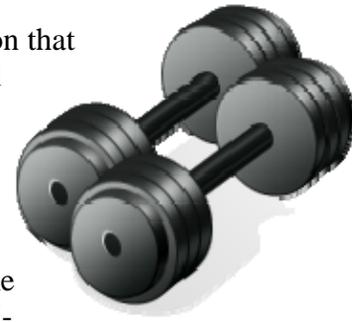


Instruction Sheet: Weight Reduction

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Overweight and obesity are the fifth leading risk factor for global deaths killing at least 2.8 million adults per year.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. To calculate your BMI visit <http://www.nhlbisupport.com/bmi/bmicalc.htm> A high BMI is a major risk factor for diseases such as heart disease, stroke, diabetes, osteoarthritis, and some cancers. If you are classified as overweight or obese, reducing your weight by only 5-10% can lower your risk of coronary heart disease and other conditions.



- Underweight = <18.5
- Normal weight = $18.5-24.9$
- Overweight = $25-29.9$
- Obesity = BMI of 30 or greater

Weight loss occurs when your body burns more calories than it takes in. Certain factors make this hard to achieve. For example, eating more energy-dense foods high in fat, salt and sugars but low in vitamins, minerals and other micronutrients and being physically inactive are two factors that can lead to weight gain. Luckily, these are also two factors that can be modified!

Goal Setting:

Weight loss is about establishing healthy habits for life, not just until the weight is lost. The first step to reducing weight is to set a goal. Goals should be specific, measurable, attainable, realistic, and time based. Set short term and long term goals to avoid feeling overwhelmed. **For example:** *Joe needs to lose 10 lbs. to be within his normal weight range for his height. He knows that he needs to eat better and exercise. He would like to lose 1 lb. per week until he reached his ultimate goal of 10 lbs. of weight loss. In order to avoid become overwhelmed, Joe decides to set an exercise goal of riding his bike for 30 minutes three days a week. After a couple of weeks Joe is continuing to achieve this goal and he decides to add another goal to help eliminate fast food from his diet. Joe decides to cook at home 3 nights out of the week. Setting these 2 goals puts Joe well on his way to losing 1 lb. per week and ultimately will help him achieve his long term goal of losing 10 lbs.!*

What to Eat?

Setting goals, exercising, reducing portions and choosing the right foods are great ways to help with weight loss. It is important to not rely on a fad diet for sustained weight loss. To begin your journey to eating better, take a look at www.choosemyplate.gov. This website gives you tons of information about what foods to choose and how much to eat! MyPlate encourages you to balance your meals and make the best choice you can each time you eat. Remember to include protein, fruits & veggies, grains and dairy with your meal. See below for the best choices:



- Protein: lean protein like boneless, skinless poultry, lean red meat such as sirloin, vegetable protein such as beans, nuts, and soy
- Fruit & Veggies: the darker the fruit/veggie the more nutrients; if canned choose fruit in 100% juice or reduced sodium veggies; otherwise choose fresh or frozen.
- Dairy: fat-free or low-fat milk, cheese, and yogurt all have the same amount of nutrients, carbohydrates, and protein as full fat milk products, just with significantly less fat and calories!
- Grains: Choose whole grains most often including: whole oats, whole rye, whole wheat, whole corn. Watch out for words such as “multi” or “enriched” as these may not be whole grains.

Use MyPlate to help you keep your portions in check. If you put your protein on ¼ of the plate it will be about 3-4 oz. or 1 serving size - same with your grains. Fill up half your plate to get the nutrient benefits of fruits and veggies, and then choose 1 cup of yogurt or 8 oz. of milk with the meal.

Foods to Limit:

The 2010 Dietary Guidelines for Americans recommend cutting back on the following foods:

- Saturated & *trans* fat: fatty meats (sausage, bacon, poultry with skin), whole fat dairy, commercial bakery products, hydrogenated oils
- Added sugars: sweetened beverages, cookies, cakes, candy
- Refined grains: white bread and cereals
- Sodium: added salt to foods and packaged, processed food
- Alcohol: consume alcohol in moderation: 1 drink per day for women and 2 for men

Physical Activity:

The CDC recommends that for health benefits adults need 150 minutes of moderate aerobic activity per week and 2 or more days of muscle-strengthening activities per week. Gradually work up to this goal by breaking it up throughout the week and into smaller chunks during the day!

Accountability:

Sometimes one of the biggest barriers to weight loss is lack of motivation. Many of us enjoy encouragement and guidance in our daily life, so there is no reason why this would be different with weight loss. Journal, find a friend to exercise with, hire a personal trainer, talk with your registered dietitian - any of these suggestions can help motivate you and hold you accountable for your goals that you set!

For additional questions or concerns please contact the Campus Dietitian at 910-962-7621.

References:

- Mcahowsky, J. (2011, February) Weight loss one pound at a time. *Nutrition 411*. Retrieved from <http://www.rd411.com/education-materials/weight-control/item/1670-weight-loss-one-pound-at-a-time>
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