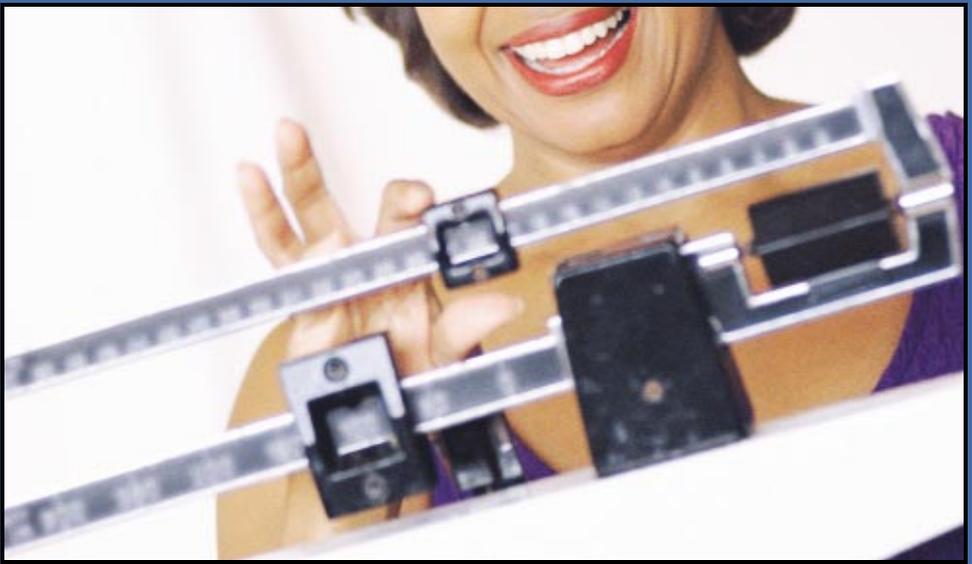




The
Healthy
Weigh
to Eat



Hallmarks of Healthy Eating to Promote Healthy Weight Loss

A good program will:

- **Be one that you can live with the rest of your life.**
 - **Recommend a rate of weight loss of no more than 1-2 pounds per week.**
 - **Focus on a healthy, well-balanced diet, that does not exclude one or more of the food groups (refer to the Food Guide Pyramid).**
 - **Be offered by professionals, a registered dietitian, an exercise specialist and a qualified expert in behavior change.**
 - **Not misrepresent sales people as counselors.**
 - **Help you evaluate if you are ready to make the long-term changes that are necessary to sustain permanent weight loss.**
- **Stress a three-pronged approach: healthy eating, exercise, and behavior modification.**
 - **Include maintenance suggestions and support.**
 - **Encourage you to check with your physician before beginning.**
 - **Encourage you to set reasonable and achievable goals that are consistent with good health and wellness.**
 - **Not require that you purchase special foods or products.**
 - **Not promote unproven weight loss aids such as:**
 - × **Starch blockers**
 - × **Diuretics**
 - × **Sauna belts**
 - × **Body wraps**
 - × **Spirulina**
 - × **Amino acid supplements**
 - × **Passive exercise**
 - × **Chromium picolinate**
 - × **Electric muscle stimulating devices**

Very Low-Calorie Diets are Dangerous!

No matter how tempting, no matter how many promises are made, very low calorie diets should not be undertaken without the supervision of a physician. Any diet that suggests eating fewer than 800 calories a day is not a healthy plan. There are many dangerous risks that include:

- × Dehydration
- × Headaches
- × Heart irregularity
- × Fatigue and weakness
- × Loss of lean body tissue
- × Menstrual irregularity
- × Sudden death
- × Kidney infections
- × Constipation
- × Diarrhea
- × Ketosis
- × Decreased basal metabolic rate

Ten Steps Toward a Healthy Weight

- 1.** Watch portions and limit second helpings, especially of high-calorie or high-fat foods.
- 2.** Look for low-calorie, low-fat versions of your favorite foods.
- 3.** Learn healthy cooking techniques: For example – try broiling, baking, poaching, or grilling.
- 4.** Limit alcoholic beverages, fruit juice drinks, and soft drinks.
- 5.** Experiment with herbs and spices to add flavor instead of adding high-fat sauces, gravies,

dressings, butter or margarine.

- 6.** Have a piece of fruit, a slice of banana or pumpkin bread or angel food cake for dessert.
- 7.** Substitute a whole grain bagel for your usual morning donut or pastry.
- 8.** Instead of using food as a reward, try a long walk with a friend, a relaxing bath, a visit on the phone with an out-of-town family member, a good book, gardening, etc.
- 9.** Get moving! Find a regular physical activity that you can enjoy doing every day.
- 10.** Limit fast food dining – take your lunch to work!



The Mark of Success!

If you have decided that now is the time to work on achieving a healthy body weight, here are the characteristics of people who have successfully lost weight and kept it off.

- × They know their weight (weekly weight checks).
- × Their motivation is from within.
- × They exercise regularly.
- × They keep food records.
- × They watch their intake of alcohol, fat and sugar.
- × They follow a diet plan that is lifelong.
- × They accept that they are human and sometimes have lapses.
- × They set reasonable goals.
- × They lose no more than 1-2 pounds per week.
- × They have support from family and friends.
- × They focus on the health benefits of achieving a healthy body weight.
- × They stay positive.

Remember, small changes can add up to big losses.

Recipe for successful weight management

- × **Be active**
- × **Be sensible**
- × **Be flexible**
- × **Be adventurous**
- × **Be realistic**

(From Weighing in on Health: Food and Nutrition News 70(1998): 6

Information for consumers about weight loss programs from the Partnership for Healthy Weight Management.

*Michigan Department
of Community Health*



James K. Haveman, Jr., Director

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