

Health Facts

for you

Weight Management: Just getting started?

- **Record your food intake.** Write down all the foods you eat and drink as well as what you are doing when you eat. Knowing what and when you eat can help you recognize eating habits that get in the way of your goals. Awareness is the first step toward reaching your goals.
- **Discover what triggers your appetite.** Do you eat more when watching TV, when you are hurried or stressed? The reasons you eat may surprise you.
- **Eat slowly.** Take time to sit down and savor food flavors and textures. Take a deep breath before you begin to eat and avoid distractions—pleasant music or conversation help make a meal relaxing. It takes your brain about twenty minutes to get the message that your stomach is full.
- **Eat breakfast and do not skip meals.** Try to eat three sensible meals at regular mealtimes throughout the day. Skipping meals, especially breakfast, may lead to overeating at the next meal or snack.
- **Eat more fruits and vegetables.** Most fruits and vegetables are naturally low in fat and calories. They contain lots of water and fiber and give you a feeling of fullness. That means you can cut back on calories and still create volume in your meals.
- **Watch your portions.** Simply cutting back on the amount of food we serve ourselves will shave off a few hundred calories each day. This easy change may be all that is needed to jump start your progress.
- **Choose foods high in fiber.** Don't cut out all the carbohydrate foods but instead switch to smarter choices such as whole grain breads, high fiber cereals, beans and brown rice. Increasing fiber to 25-35 grams daily adds bulk to help you feel fuller and more satisfied.
- **Liquid calories do count.** Beverages such as regular soda, fruit juices, specialty coffees, smoothies, alcohol and drink mixes can contain large amounts of sugar and calories. It is important to drink adequate fluids each day but make sure they are calorie-free.
- **Move more.** Studies show that short bursts of exercise spaced throughout the day work just as well as one prolonged session. The key is finding something that you really like and making it a habit. The more you move; the more you lose!

- **Weigh yourself only once a week, not each day.** Your body changes from day to day so the number on the scale doesn't give you the positive feedback that you need. The focus should be on your behaviors not the number on the scale.

Most important, do what works best for you! A plan that contains some of the foods that you love will be one you can stick with long term. Losing weight does take time and effort. If you are adjusting your lifestyle and staying with it, then you should feel great about your accomplishments.

Do you need help managing weight in relation to your other medical conditions? Would you like a program individualized to your lifestyle? Are you having difficulty knowing how to begin? Is it difficult for you to stay motivated? Then we encourage you to meet with a registered dietitian at any of our locations listed below.

Nutrition Clinic Room L33
University Station
2880 University Avenue
Madison, WI 53705
(608) 263-5012

Nutrition Clinic Room 1296
UW Health West Clinic
451 Junction Road
Madison, WI 53717
(608) 265-7526

Nutrition Clinic Room 2085
UW Health East Clinic
5249 East Terrace Drive
Madison, WI 53718
(608) 265-0963