Achieving and Maintaining a Healthy Weight

Strategies That Work for Weight Loss

• SET REASONABLE AND ACHIEVABLE GOALS. Focus on losing ½ to 2 pounds per week for safe, long term weight loss.

• PLAN AND CHOOSE TO EAT A HEALTHIER DIETARY PATTERN higher in vegetables, fruits, whole grains, low or non-fat dairy, seafood, lean proteins, legumes, and healthy fats from nuts and seeds.

• DON'T SKIP MEALS. Keep healthy snacks like fruits and vegetables handy.

• START AN EXERCISE PROGRAM. First, review the American College of Sports Medicine guidelines for beginning an exercise program at acsm.org. Use a pedometer to see how physically active you are during the day. Work to increase your daily steps.

• ASK FOR SUPPORT FROM FAMILY AND FRIENDS. They can help in overcoming barriers that have prevented success in the past.

Maximize Success

• Have a REGISTERED DIETITIAN DETERMINE how many calories you should be eating.

• REDUCE CALORIES BY DECREASING PORTIONS A LITTLE AT EACH MEAL. Decrease higher calorie foods and increase lower calorie foods like non-starchy vegetables. Try eating on a 10-inch plate or smaller and resist those second helpings.

• KEEP A FOOD DIARY Use a pen and paper or try one of the many excellent free websites or phone apps to track your daily intake.

• REDUCE THE NUMBER OF TIMES YOU EAT foods prepared away from home.

• LEARN HOW TO READ AND INTERPRET food labels.

Additional Healthy Tips

• FIND EASY WAYS TO IMPROVE THE QUALITY OF YOUR DIET (e.g., reduce or eliminate sugar-sweetened drinks, alcohol, high calorie foods, and desserts).

• DRINK 2 CUPS OF WATER RIGHT BEFORE A MEAL. This may help reduce caloric intake.

• LISTEN TO YOUR BODY. Eat when feeling the first pangs of hunger. Stop as soon as you start to feel satisfied.

• EAT SLOWLY. Eating slowly gives your “satiety signal” a chance to kick in.

• WEIGH YOURSELF REGULARLY. Once per week is sufficient.

References


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Written by SCAN registered dietitian nutritionists (RDNs) to provide nutrition guidance. The key to optimal meal planning is individualization. Contact a SCAN RDN for personalized nutrition plans. Access “Find a SCAN RDN” at www.scandpg.org or by phone at 800.249.2875.