

# Weight Management



**Healthy Eating Tip of the Month  
January 2015**

# Ways to Avoid Diet Failures

Diets can be confusing!

What foods are allowed?

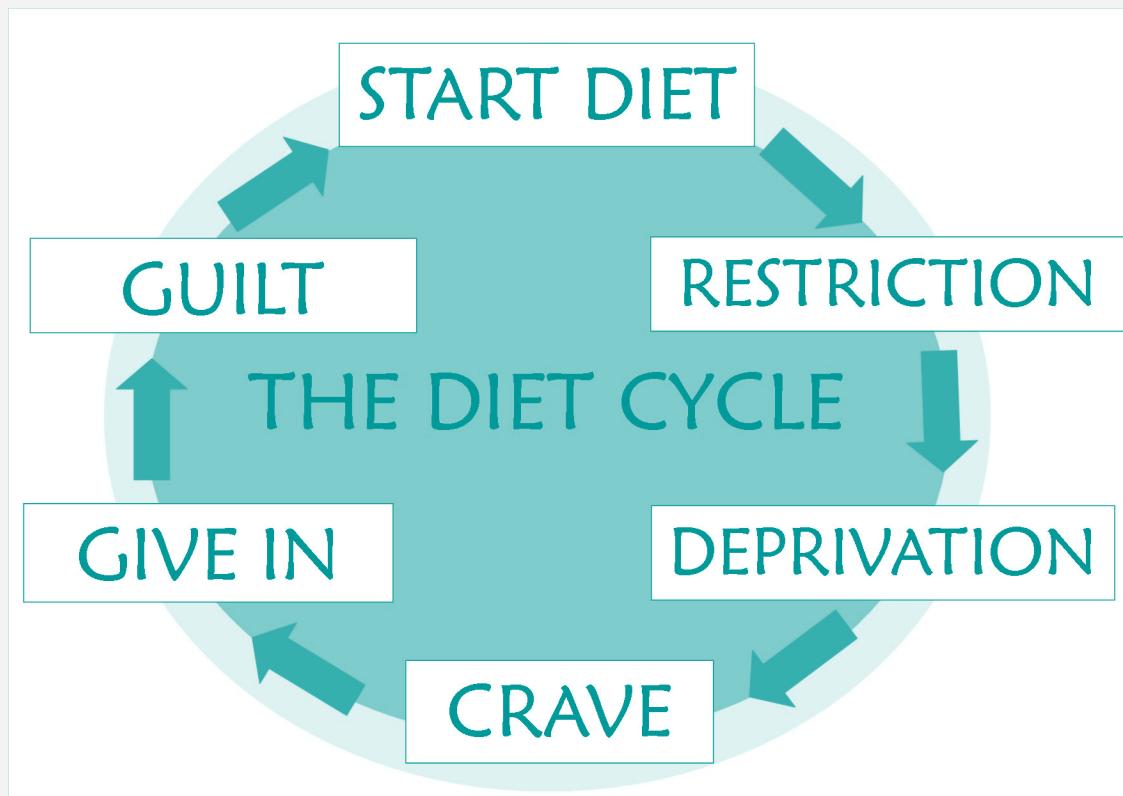
You might feel deprived!

You may give in to cravings!

But it doesn't have to be this way!

Remember that weight loss requires a change in your life-style, not just your diet. Focusing on following a strict diet may lead to feelings of guilt rather than satisfaction!

## The Diet Cycle



The diet cycle explains why so many diets are unsuccessful!

Any diet that requires severe restrictions of your food intake will leave you feeling deprived, and eventually you will give in!

After you give in, you will feel guilty and start your diet again. Then the cycle repeats!

Sound familiar?

**The diet fails you — you do not fail the diet!**

## How to Break the Cycle

### 1. Change your mindset!

Try to think about living an overall healthy lifestyle, rather than being on a diet.

Think about all the good foods you can eat, and how they are improving your health!

### 2. Set realistic goals

Setting a goal can give you motivation to keep going. Once you reach your goal you will feel successful!

Share your goal with others to keep yourself accountable!

### 3. Don't be so hard on yourself!

Remember that nobody is perfect!

If you have a slip up, acknowledge it, determine how to avoid the situation in the future, and then get right back on track.

Allow yourself to enjoy life. Everything in moderation!

Achieving a healthy weight is a journey.

*Don't give up!*

## Ways to Stay on Track

### Keep a food journal

- Record what you ate, how much, when, and why you ate it.
- You can use this as a tool to hold yourself accountable—it will give you a visual of how much and what types of foods you are eating throughout the day.
- Patterns relating food choices to your emotions may become apparent.

### Reduce temptations

- Do not keep unhealthy foods in your house if you know they tempt you. If it is not there, you will be less likely to eat it!
- Plan a menu for the week and grocery shop accordingly. If you have your meals planned, you will be less likely to make poor last minute decisions!
- Keep a healthy snack in your car, desk, or purse. You can reach for this when you are hungry instead of getting fast food or vending machine items!

### Find what works for you

- Everyone is different and there is more than one way to be successful!
- You will have greater success when achieving a healthy weight if you find strategies that work for your lifestyle!

# Reasons to Keep Going!

Decrease your risk of chronic diseases!

- Research has shown that as little as 5-10% weight loss can significantly decrease the risk of cardiovascular disease (CVD).

*Diabetes Care. 2011;34(7):1481-1486. doi:10.2337/dc10-2415.*

- A 10-20 pound weight loss can improve your blood pressure, cholesterol, and triglyceride levels.
- Weight loss also allows people with diabetes to have better control of their blood glucose.

*National Center for Chronic Disease Prevention and Health Promotion*

More Energy

- Eating a balanced diet can help you feel more energized throughout your day!

Better Sleep

- People who eat healthy and exercise also get more quality sleep.

## Are You Drinking Liquid Candy?

The amount of calories in a person's diet that come from sugar sweetened beverages has almost doubled in recent years, reaching 20.1% in 2002!

*American Journal of Clinical Nutrition, 555-563. doi:10.3945/ajcn.111.026278*

It has been proven that sugar sweetened beverages contribute to weight gain, diabetes, dental caries, and heart problems.

By removing sugar sweetened beverages from your diet, you could have a 2–2.5% weight loss in 6 months!

*American Journal of Clinical Nutrition, 555-563. doi:10.3945/ajcn.111.026278*

## What can you do?

Replace soda with water

Try calorie free–flavored waters

Add fruit to water!

Have sparkling water instead



## Check the Label

- One container may have more than one serving!
- A typical 20 oz. soda can contain 240 calories, and 15-18 teaspoons of sugar!

## Exercise for Weight Maintenance

Exercise combined with a balanced diet can help you maintain a healthy weight and reduce your risk of chronic diseases!

It is recommended to have at least 150-300 minutes of moderate intensity exercise per week.

Examples: brisk walking, yoga, swimming, bicycling, tennis, yard work, & snow shoveling.

Breaking exercise up into 10-15 minute periods may be helpful to get the recommended amount of exercise per week.

**Involve your kids to help the whole family get active!**



Get a workout partner to have moral support and accountability!

Quick tips:

- ◆ Use the stairs!
- ◆ Park further away and walk!

Choose an activity that you enjoy doing; it will make exercise seem less daunting!

## Weight Loss & Technology

Studies have shown that using an app, website or other technology as a weight loss strategy can improve success.

Researchers have also found that applications help to increase awareness of food intake and exercise amounts.



## MyFitnessPal



## MyPlate

[choosemyplate.gov](http://choosemyplate.gov)



### Pros

- \* MyFitnessPal is approved by registered dietitians.
- \* Price is free, and it is available for iPhones and Androids.
- \* The app has a high rating of 4.5/5 stars.
- \* Large data base—over 5,000,000 food choices.
- \* Tracks diet and exercise.
- \* Connects to other apps, such as Fitbit.
- \* User is able to input own recipes and food items if they are not on the database.
- \* Barcode scanner can easily input nutrition facts from the package into the app.

### Cons

- \* Estimated calorie and macronutrient needs may be inaccurate.
- \* There are several selections for one food item, so it can be hard to choose which one is correct.
- \* User may be too focused on calories, rather than the overall quality of their diet.

### Pros

- \* MyPlate is approved by registered dietitians.
- \* The website has several resources on:
  - Portions
  - Eating on a budget
  - Recipes
  - Food safety
- \* Website provides nutrient and health benefit information on each food group.
- \* The website provides tips for different populations (children, students, adults, professionals, multiple languages).
- \* Supertracker is a database to track your food intake, exercise, and goals, which are compared to the daily recommended amounts.
- \* Supertracker allows you to create groups to track with for support.
- \* MyPlate has mobile applications to use when a computer is not available.

### Cons

- \* Mobile applications have poor ratings.
- \* Website may be hard to use to find information.
- \* Supertracker food database is smaller than MyFitnessPal.

## Fitbit



## Pedometers

### Pros

- \* Tracks activity/steps along with heart rate, calories burned, and distance depending on the device.
- \* User can “challenge” friends that also have Fitbits for friendly competition. The challenges help to increase motivation and have accountability.
- \* The app keeps track of your progress, so you can look back to check your activity levels.
- \* Fitbit information will sync to other apps.
- \* Alerts user when they have reached their step goal (typically the recommended 10,000 steps)

### Cons

- \* Fitbit's may be more expensive than pedometers or other devices.
- \* The Fitbit options that have more capabilities, such as being able to track different activities or sleep patterns are expensive.
- \* The Fitbit must be worn in order to track activity.

### Pros

- \* Less expensive than a Fitbit or other activity tracking device.
- \* Does not require technology to sync to.
- \* May be easier to work than a technological device.
- \* Is possibly a better option for populations that do not use/understand technology.
- \* Allows user to track their daily steps and compare it to the recommended 10,000 per day.

### Cons

- \* Must be worn to track activity.
- \* Does not provide as much information as other options.
- \* Only counts steps, so it may not be accurate for all forms of exercise.



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