

Weight Management Helpful Hints

- To lose weight, you ideally need to reduce your daily intake to **1500 calories**.
- Reducing food intake by **500 calories** a day will result in the loss of 1 pound per week.
- Websites such as Map My Fitness ® or Map My Run ® can easily keep track of your calories. The basic versions of these websites are free, and there are smart phone applications.
- **Breakfast** is the **most important meal** of the day:
 - It sets the tone for the day. You will have more consistent energy levels and are, therefore, less likely to consume high caloric snacks.
 - For a weekday breakfast, consider a thin bagel or English muffin, several servings of fruit, and Greek yogurt. For weekend breakfast, more complicated selections can be planned.
 - Over 3 weeks, you will gradually implement the healthy breakfast plan. See the **Weight Management Worksheet** for further details.
- **Lunch** is a very important meal:
 - Avoid expensive and high caloric takeout food.
 - For weekday lunches, consider poultry, lean meats, and several servings of fruit or vegetables. For weekend lunches, more complicated selections can be planned.
 - Over 3 weeks, you will gradually implement the healthy lunch plan. See the **Weight Management Worksheet**.
- **Dinner** is a significant meal:
 - Avoid takeout or processed food.
 - Try to plan for 5 weekday dinners. Shop accordingly. For weekend dinners, more complicated selections can be planned.
 - Cook fresh and simple meals.
 - Crockpots allow for simple and fresh meals. The meal can be prepared at night. Turn on the crockpot in the morning, and dinner is ready when you get home. There are crockpot cookbooks and recipes online.
 - There are other cookbooks and simple online recipes. Much of the prep work can be done at night too.
 - Over 3 weeks, you will gradually implement the healthy dinner plan. See the **Weight Management Worksheet**.
- **Snacks** are advisable:
 - A selection of fruit, vegetables, and cheese can be available for a mid-morning or mid-afternoon snack. This avoids the “munchies” and the consumption of high caloric snacks.
- **Exercise** is optimized:
 - Over 3 weeks, you gradually increase your exercise from 30 to 45 minutes a day. See the **Weight Management Worksheet**.