

Weight Loss

Meal Planning



- Online Resources

- American Diabetes Association www.diabetes.org
- My Food Advisory <http://tracker.diabetes.org>
- Livestrong, My Plate <http://www.livestrong.com/myplate/>
- American Association of Diabetes Educators
www.diabeteseducator.org
- National Diabetes Education Program www.ndep.nih.gov
- Centers for Disease Control and Prevention
www.cdc.gov/diabetes
- Academy of Nutrition and Dietetics www.eatright.org
- Weight Control Information Network
www.win.niddk.nih.gov
- Food and Nutrition Database www.calorieking.com
- Recipe Searches www.allrecipes.com
- Nutrient Facts Recipe Builder www.nutrientfacts.com
- Healthy Dining Choices www.healthydiningfinder.com
- American Diabetes Association www.diabetes.org

Date: _____

Food Diary

Time / Meal	Food / Beverage (type and amount)	Calories	Notes
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
TOTAL Calories: _____			

Date: _____

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Time / Meal	Food / Beverage (type and amount)	Calories	Notes
Breakfast			
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Dinner			
Snack			
TOTAL Calories: _____			

Cell Phone Applications:

Nutrition:

Go Meals, Calorie Counter by Caloricount.com, Fooducate, InRFood, CalorieKing Food Search, Dash Diet Free, Yumprint, The Whole Pantry, Nutrition Quiz, Million Tons, Jelly, Foodie TV, Breathe2relax

Exercise:

Moves, Walkmeter, Nexercise, Sworkit, Runkeeper, UmuvU, Charity Miles

Nutrition and Exercise:

My Fitness Pal, Lose It, The Carrot, diet & Food Tracker by Spark People

Diabetes Management:

MyNetDiary Diabetes Tracker, dLife Diabetes Companion, Vree for Diabetes, Wave Sense Diabetes Manager, Blood Sugar Tracker, Glucose Buddy, Sleep Time, Sleep Cycle Alarm Clock, Medscape

Additional Resources:

Measure Up Pressure Down:

<http://www.measureuppressuredown.com/>

Healthwise:

<http://www.healthwise.org/>



Physical Activity for a Healthy Weight

On This Page

- [Why is physical activity important?](#)
- [How much physical activity do I need?](#)
- [How many calories are used in typical activities?](#)

Why is physical activity important?

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to—

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

How much physical activity do I need?

When it comes to weight management, people vary greatly in how much physical activity they need. Here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it



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varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

What do moderate- and vigorous-intensity mean?

Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation — it's probably moderately intense. Examples include—

- Walking briskly (a 15-minute mile).
- Light yard work (raking/bagging leaves or using a lawn mower).
- Light snow shoveling.
- Actively playing with children.
- Biking at a casual pace.

Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense. Examples include—

- Jogging/running.
- Swimming laps.
- Rollerblading/inline skating at a brisk pace.
- Cross-country skiing.
- Most competitive sports (football, basketball, or soccer).
- Jumping rope.



How many calories are used in typical activities?

The following table shows calories used in common physical activities at both moderate and vigorous levels.

Calories Used per Hour in Common Physical Activities		
Moderate Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person ¹	Approximate Calories/Hr for a 154 lb Person ¹
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180
Vigorous Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person ¹	Approximate Calories/Hr for a 154 lb Person ¹
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590



Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440

¹ Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Source: Adapted from [Dietary Guidelines for Americans 2005, page 16, Table 4](#).

To help estimate the intensity of your physical activity, see [Physical Activity for Everyone: Measuring Physical Activity Intensity](#).

Want to learn more?

[Getting Started with Physical Activity for a Healthy Weight](#)

If you've not been physically active in a while, you may be wondering how to get started again. Lace up those sneakers and find some motivating ideas.

For general Physical Activity information, see [Physical Activity for Everyone](#).



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Losing Weight

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.¹

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

Losing weight is not easy, and it takes commitment. But if you're ready to [get started](#), we've got a step-by-step guide to help get you on the road to weight loss and better health.

Even Modest Weight Loss Can Mean Big Benefits

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.²

For example, if you weigh 200 pounds, a 5 percent weight loss equals 10 pounds, bringing your weight down to 190 pounds. While this weight may still be in the "overweight" or "obese" range, this modest weight loss can decrease your risk factors for chronic diseases related to obesity.

So even if the overall goal seems large, see it as a journey rather than just a final destination. You'll learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits may help you maintain your weight loss over time.

In addition to improving your health, maintaining a weight loss is likely to improve your life in other ways. For example, a study of participants in the [National Weight Control Registry](#)^{3*} found that those who had maintained a significant weight loss reported improvements in not only their physical health, but also their energy levels, physical mobility, general mood, and self-confidence.



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Want to learn more?

Getting Started

Check out our step-by-step guide to help you get on the road to weight loss and better health.

Improving Your Eating Habits

Your eating habits may be leading to weight gain; for example, eating too fast, always clearing your plate, eating when you not hungry and skipping meals (or maybe just breakfast).

Keeping the Weight Off

Losing weight is the first step. Once you've lost weight, you'll want to learn how to keep it off.

References

¹DHHS, AIM for a Healthy Weight, page 5. Available online:

http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf (PDF-2.17Mb)

²Reference for 5%: Blackburn G. (1995). Effect of degree of weight loss on health benefits. Obesity Research 3: 211S-216S. 2 Reference for 10%: NIH, NHLBI Obesity Education Initiative. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. Available online:

http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf (PDF-1.25Mb)



Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.



According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Eat Healthfully and Enjoy It!

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat—

- **Fresh fruits** — don't think just apples or bananas. All fresh fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.
- **Fresh vegetables** — try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned



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vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

- **Calcium-rich foods** — you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.
- **A new twist on an old favorite** — if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

Do I have to give up my favorite comfort food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

Some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. For more ideas on how to cut back on calories, see [Eat More Weigh Less](#).

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

Want to learn more?

[Improving Your Eating Habits](#)

Learn more about how to start changing your eating habits.

[Planning Meals](#)

Stock up on healthier foods that contain fewer calories to help prepare you for weight-loss success!



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The Health Effects of Overweight and Obesity

Research has shown that as people become "overweight" and "obese,"* their risk for developing the following conditions increases:¹

- Coronary heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and breathing problems
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Gynecological problems (abnormal periods, infertility)

*Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.

Want to learn more?

What Are the Health Risks of Overweight and Obesity?²

Learn about the risks for adults from many diseases and conditions, by National Heart, Lung and Blood Institute (NIH).

Weight Loss - American Diabetes Association³*

Did you know that nearly 9 out of 10 people with newly diagnosed type 2 diabetes are overweight? If you are overweight, losing some weight could help you better manage your diabetes.

CDC's Obesity and Overweight

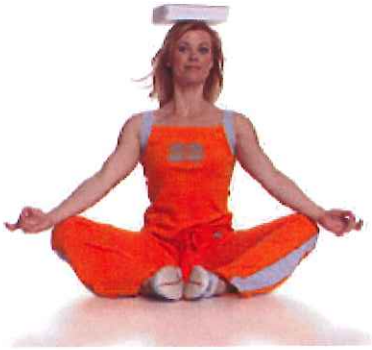
Obesity trends, economic consequences, state-based programs and other resources for the health professional.

References

¹NIH, NHLBI Obesity Education Initiative. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. Available online:
http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf ⁴



Balancing Calories



There's a lot of talk about the different components of food. Whether you're consuming carbohydrates, fats, or proteins all of them contain calories. If your diet focus is on any one of these alone, you're missing the bigger picture.

- [The Caloric Balance Equation](#)
- [Am I in Caloric Balance?](#)
- [Recommended Physical Activity Levels](#)
- [Questions and Answers About Calories](#)

The Caloric Balance Equation

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – **calories count!** Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or "burns off."

- A *calorie* is defined as a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates, fats, sugars, or proteins, all of them contain calories.
- *Caloric balance* is like a scale. To remain in balance and maintain your body weight, the calories consumed (from foods) must be balanced by the calories used (in normal body functions, daily activities, and exercise).

If you are...	Your caloric balance status is...
Maintaining your weight	"in balance." You are eating roughly the same number of calories that your body is using. Your weight will remain stable .



Gaining weight	"in caloric excess." You are eating more calories than your body is using. You will store these extra calories as fat and you'll gain weight.
Losing weight	"in caloric deficit." You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing .

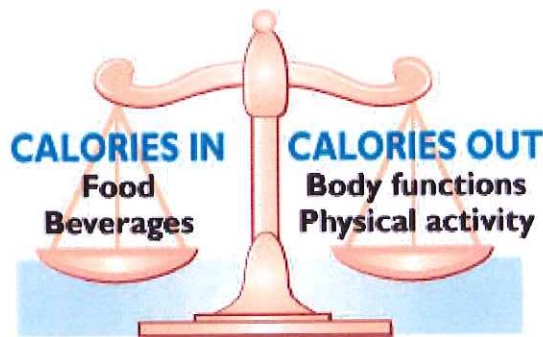
There's a lot of talk about the different components of food. Whether you're consuming carbohydrates, fats, or proteins all of them contain calories. If your diet focus is on any one of these alone, you're missing the bigger picture.

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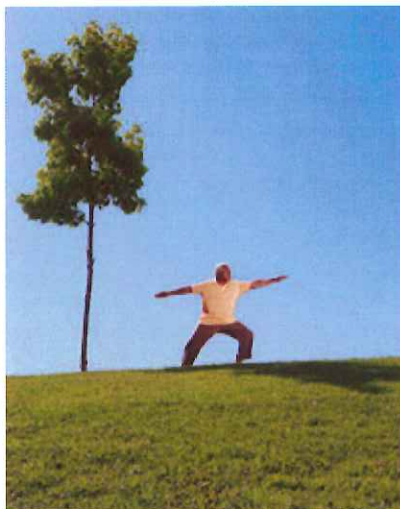




If you are...	Your caloric balance status is...
Maintaining your weight	" in balance. " You are eating roughly the same number of calories that your body is using. Your weight will remain stable .
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Am I in Caloric Balance?



If you are maintaining your current body weight, you are in caloric balance. If you need to gain weight or to lose weight, you'll need to tip the balance scale in one direction or another to achieve your goal.

If you need to tip the balance scale in the direction of losing weight, keep in mind that it takes approximately 3,500 calories below your calorie needs to lose a pound of body fat.¹ To lose about 1 to 2 pounds per week, you'll need to reduce your caloric intake by 500—1000 calories per day.²



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To learn how many calories you are currently eating, begin writing down the foods you eat and the beverages you drink each day. By writing down what you eat and drink, you become more aware of everything you are putting in your mouth. Also, begin writing down the physical activity you do each day and the length of time you do it. Here are simple paper and pencil tools to assist you:

- [Food Diary](#)  (PDF-33k)
- [Physical Activity Diary](#)  (PDF-42k)

Want to try an interactive approach evaluate your food intake and physical activity? Go to the [SuperTracker](#). The site will give you a detailed assessment and analysis of your current eating and physical activity habits.

Physical activities (both daily activities and exercise) help tip the balance scale by increasing the calories you expend each day.

Recommended Physical Activity Levels

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight.
- Encourage children and teenagers to be physically active for at least 60 minutes each day, or almost every day.
- For more detail, see [How much physical activity do you need?](#)

The bottom line is... each person's body is unique and may have different caloric needs. A healthy lifestyle requires balance, in the foods you eat, in the beverages you consume, in the way you carry out your daily activities, and in the amount of physical activity or exercise you include in your daily routine. While counting calories is not necessary, it may help you in the beginning to gain an awareness of your eating habits as you strive to achieve energy balance. The ultimate test of balance is whether or not you are gaining, maintaining, or losing weight.



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Questions and Answers About Calories

Q: Are fat-free and low-fat foods low in calories?

A: Not always. Some fat-free and low-fat foods have extra sugars, which push the calorie amount right back up. The following list of foods and their reduced fat varieties will show you that just because a product is fat-free, it doesn't mean that it is "calorie-free." And, calories do count! See [FAT-Free Versus Calorie Comparison](#) for more information.

Always read the Nutrition Facts food label to find out the calorie content. Remember, this is the calorie content for **one serving** of the food item, so be sure and check the serving size. If you eat more than one serving, you'll be eating more calories than is listed on the food label. For more information about the Nutrition Facts food label, visit [How to Understand and Use the Nutrition Facts Food Label](#).

Q: If I eat late at night, will these calories automatically turn into body fat?

A: The time of day isn't what affects how your body uses calories. It's the overall number of calories you eat and the calories you burn over the course of 24 hours that affects your weight.

Q: I've heard it is more important to worry about carbohydrates than calories. Is this true?

A: By focusing only on carbohydrates, you can still eat too many calories. Also, if you drastically reduce the variety of foods in your diet, you could end up sacrificing vital nutrients and not be able to sustain the diet over time.

Q: Does it matter how many calories I eat as long as I'm maintaining an active lifestyle?

A: While physical activity is a vital part of weight control, so is controlling the number of calories you eat. If you consume more calories than you use through normal daily activities and physical activity, you will still gain weight.

Q. What other factors contribute to overweight and obesity?

A: Besides diet and behavior, environment, and genetic factors may also have an effect in causing people to be overweight and obese. For more, see [Other Factors in Weight Gain](#).

Want to learn more?

Cutting Calories at Every Meal

You can cut calories by eating foods high in fiber, making better drink choices, avoiding portion size pitfalls, and adding more fruits and vegetables to your eating plan.

Losing Weight

Even a modest weight loss, such as 5 to 10 percent of your total body weight, can produce health benefits.



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Physical Activity for a Healthy Weight

Physical activity can increase the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that can help with weight loss.

References

¹DHHS, A Healthier You, page 19. Available online:

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/chapter5.html>

²DHHS, AIM for a Healthy Weight, page 5. Available online:

http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf (PDF-2.17Mb)