

# Weight Management

If you are overweight, you are not alone. Two out of every three adults in the U.S. are overweight or obese. Being overweight raises your risk for health problems such as high blood pressure, diabetes, and heart disease.

- The best strategy for getting to a healthy weight is to make small changes and stick to them.
- A slow loss of ½ to 2 pounds per week is best.
- People who lose weight too quickly often gain it back. There are many popular weight loss diets that promise fast results, but these diets don't work in the long term.



## Eat When You are Hungry

Many people eat when they are bored, depressed, or anxious. Ask yourself if this is happening to you, and replace the comfort food with an activity that you enjoy.

## Keep a Food Journal

Write down all of the food that you eat, how much you ate, what time you ate it, and what your mood was. This will help you be more aware of your "food and mood" habits and help you identify what to change.

Small changes can lead to big results. Little by little, the small changes will turn into big ones.

- Stay positive and focus on making healthy choices every day.
- Use these tips to make and start making small changes to your daily routine.

## Don't Skip Meals

Eating at least 3 meals a day gives your body the energy it needs at the right times. Start with a healthy breakfast every morning.

## Control Portion Size

Use a small plate and try to eat small amounts of different foods with each meal. If you are still hungry, wait for 20 minutes before taking seconds.



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## Get Moving

Exercise is an important part of any weight loss plan. Slowly increase your physical activity to at least 30 minutes a day. Get your heart rate up! There are many ways to be active:

- Take the stairs at work.
- Park at the far end of the parking lot and walk to the entrance.
- Get off the bus or train one stop early and walk the rest of the way.
- Start a walking group at home. Go for a walk with your family before or after dinner.

## Drink Water

- People who drink plenty of water are more likely to lose weight. Drink 6 to 8 glasses of water each day.
- If you want a snack, drink a glass of water first and then decide if you are still hungry for a snack.

## Snack for Better Health

- Enjoy fresh fruit, vegetables (raw veggie sticks travel well!), or plain yogurt instead of prepackaged snacks. Fruits and vegetables are naturally low in fat and calories so you can eat as much as you want.
- Rice cakes, whole grain cereals, and oatmeal (with no sugar/flavoring added) also make great snacks.

## Cut the Fat in Your Cooking

- Bake, broil, roast, or steam your food instead of frying.
- Trim the fat and skin off your meat.
- Drain fat that collects while cooking.

## Be a Smart Shopper

- Plan ahead for your meals.
- Make a list of healthy foods before you go the grocery store and don't shop while you are hungry.
- Buy fruit, whole grains, vegetables, beans, seafood, chicken, and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.

## Have a Smart Phone? Try these Weight-loss Apps

- Lose It! [www.loseit.com](http://www.loseit.com)  
This app helps you track your weight loss over time.
- Thin Cam [www.thin-site.com](http://www.thin-site.com)  
This app lets you count the calories in a meal just by taking a picture of your plate.
- Weight Watchers [www.weightwatchers.com](http://www.weightwatchers.com)  
Track and calculate PointsPlus® values, log your weight, get great food ideas, and much more. Get comprehensive access to weight-loss tools and information.

Talk to your provider or nutritionist if you have any questions or concerns.

Sources:

*"Ways to Manage Your Weight,"* Health Information Translations, [www.healthinfotranslations.org/](http://www.healthinfotranslations.org/)

*"10 tips: Nutritional Education Series,"* USDA Center for Nutrition Policy and Promotion, [www.choosemyplate.gov](http://www.choosemyplate.gov)

*"Weight Management,"* Harvard Pilgrim Health Care, [www.harvardpilgrim.org](http://www.harvardpilgrim.org)

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