

Adult Overweight & Obesity



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What is overweight or obesity? A weight that is higher than what is considered healthy for a given height

Consequences of Obesity

Increased risk of:



Cardiovascular disease, including heart attack and stroke



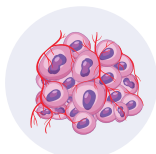
Fatty Liver Disease



Type 2 Diabetes



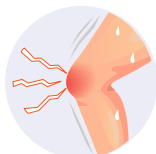
Acid reflux and heartburn



Cancer



Respiratory issues



Joint problems



Depression, anxiety, and low self-esteem



Sleep disorders



Poor quality of life

Benefits of Weight Loss When Overweight/Obese

May:



Lower your blood pressure



Improve your cholesterol levels



Reduce your risk of heart attacks or strokes



Help control your blood sugar levels



Relieve joint pain



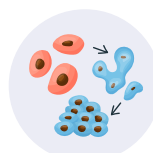
Improve your mobility



Enhance your lung function and alleviate conditions like sleep apnea



Improve your mental health



Reduce your risk of cancer



Increase your energy levels

Tips to Improve Your Diet & Reduce Your Calorie Intake

Cook your own meals!

- Makes you more aware of what you're eating and increases your understanding of healthy food choices
- Allows you to have control over the ingredients you put in your foods
- Teaches you how to cut calories without losing flavor
- Helps you avoid excessive amounts of salt, sugar, and unhealthy fats often found in restaurant and processed foods
- Aids in portion control



Tips to Improve Your Diet & Reduce Your Calorie Intake

Choose lean proteins

- Lean proteins are lower in calories and unhealthy fats
- Recommended:**
 - Skinless poultry
 - Beef or pork without much marbling or fat around the edges
 - Fresh fish & seafood
 - Eggs & egg whites
 - Plant-based proteins: tofu, tempeh, lentils, beans, peas, nuts & seeds
- Avoid:**
 - Poultry with skin
 - Fatty, marbled beef & pork
 - Processed meats: bacon, ham, sausage, pepperoni, hot dogs, bologna, corned beef



Reduce your intake of unhealthy fats

- Choose low-fat or nonfat dairy products
- Choose lean proteins
- Avoid fried or processed foods
- Bake, broil, roast, stew, or stir-fry your meat or poultry instead of deep frying
- Use a nonstick pan that requires no greasing or spray non-stick vegetable spray on your pans when cooking to reduce the amount of calories from fat
- Add flavor to your foods using herbs and spices like pepper, paprika, garlic powder, and onion powder instead of using butter or oils

Eat a variety of fruits and vegetables

- Fill ½ your plate with different colored fruits and vegetables at every meal
- Aim for at least 2 cups of fruit and 3 cups of vegetables every day
- Eat the rainbow
 - Red: tomatoes, strawberries, red peppers, raspberries, cherries
 - Orange/yellow: carrots, sweet potatoes, oranges, mango, pineapple
 - Green: broccoli, spinach, kale, avocado, cucumbers, zucchini
 - Blue/Purple: blueberries, blackberries, eggplant, plums, cabbage
 - White/Brown: cauliflower, onions, mushrooms, potatoes, parsnips



Tips to Improve Your Diet & Reduce Your Calorie Intake

Choose whole grains

- Make at least 50% of the grains you consume come from whole-grain products like brown rice, quinoa, oats, farro, barley, bran cereal, and whole-wheat bread or pasta instead of refined grains like white flour, white bread, and white rice

Why? Whole grains have fiber and fiber helps:

- Keep you fuller for longer
- Regulate blood sugar
- Lower cholesterol levels
- Prevents constipation



Limit added sugars

- Avoid:

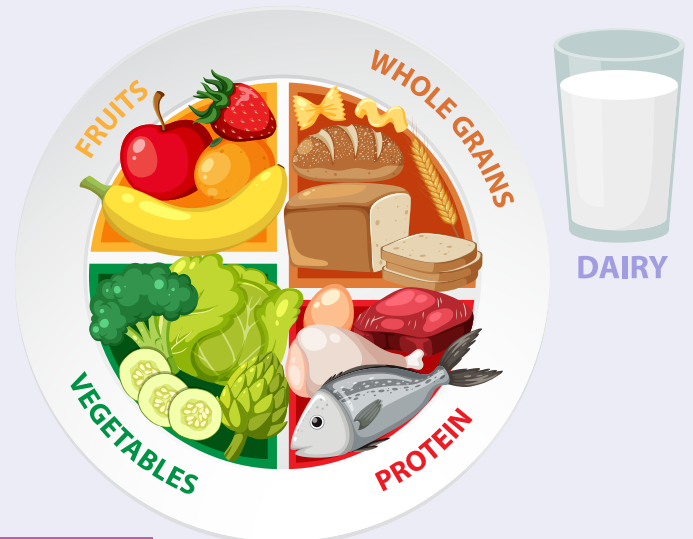
- Sugary beverages like soda, energy drinks, sports drinks, coffee or tea sweetened with sugar, fruit juices
- Candy
- Fruit canned in syrup
- Sugar-sweetened ice cream, donuts, cookies, cake and other desserts
- Sugary cereals

- Opt for natural sources of sweetness like fruit or choose beverages & dessert options with no added sugars



Create well-balanced meals

- Make your plate at meal times look like the picture to the right to ensure you are including foods from all major food groups



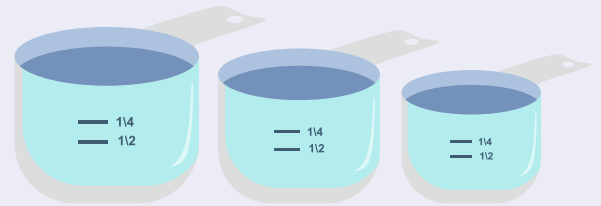
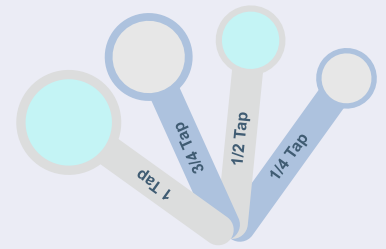
Snack smart

- Leave chips, cookies, sweets, and other similar snack foods off your shopping list
- Choose healthy snack options like:
 - Carrots & hummus
 - Tuna & unsalted crackers
 - Apples & peanut butter
 - Berries and low-fat cottage cheese or non-fat Greek yogurt
 - Plain popcorn
 - A fruit smoothie

Tips to Improve Your Diet & Reduce Your Calorie Intake

Control portion sizes

- ▶ Use smaller plates
- ▶ Measure your serving sizes with measuring cups, measuring spoons, and/or a food scale
- ▶ Drink a glass of water before each meal/snack to help fill you up. Make sure you're drinking at least eight cups of water per day
- ▶ Pay attention to your hunger and fullness cues. Eat only when you are hungry and stop when you feel satisfied
- ▶ Eat your meals slowly and wait 15-30 minutes after finishing your meals to decide if you are hungry for seconds
- ▶ Only eat at the table. Avoid eating in the car, on the couch, in front of a TV or computer screen, while reading, while cooking, or while standing
- ▶ Avoid skipping meals because doing so can cause intense hunger and sugar cravings, which can lead to overeating.



Read food labels

- ▶ Compare food labels of alike packaged food items while grocery shopping. Choose products with lower amounts of added sugar, saturated fats, and sodium
- ▶ Pay attention to the serving size and amount of calories per serving when planning your meals to make sure you are not overeating



Nutrition Facts

~~8 servings per container~~

~~Serving size 2/3 cup (55g)~~

Amount per serving

~~Calories 230~~

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg

Potassium 240mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips to Improve Your Diet & Reduce Your Calorie Intake

Plan your meals

- ▶ This can help you make healthier choices, avoid impulse decisions, and stick to your nutritional goals



Count your calories using a calorie-tracker app on your mobile device or computer

- ▶ MyFitnessPal



Goal Setting

Long-term success in adopting healthier eating habits often comes from realistic and manageable adjustments. It's best to make small, but consistent improvements over time rather than rapid and drastic changes.

One way to help do so is to set weekly goals. Think of 3 things you can accomplish this week and write them below. Remember, small successes build confidence to achieve larger goals!

Example: I will measure 1 cup of Cheerios using a measuring cup every morning instead of just eyeballing my serving size of Cheerios.

Example: I will use 1% milk instead of whole milk.

Example: I will cook at least one meal every day this week.

Disclaimer: Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator does not hold responsibility for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.