shown are for edible parts only (excluding bones). Be sure to trim all extra fat away from meat prior to cooking. Remove skin from all poultry. Roasting or broiling of meats is preferred.
- If salt intake is limited, avoid foods high in sodium (pickles) and don't use salt at the table.
- Even though the diet should meet your nutritional needs, a vitamin and mineral supplement may be recommended by your doctor.
- Everyone on a diet will experience an occasional setback. This doesn't mean failure. Long-term success is still possible.
- Combine your diet with behavior modification to help you maintain the weight loss.