



WEIGHT LOSS OVERVIEW

MYTH: To lose weight, I only have to make sure calories in < calories burned.

FACT: Although we do want to consume fewer calories than we burn, what, how much and how often we eat matters as well. In addition, our water intake and exercise routine can play a huge role in weight loss.

MYTH: To lose weight, I have to feel hungry all the time.

FACT: You can lose weight and feel full and fueled at the same time. The healthiest way to lose weight is to create a balanced lifestyle that you can maintain long term. Feeling hungry constantly is not sustainable and can lead to disordered eating.

MYTH: If the scale isn't showing weight loss, what I'm doing isn't working.

FACT: The scale is not the only measure that your efforts are working. The number on the scale can vary in either direction for a number of different reasons. Discuss "non-scale victories" with your dietitian that show progress beyond the number on the scale.

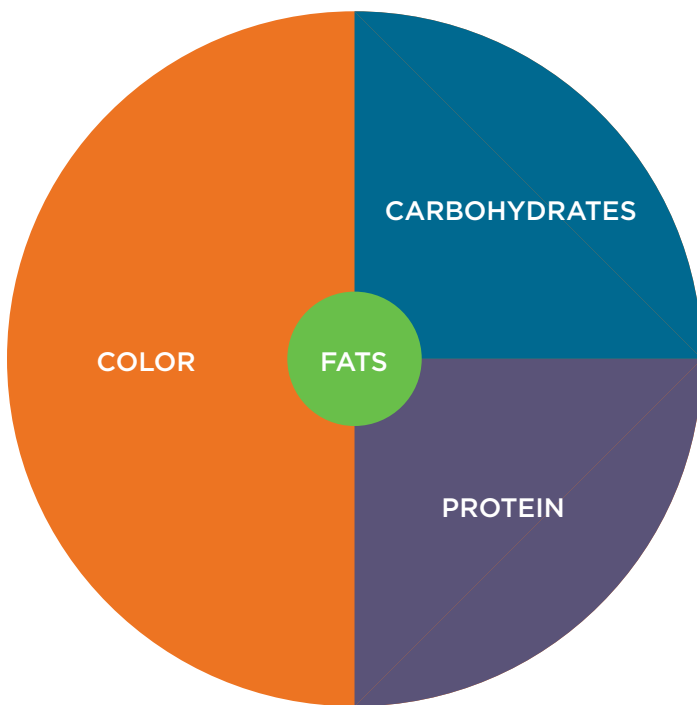
Healthy Eating Lifestyle Outline:

- 3-4 balanced meals spread evenly throughout the day
- Fruits and/or vegetables at every meal
- >64 ounces of water daily
- >20g protein per meal
- Carbs in moderation and that meet your activity level (usually about ¼ of your meal)
- Discuss with your dietitian when and how often to weigh yourself

Optional weight loss aids:

- Food tracking
- Counting macros
- Intermittent fasting
- Supplements **AS NEEDED***
- Other recommendations from your RDN: _____

*While supplements can be helpful to address specific medical needs or deficiencies, there is not a supplement that will produce healthy weight loss on its own. Ask your dietitian about what supplements and brands they may recommend for your specific health needs. Check with your healthcare provider to ensure the supplement is safe for you to take, taking into consideration your specific health needs and other medications you may be taking.



BALANCED PLATE GUIDELINE

COLOR: Aim for half of your plate to be filled with colorful fruits and vegetables. Fruits and vegetables provide our bodies with vitamins, minerals, fiber, and SO MUCH more. This is a hug part of maintaining your health.

CARBOHYDRATES: We want about $\frac{1}{4}$ of our plate to be filled with carbs. Carbohydrates provide our body with energy. For this reason, we do not want to cut them out entirely. Talk to your dietitian about how to balance your carb intake with your energy level.

FATS: Our bodies care a lot about the types of fats we eat. Aim for 1-2 sources of unsaturated fats each meal. Ask your dietitian for more information about types of fats if you are unsure what this means.

PROTEIN: Protein keeps us full and helps us build muscle. Making sure you are getting enough protein is vital to helping you feel full between meals and maintain a healthy weight. Make sure you are getting at least 20-30g lean protein each meal.

Beverage recommendations:

- Make sure you are getting at least 64 ounces of water a day.
- Beverages can be a large source of excess calories. Try to avoid sugar sweetened beverages, including sodas, sweetened teas, sweetened coffees, juices and sports drinks, as much as possible. Prioritize water intake before anything else.

Exercise recommendations:

- Aim for 150 minutes of moderate intensity exercise/week, including 3 strength training workouts. More is good, but 150 minutes and 3 strength training sessions should be the minimum.
- Divide this time up in a way that works for you. You do not have to work out for hours on end every day of the week. A little movement goes a long way.
- For strength training, start with body weight workouts and work up to weights from there. Check out YouTube for free workouts.
- The best type of exercise is exercise you will do. If you prefer walking, walk! If you love the elliptical, do that. What matters is that you put the time in.
- Moving around throughout the day, not just while exercising, is important. Ask your dietitian about NEAT (non-exercise activity thermogenesis) activity and how to incorporate it into your day.



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