

WEIGHT LOSS

To lose weight, you need to burn more calories than you eat. Every good weight-loss plan has the same two parts: food and physical activity. Wise food choices can help you eat fewer calories and daily (or almost daily) physical activity helps you burn off some of the calories you consume. You lose weight more easily and you're more likely to keep it off, too.

1. **Keep portions smaller than your fist.** It's easy to overeat when you have too much food on your plate. Smaller portions help prevent overeating. Overeating can make health problems worse, especially if you have diabetes. One way to control overeating is to reduce portion sizes when you eat. For most foods, a reasonable portion is $\frac{1}{2}$ to 1 cup – about the size of a woman's fist. Even if your fist is larger than that, it is still a handy measuring tool that goes everywhere you go. Just keep your portions smaller than your fist. Not all foods fit the "fist" rule.

The two most common exceptions are:

- Meat, chicken and fish. For these foods, keep portions the size of a deck of cards (about half the size of your fist.)
 - Plain vegetables, including salads without dressing. You can have as much as you want because these foods are filling and low in calories.
2. **Control your hunger with filling foods that are low in calories.** Foods such as soup, salad, fruits and vegetables can help fill you up without adding a lot of calories. These foods will satisfy hunger and help you lose weight. Research shows that people feel less hungry when they eat a certain volume (amount) of food. High-fiber foods, such as fruits and vegetables, can provide a feeling of fullness and also digest slowly. That helps you feel satisfied longer so you eat less.
 3. **Keep track of what you eat.** When you keep track of what you eat, you're more likely to meet your food goals. Studies show that keeping a food log or diary helps people lose weight and keep it off.
 4. **Make trade-offs to reduce how much fat and sugar you eat.** Foods high in fat and sugar are usually high in calories, too. But that doesn't mean you have to give up your favorite foods. Learn to make trade-offs instead. If you want to indulge in your favorite dessert, eat a lower-calorie meal.
 5. **Enjoy more physical activity.** As you already know, regular physical activity is important for keeping your heart healthy. Increasing physical activity may help you lose weight and strengthen your heart at the same time.

If you feel you need extra support to lose weight, look for a weight-loss program that's been proven safe and successful. Look for a program that:

- Stresses a healthy eating plan (low in saturated fat, *trans* fat, cholesterol and sodium, with plenty of fruits, vegetables, whole grains, lean poultry, meat and fish, and fat-free or low-fat dairy).
- Includes daily physical activity.
- Gives you personal support from a group, buddy or dietitian.
- Does not deprive you of the foods you enjoy.

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- Has a system to help you keep track of what you eat and drink.
- Recommends a gradual weight loss of 1 to 2 pounds per week until a healthy weight is reached.
- If you're insulin-dependent, does not conflict with your diabetic diet. Talk to your doctor or diabetes educator if you have questions.

Instead of ...	Try ...
Counting every calorie and fat gram	Keeping a food diary. Once you know what you are eating you may be able to reduce the amount without having to count every calorie. Try eating ½ portions.
Eating dessert after dinner	If you feel like you have to eat dessert, try eating dessert only after lunch, and choose a low-calorie dessert like fruit. The earlier in the day you eat high-calorie foods, the more time you have during the day to burn off those extra calories. (That doesn't mean eat dessert after breakfast.) Refer to the "make trade-offs" section above.
Skipping meals to lose weight	Eating 4-5 smaller meals during the day. Eating every 3-4 hours helps control hunger. Just make sure that your smaller meals do not exceed your daily total calorie goals.
Starving between meals	Planning ahead and bringing healthy snacks with you wherever you go so you won't be tempted to pick up something unhealthy on your way. Drink a tall glass of water to get you through a craving.
Tasting food while you cook	Resisting eating the food you are making until you are sitting at the table with a plate and proper portion sizes in front of you.
Stopping at the grocery store on the way home	Shopping after you eat. Never go to the store hungry or you're asking for trouble. If you must go to the store before eating a meal make sure you have a healthy snack (see above) to eat before you get there to curb your appetite and reduce the likelihood of binge-buying.
Weighing yourself every day	Weighing yourself once a week. We recommend choosing the schedule that works best for you. If you have heart failure you must check your weight every day to look for sudden changes.

Losing weight means changing the balance of calories in to calories out. If we eat more calories than we need, we gain weight. If we eat fewer calories than we use, we lose weight.

So start with good information: you need to know how many calories you should eat each day for your individual level of activity, and then you'll need to find ways to stay within your limits. To lose weight, you must use up more calories than you take in. One pound equals 3,500 calories. To successfully and

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healthfully lose weight—and keep it off—most people need to subtract about 500 calories per day from their diet to lose about 1 pound per week.

Increase calories burned

Regular physical activity has so many proven benefits, such as to help control weight and blood pressure and decrease the risk for heart disease and stroke. All healthy adults (ages 18 to 64) should get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) every week. Additionally, you need on 2 or more days a week muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Besides helping you lose weight, it also helps reduce your abdominal fat and preserve muscle during weight loss.

The amount of physical activity any individual person needs for weight loss can vary, but you will need to get both regular physical activity and a healthy eating plan to lose weight and keep it off. A good plan may include 30 to 60 minutes of moderate intensity aerobic physical activity, like brisk walking, done nearly every day. Find something you can do and find ways to enjoy it. Take a brisk walk or a jog with a friend or your dog. Enjoy a video that gets you moving.

Physical Activity and Calories The chart below shows the approximate calories spent per hour by a 100-, 150- and 200- pound person doing a particular activity.

Activity	100 lb	150 lb	200 lb
Bicycling, 6 mph	160	240	312
Bicycling, 12 mph	270	410	534
Jogging, 7 mph	610	920	1,230
Jumping rope	500	750	1,000
Running 5.5 mph	440	660	962
Running, 10 mph	850	1,280	1,664
Swimming, 25 yds/min	185	275	358
Swimming, 50 yds/min	325	500	650
Tennis, singles	265	400	535
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572