

Weight Loss – Diet and Plan

Plan:

- **Increase Cardiovascular activity (i.e. Walking, Jogging, Cycling)**
- **Increase Strength Training Activity (i.e. Weight Lifting)**
- **Increase overall daily activity (take the stairs, park farther away, etc)**
- **Modify diet using the information below**

Diet Recommendations:

- Decrease overall daily calorie intake
 - See Portion Size Guide
- Increase intake of high fiber foods – they will keep you feeling full longer and will keep your digestive system healthy
 - Examples: Whole wheat cereals or breads; vegetables, legumes
- Decrease overall intake of fats, but have more “good fat” (i.e. olive oil, nuts, avocado) than “bad fats” (i.e. butter, animal fats, coconut)
- Increase intake of nutrient rich Fruits and Vegetables
 - Leafy green vegetables, carrots, apples, berries, citrus fruits, etc
- Increase intake of lean proteins
 - Examples: eggs, chicken, fish, turkey)
- Limit intake of Alcoholic Beverages to 1 (women) or 2 (men) or less per day
- Changes:

Instead of:	Try:
Eating Out	Eating at Home (where you can control portion sizes and ingredients)
Whole Fat Dairy Products (cheese, milk, yogurt, ice cream, etc)	Low fat or Nonfat Dairy Products
Red Meats (steak, ground beef, etc)	White Meats (chicken breast, ground turkey, fish)
Butter for cooking	Olive oil or Canola oil for cooking
Fried foods	Baked, Grilled, or Roasted foods
Salt	Salt-free spices (Rosemary, Basil, Thyme, etc) or fresh herbs (Cilantro, Basil, etc) or salt substitute
Snacking on chips, cookies, candy bars	Snacking on fresh fruit, veggies, small portions of nuts (almonds, peanuts, walnuts)
No breakfast (or just coffee)	Healthy breakfast (whole grain cereal, oatmeal, eggs, toast with peanut butter, fruit, etc)

Other Resources:

- Web MD Health and Diet website: <http://www.webmd.com/diet/>
- Centers for Disease Control (CDC) website: <http://www.cdc.gov/>

Portion Size Guide*

Woman's fist or baseball - a serving of vegetables or fruit is about the size of your fist

A rounded handful - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels

Deck of cards - a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) - for example, one chicken breast, ¼ pound hamburger patty or a medium pork chop

Golf ball or large egg - one quarter cup of dried fruit or nuts

Tennis ball - about one half cup of ice cream

Computer mouse - about the size of a small baked potato

Compact disc - about the size of one serving of pancake or small waffle

Thumb tip - about one teaspoon of peanut butter

Six dice - a serving of cheese

Check book - a serving of fish (approximately 3 oz.)

Eyeball it! - Take a look at the recommended serving sizes on the new [USDA MyPyramid Food Guidance System](#). Get out a measuring cup or a food scale and practice measuring some of your favorite foods onto a plate, so that you can see how much (or how little!) a ½ cup or 3-ounce serving is. This will help you "eyeball" a reasonable serving!

* <http://www.mealsmatter.org/EatingForHealth/Topics/article.aspx?articleID=52>