

## Guidelines for Weight Reduction

1. Avoid concentrated sweets such as candy, honey, sugar, cake, pie, jam, jellies, soft drinks, regular jello, and sugar-coated cereals.
  - Artificial sweeteners containing Nutrasweet or saccharin may be used as sweeteners for coffee, tea, cereal, and fruit.
  - Remember, if buying canned fruit, look for fruit labeled "No Added Sugar."
2. Use less fat by:
  - Trimming visible fat from meat and poultry.
  - Choosing lowfat (2% or less fat) dairy products - milk, cottage cheese, yogurt, ice milk, part-skim cheeses.
  - Choosing low fat meats (chicken, veal, turkey, fish)
  - Cutting down on margarine, mayonnaise, gravy, salad dressing, cheese sauce, fried foods, breadings.
  - Broiling, baking, roasting, or stewing foods; avoid frying.
  - Using a non-stick spray such as Pam for frying, instead of using oil or margarine.
3. Use more fruit and vegetables. They are low in calories and high in fiber which will help you fill up without adding lots of extra calories.
4. Eat meals at regular times each day. Avoid skipping breakfast, skimping on lunch, and then eating a large dinner as this may result in weight gain.
5. Pay attention to portion sizes and use measuring cups and spoons and scales if available. Remember, 4 oz. of raw meat becomes 3 oz. after cooking. (3 oz. of meat measures approximately 3" x 2 1/2 x 3 1/4")
6. Weigh yourself once a week in the same type of clothing and at the same time of day on the same scale. You should lose 1-2 pounds per week.
7. Eat only that amount of food specified on your diet. Use the portion sizes indicated on the exchange list.
8. Eat slowly and chew foods thoroughly.
9. Eat only in one location of your home. Avoid eating while reading or watching television.
10. Exercise by walking around the block or other such exercise which is approved by your doctor. For walking to be most effective, at least 30 mins. a day, 4 times a week is suggested.
11. Beware of "dietetic" food such as diet candy, diet desserts - although sugar content is reduced, they may still contain a significant amount of calories.
12. If you get hungry between meals, choose low calorie foods and beverages such as diet jello, fresh fruits and vegetables, or sugar-free drinks.

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*Compare your Calories! Are you choosing high Calorie food items or are you making better choices by selecting foods lower in fat and sugar?*

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Common High Calorie Food Choices

Breakfast meats:

- Bacon (2 slices = 90 Cal)
- Sausage (1 patty = 100 Cal)

Beverages:

- Sodas (12 oz. can = 150 Cal)
- Whole Milk (1 cup = 150 Cal)
- KoolAid (1 cup = 100 Cal)

Snacks:

- Potato chips (10 large = 110 Cal)
- Buttered Popcorn (3 cups = 170 Cal)
- Cookies (1 avg. = 50-90 Cal)
- Nabs (1 pkg. = 200 Cal)
- Cake (1 avg. piece = 250 Cal)
- Nuts (10-12 nuts = 100 Cal)
- Ice Cream (1/2 cup = 150-250 Cal)
- Fruited Yogurt (1 cup = 240 Cal)
- Frozen Yogurt (1 cup = 200-260 Cal)

Other:

- Fried Chicken (1 breast = 225 Cal)
- Medium baked potato with 1 Tbsp. each of sour cream and butter (1 = at least 275 Cal)

Better Choices

Breakfast meats:

- Cottage Cheese (1/2 cup lowfat = 80 Cal)
- Mozzarella Cheese (1 oz. = 80 Cal)

Beverages:

- Diet sodas (12 oz. can = 15 Cal)
- 2% Milk (1 cup = 120 Cal)
- Skim milk (1 cup = 80-90 Cal)
- Sugar-free fruit-flavored beverages (1 cup = 4 Cal or less)

Snacks:

- Fruits (1 avg. serving = 60 Cal)
- Plain popcorn (3 cups = 80 Cal)
- Vanilla Wafer (1 = 15 Cal)
- Gingersnaps (1 = 15 Cal)
- Angel Food Cake (1 avg. piece = 100 Cal)
- Vegetables (1/2 cup = 25 Cal)
- Ice Milk (1/2 cup = 100 Cal)
- Plain Yogurt, 1.5 % Fat (1 cup = 145 Cal)
- Plain Yogurt, Skim Milk (1 cup = 125 Cal)

Other:

- Baked Chicken, no-skin (1 breast = 165 Cal)
- Plain Baked Potato, medium (1 = 140 Cal)