

# Eating for Weight loss!

## What to eat for weight loss?

*Low fat?*

*Low Carb?*

*High Protein?*

*Weight Watchers?*

## Are you confused yet?



**BOTTOM LINE?** The balance between total calories you eat versus total calories you burn (activity) determines how much weight you lose. Cutting back on carbohydrates can help but most cannot sustain a very low carbohydrate diet like the Atkins plan for the long term. It's okay to try a fun "new" diet plan to get started. But for long term success, focus on choosing a variety of quality, nutritious foods that you enjoy.

## Tracking what you eat helps control calories!

Research shows that when people track carefully what they eat weight loss is usually doubled! So consider keeping some type of food journal or food diary.

Tracking means writing down everything that you put into your mouth. There is a paper form on the CHS LiveWELL website. For some people just writing it down is enough! But tracking "how much" in terms of servings, calories, grams of carbs or protein, or Weight Watcher® points can really make sure the pounds drop off. There is a recommended servings table below; it is one approach.

There are now many good apps to track food and activity that are also very helpful. We recommend the MyFitnessPal app linked to a Fitbit activity tracker. MyFitnessPal also has menus and recipes.

Some helpful links:

- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.loseit.com](http://www.loseit.com)

## Calorie Goals for Weight Loss:

These calorie goals are generally recommended for weight loss:

Women: 1200 – 1500 calories per day

Men: 1500 - 2000 calories per day

Cutting calories too low for weight loss can result in more lean muscle tissue loss. Not a good thing! Aim for no more than 2 pounds per week or less than 1,200 calories per day (unless under medical supervision).

## Menus by Calorie level

Example menus can help. Go to [www.Eatingwell.com](http://www.Eatingwell.com) and search "weight loss diet meal plan". Find the menu link and other menus on the CHS LiveWELL website.



Carolinan HealthCare System



# Food Servings Goals for Weight Loss

**Most women can lose weight on 1500 calories if they exercise!**

**CAUTION:**  
The **PORTION** on your plate may be several SERVINGS!

Food Groups Calories per serving	What is a serving:	<b>Daily Servings by calories</b>		
		1200 calories	1500 Calories	1800 calories
<b>Starches: grains, cereals, breads, rice, starchy vegetables (low fat choices)</b> 80 calories/serving	1 ounce slice bread ½ cup corn, grits, oatmeal, peas ½ cup pasta, noodles or potatoes ⅓ cup rice or beans ¼ large bagel ¾ cup flaked dry breakfast cereal ¾ ounce low fat snack chips/pretzels	5	6	7
<b>Fruits</b> 60 calories/serving	½ cup pieces or one small fruit <i><b>Visual: 1 small whole fruit – about the size of a tennis ball</b></i>	3	3	4
<b>Non-Starchy Vegetables (e.g. broccoli, carrots, lettuce, etc!)</b> 25 calories/serving	½ cup cooked 1 cup raw 2 cups of fluffy raw greens <i><b>Visual: 1 cup is the size of a woman's fist</b></i>	3 - 4	3 – 4	4 - 5
<b>Low fat milk and low fat cheese</b> 90 calories/serving	1 cup skim milk, 1 cup light soy milk 6 - 8 ounce (oz.) light yogurt 1 oz. cheese, Low Fat preferred (choose only 1 ounce cheese daily) <i><b>Visual: 1 oz. cheese =4 stacked dice</b></i>	2	2 – 3	3
<b>Fats: oils, salad dressings, spreads, nuts</b> 45 calories/serving	1 teaspoon oil (5 grams of fat) 1 tablespoon nuts ½ tablespoon peanut butter 2 tablespoons low fat salad dressing 1 tablespoon light mayonnaise, light spread (low fat, trans free margarine) 1/8 avocado <i><b>Visual: One teaspoon is about the size of the tip of a thumb</b></i>	4	6	8
<b>LEAN Protein rich foods: Fish, skinless poultry, lean pork, eggs, soy, lean beef, low fat cheese, &amp; vegetarian meat alternatives</b> Approx. 50 calories/ounce	Measure/count in ounces of cooked weight of fish, meat, poultry Also equal to one ounce meat: 1 egg or 2 whites, 1 ounce low fat cheese, ¼ cup ricotta, cottage cheese or 1 veggie sausage pattie <i><b>Visual: 3 oz. cooked meat is about the size of a deck of cards</b></i>	6 ounces	6 ounces	6 ounces
<b>Extra Calories or Discretionary Budget</b>	Varies- always check label- examples 8 ounce sweetened beverage, 1 -12 oz. lite beer, ½ cup wine, 1½ oz. liquor, ½ cup light ice cream, 4 Hershey kisses	Limit to 100 calories or less for weight loss		