

NUTRITION 2016 | Department Huddles

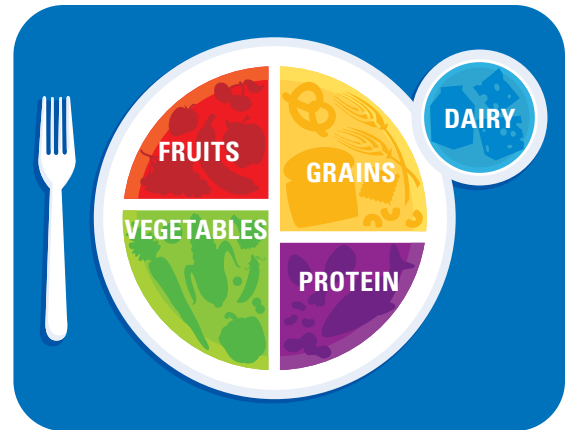
Weight Loss Tips/Maintaining Weight Loss

RECOMMENDATIONS

Weight loss of ½ a pound – 2 pounds per week is recommended

Make smart choices from every food group

- Choose a wide variety of nutrient rich foods
- Shop at the four corners of the grocery store
 - Produce (seasonal fruits and vegetables)
 - Bakery (whole grain breads)
 - Dairy (low-fat or fat-free milk, yogurt and cheese)
 - Meat (lean protein, fish etc.)
- MyPlate – what your plate should look like with each meal



ChooseMyPlate.gov

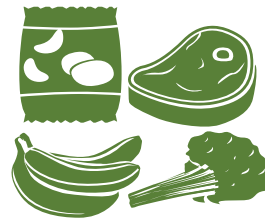
Get the most nutrition from your diet

- Moderation not elimination
 - Eat smaller portions
 - Choose empty calories less often
 - Cut back on sugar
 - › Less soda and desserts

Balance food and physical activity

- Weight loss: need to burn more calories than you consume
- Fitting more physical activity into your day
 - Physical activity: 60 minutes of moderate-vigorous physical activity most days of the week (five days/week)
 - › Two days of strength training (20 minutes) per week
- Move more during the day
 - Park further away, take the stairs and use a restroom on a different floor

CALORIES



PHYSICAL ACTIVITY



(continued)

Intuitive Eating: Physical vs. Emotional Hunger

PHYSICAL HUNGER	EMOTIONAL HUNGER
Builds gradually	Develops suddenly
Body cues: growling stomach, headache, etc.	No body cues, only related to feelings
All food sounds good	Only certain foods sound good
Occurs several hours after a meal	Unrelated to time
Is satisfied by eating – feeling of satisfaction	Eating is rushed or mindless, persists despite fullness
Goes away when full	Not satisfied when stomach is full

Mindful Eating

- Utilizing all of your senses and learning to be physically aware of hunger cues and satiety cues
 - Eat sitting down
 - Eat without distraction
 - Avoid eating from a package or box
 - Keep extra food away from the table
 - Use smaller plates
 - Plan meals and snacks ahead of time

Decrease Mindless Eating

- Think 20% less
- See all you eat
- Minimize your sizes
- Make overeating a hassle, not a habit
- Be the Official Gatekeeper (make the food related decisions in your house)
- Establish proper portion size

MAINTAINING WEIGHT LOSS

- Portion control – do not restrict or eliminate any foods
- Engage in physical activity (about 60 minutes most days of the week)
- Maintaining a lower calorie, lower fat diet
- What else can I do?
 - Eat breakfast daily
 - Weigh yourself once per week
 - Watch less TV

