

## STEPS TO WEIGHT LOSS

Think about your eating habits and activity each day to lose weight. You may need to choose different foods and eat smaller portions. You may need to increase the time you are active each day.



### How do I change my eating habits?

- Decide with your healthcare team how many calories and carbohydrates (carbs) you need each day
  - I need \_\_\_\_\_ calories each day
  - I need \_\_\_\_\_ carbs per meal
- Check calories and carbs in the foods you eat
  - Read nutrition labels on food
  - Look up calories and carbs when you eat out. Many restaurants and fast food chains have nutrition information on their websites.
- Think before you drink
  - Drink more water and fewer high calorie drinks
  - Sodas, sports drinks, specialty coffees, fruit juices and alcohol are high in calories and carbs
  - Water has zero calories and zero carbs
- Eat high fiber foods like fresh vegetables, fruit, and whole grain bread. High fiber food makes you feel full for longer
- Record your calories and carbs each day using free tracking websites or apps like My Fitness Pal or Calorie King



### How can I increase my activity?

- Set a goal to be active for at least 30 minutes 5 days a week
- Start with 10 minutes 3 times a day if that works better for you
- Choose activities you enjoy like walking or riding a bike
- Find ways to be more active all day. Examples are taking the stairs instead of the elevator, walking for half of your lunch break, marching in place during TV commercials, and parking farther away in parking lots.
- Track your activity time using a tracking website or app



### How do I know if my weight loss plan is working?

- Weigh yourself on a scale regularly to track progress
- Watch for positive health changes like having more energy
- Talk to your healthcare team including a registered dietitian if you feel you are not making progress