

# Chapter 6: Weight Management

## Importance of Achieving and Maintaining a Healthy Weight

You can be successful at losing weight but it takes time. You need to have a plan.

When you have diabetes, there are some important reasons to achieve or maintain a healthy weight:

- Weight loss improves blood glucose levels.
- Weight loss reduces your risk of heart disease, which is the leading cause of death in people with diabetes.
- Losing as little as 5 to 10 percent of your total body weight can make a big difference in your health. (That's 10 to 20 pounds if you weigh 200 pounds.)

## Forget About Fad Diets

### Tip

Don't weigh yourself more than once a week.

It's common to lose weight on a fad diet and then gain it all back — and more! Fad diets won't help you learn healthier food habits. A healthy lifestyle will help you look and feel your best.

## What it Takes to Lose 1 Pound in 1 Week

### Did You Know?

Eating a small piece of fruit instead of a doughnut for a snack will save at least 100 calories.

There are 3,500 calories in 1 pound. This means that to lose 1 pound in 1 week, you need to cut 500 calories out of the foods and beverages you consume each day. You can do this by eating and drinking fewer calories than you usually do, and exercising.

The healthiest way to lose 1 pound in 1 week is to:

- burn 250 calories with exercise each day and cut 250 calories out of the foods and beverages you consume each day.

## Important

Remember to check with your health care provider before starting any new exercise program.

To make this work, try the following.

- Keep track of your current eating habits and look for easy targets to cut out. If, for example, you eat at a fast food restaurant, a hamburger and small fries is about 500 calories but a quarter-pound hamburger and medium fries is about 900 calories. You save 400 calories by choosing the smaller meal.
- Keep track of your exercise and activity habits for a few days. Do you always look for the closest parking spot in the parking lot? Do you take the elevator rather than walk up a few flights of stairs? You can increase your activity by making a few simple changes.

The following chart shows how many calories are burned in 10 minutes by doing certain exercises and activities, according to how much you weigh.

Exercise or Activity	Your Weight in Pounds		
	120 to 130	160 to 170	190 to 200
	Calories Burned		
Walking 2 mph (30 minutes per mile)	30	40	45
Walking 3 mph (20 minutes per mile)	40	50	60
Walking 4 mph (15 minutes per mile)	55	70	85
Aerobic dance	60 to 105	75 to 140	90 to 165
Bicycling (outdoors)	40 to 145	50 to 195	60 to 230
Bicycling (indoor stationary)	25 to 145	30 to 195	40 to 230
Calisthenics	40 to 105	50 to 140	60 to 165
Dancing	30 to 80	40 to 150	45 to 120
Jogging 5 mph (12 minutes per mile)	90	115	135
Jogging 6 mph (10 minutes per mile)	105	140	165
Skiing (cross country)	60 to 145	75 to 195	90 to 230
Swimming	50 to 125	65 to 165	75 to 200

## Meal Time Weight Loss Tips

- Don't skip meals. It slows down your metabolism and you may get so hungry that you overeat.
- Eat more slowly.
- Eat foods with fiber such as fruits, vegetables and whole grains to control hunger.
- Limit snacking when you watch TV.
- Drink a full glass of water before a meal.
- Drink fat-free or 1% milk instead of 2% or whole milk.

## Dining Out Tips

- Study the menu and ask how foods are prepared.
  - **Good choices:** steamed, meat or fish in its own juice, garden fresh, broiled, roasted, poached.
  - **High-fat choices:** fried, breaded, battered, melted cheese on top, creamed, escalloped, butter sauce, pan-fried, sauteed, au gratin.
- Ask for substitutions. Instead of butter, can you get trans fat-free margarine? Is fat-free milk available?
- Order salad dressings and sauces to be served on the side so you control the amount that goes on your food. Ask for light dressing.
- Try lemon juice or vinegar and oil in place of salad dressings.
- Ask for mustard or ketchup on sandwiches instead of mayonnaise. If you have mayonnaise, order it on the side and use only a small amount.
- Substitute fruit or vegetables for potato chips or french fries.
- Order vegetarian pizza instead of pepperoni or sausage. Ask for half the cheese and more tomato sauce.
- At fast food restaurants, order plain foods such as a regular hamburger or a broiled chicken breast. Skip the bacon, cheese and sauces.

- For dessert, try a scoop of frozen yogurt, sherbet, gelatin or fresh berries.
- Be aware of your serving sizes. Larger serving sizes mean more sodium and fat.

## Heart-smart Cooking

### Tip

The more liquid the margarine is, the less trans fat it has. Soft margarines are a better choice than hard ones.

Choose trans fat-free margarines or cooking sprays.

- Choose low-fat (lean) cuts of meat labeled “loin” or “round.”
- Remove all fat from meats, and skin and fat from poultry before cooking.
- Use cooking methods that use little or no fat: boil, broil, braise, slow cook, bake, roast, poach, steam, saute, stir-fry with a small amount of recommended oil or use the microwave.
- Don’t deep-fry foods. Instead, saute meats or vegetables in a small amount of oil, flavored vinegars, low-calorie cooking spray, water or low-sodium broth.
- Pan broil foods on a nonstick surface. Remove any fat as it cooks.
- Coat cookware with a low-calorie cooking spray or lightly oil the pan. Avoid using shortening or butter.
- Skim fat off soups and stews before serving. Use an ice cube to congeal and remove fat, or a gravy strainer to separate fat from the juices. Chill soups, stews and gravies after cooking so you can remove the hardened fat from the top.
- Choose fat-free or low-fat milk, and low-fat yogurt and cheeses.
- Use herbs, spices or lemon juice to add flavor, instead of butter, bacon or salt.

## Don’t Get Discouraged If You Slip

It’s hard to make several positive changes all at once. Don’t get discouraged if you skipped a couple of days of exercise or ate too many cookies! Get back on track the next day.

## Need Help?

Reasons for overeating can sometimes be complicated. Talk to your health care provider or check for local resources if you need help.

## Food and Physical Activity Diary

Use the following example for how to fill out the diary on the next pages. You can make copies of the diary or keep track of the information in a notebook.

Meal	Food or Beverage	Amount	Carb Choices per Serving	Physical Activity or Exercise
<b>Breakfast</b>	<i>bran flakes</i>	<i>1 cup</i>	<i>2</i>	<i>Walked for 30 minutes before breakfast.</i>
	<i>banana</i>	<i>1 small</i>	<i>2</i>	
	<i>milk</i>	<i>½ cup</i>	<i>½</i>	
	<i>trans fat-free margarine</i>	<i>1 teaspoon</i>	<i>0</i>	
	<i>coffee, regular</i>	<i>1 cup</i>	<i>0</i>	
<b>Lunch</b>	<i>whole-grain bread</i>	<i>2 slices</i>	<i>2</i>	
	<i>lean roast beef</i>	<i>2 ounces</i>	<i>0</i>	
	<i>lettuce</i>	<i>1 leaf</i>	<i>0</i>	
	<i>tomato</i>	<i>3 medium slices</i>	<i>0</i>	
	<i>mayonnaise (low calorie)</i>	<i>2 teaspoons</i>	<i>0</i>	
	<i>apple</i>	<i>1 medium</i>	<i>1</i>	
	<i>water</i>	<i>8 ounces</i>	<i>0</i>	
<b>Dinner</b>	<i>salmon, broiled</i>	<i>3 ounces</i>	<i>0</i>	
	<i>vegetable oil</i>	<i>1 ½ teaspoons</i>	<i>0</i>	
	<i>potato, baked</i>	<i>1 small</i>	<i>2</i>	
	<i>trans fat-free margarine</i>	<i>1 teaspoon</i>	<i>0</i>	
	<i>green beans (with trans fat-free margarine)</i>	<i>½ cup</i>	<i>½</i>	
	<i>carrots</i>	<i>½ cup</i>	<i>½</i>	
	<i>dinner roll, white</i>	<i>1 medium</i>	<i>1</i>	
<b>Snacks</b>	<i>popcorn</i>	<i>2 ½ cups</i>	<i>1</i>	<i>Watched movies.</i>
	<i>trans fat-free margarine</i>	<i>½ teaspoon</i>	<i>0</i>	

# Food and Physical Activity Diary

Date: \_\_\_\_\_

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Breakfast				
Lunch				
Dinner				
Snacks				

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