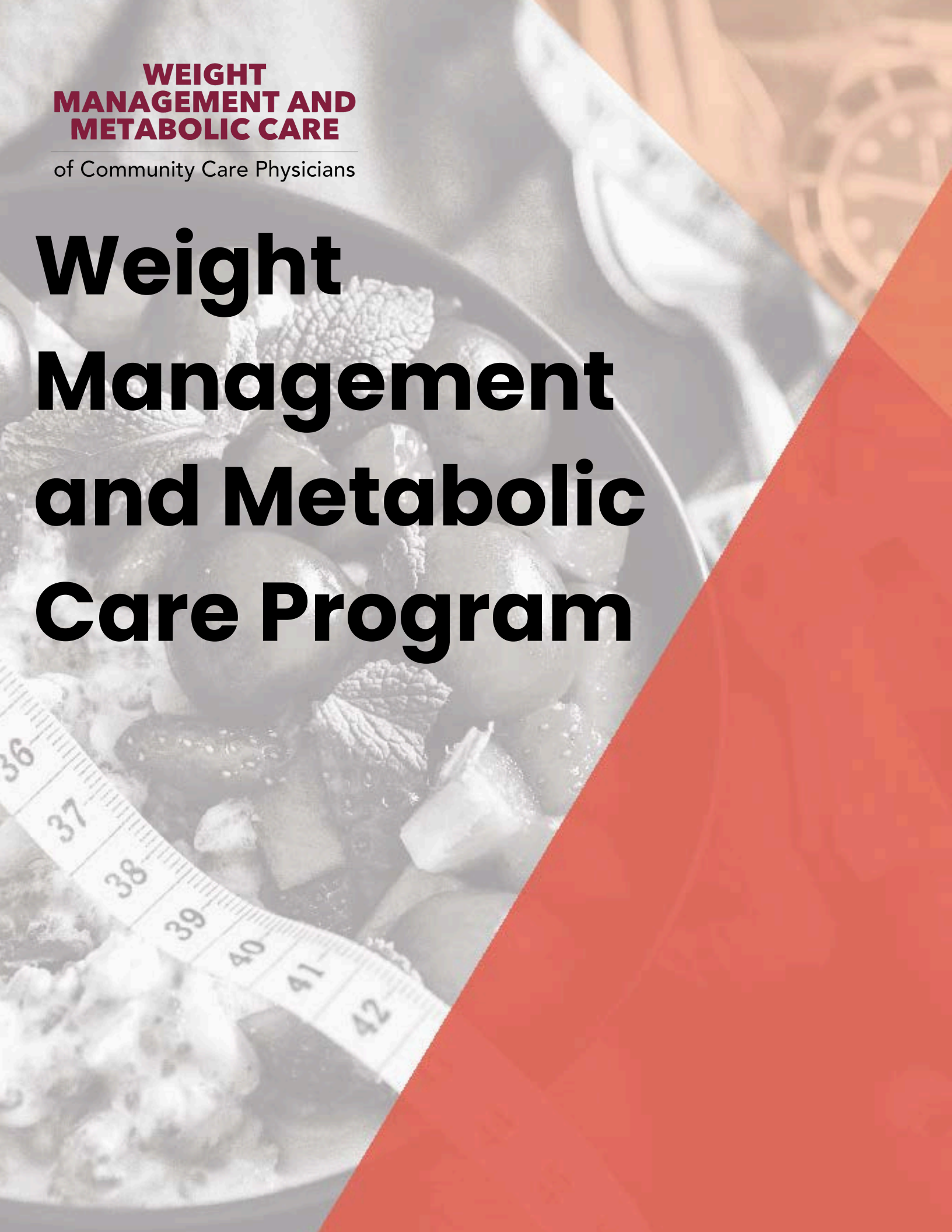


**WEIGHT
MANAGEMENT AND
METABOLIC CARE**

of Community Care Physicians

Weight Management and Metabolic Care Program

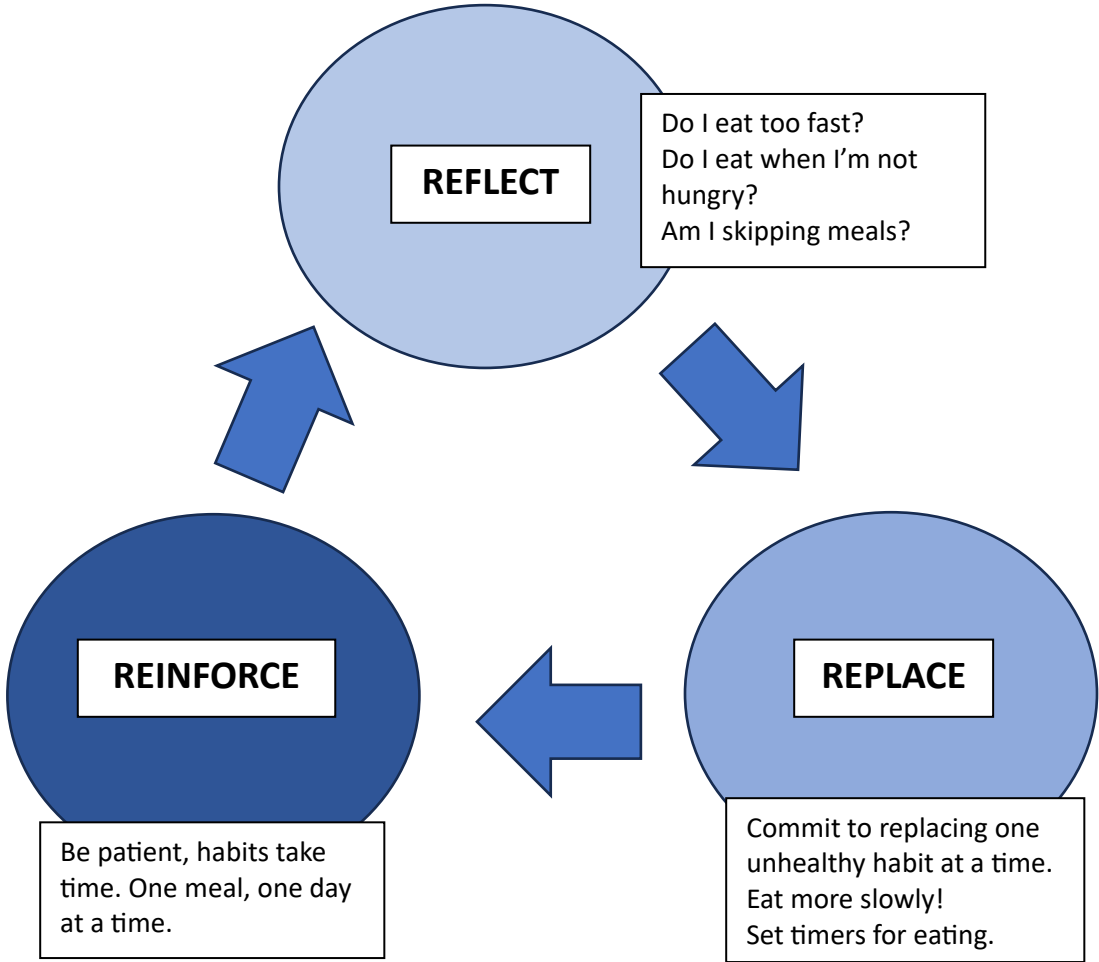


Improving Eating Habits:

When it comes to eating, many of us have developed habits. Some are good (“I always eat fruit as a dessert”), and some are not so good (“I always have a sugary drink after work as a reward”). Even if you’ve had the same eating pattern for years, **it’s not too late to make improvements.**

Making sudden, radical changes, such as eating nothing, can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea and won’t be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you reflect, replace, and reinforce.

- **REFLECT** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.
- **REPLACE** your unhealthy eating habits with healthier ones.
- **REINFORCE** your new, healthier eating habits.



It's not always about WHAT we eat but HOW MUCH we eat.....

- Avoid distractions at mealtimes that can make it harder to focus on hunger cues
 - Eat at the table instead of in front of the television
 - Sit rather than stand for meals
 - Put down your phone
- Aim for meals to take at least 20 minutes
 - To help slow down the pace:
 - Put fork down in between bites
 - Take sips of water in between bites
 - Talk with friends or family at the table between bites
 - Take a break from eating by sitting back in your chair
 - Take at least 15-20 minutes after meals, prior to going for a second helping
- Stay Well Hydrated → Aim for at least 64 fl oz/ 8 cups of water per day
 - Try drinking 8fl oz of water before and after each meal
- Avoid Family Style Meals and serve yourself
 - Plate your meal at the counter before sitting down at the table
 - Pack away leftovers prior to eating meals if seconds are tempting
 - You can prepare your lunch for the following day with leftovers by doing this
 - Use a smaller plate when making your meals
 - A 9-10 inch plate is preferred for meals
- Aim for three meals per day to avoid excessive hunger between meals or later in the day

Be aware that takeout and eating out more often can lead to portion distortion and the thought that we want more than our body truly needs

Can You Spot The Difference?



210 calories

1 slice of bread
1 tbsp peanut butter
1 oz banana



330 calories

1 slice of bread
2 tbsp peanut butter
2.4 oz banana

Portion Distortion

Portion control can be the single most helpful thing to start you along your weight loss journey!
It is as simple as using your hand as a guide!

Carbs: Limit pasta and other carbs to the size of your clenched fist

Fat: You need a very small amount of fat per day. The size of two thumb tips is all you need.

Fruit and veg: You need at least five portions of fruit and veg each day. A portion is as much as you can fit in your cupped hand

Protein: Limit protein to 3 ounces, or roughly the size of your palm

The infographic features a central image of a right hand with green dashed lines tracing the fist, palm, and thumb tips. Surrounding the hand are images of food items: a ball of pasta, blueberries, spinach, an egg, chicken, and butter. Dotted lines connect the text boxes to the corresponding hand areas.

Meal Delivery Options:

- **9 Miles East**
 - o <https://subscriptions.9mileseast.com/>
 - o Local option, that allows for home delivery or local drop off. Their menu of a rotating mix of over 100 different meals.
- **Factor 75**
 - o <https://www.factor75.com/>
 - o Pre-prepared meal options that are delivered weekly. 35 options weekly to chose from with differing plans that work for you.
- **Sunbasket**
 - o <https://sunbasket.com/>
 - o Offering meal kits or Fresh and ready options that are ready in less than 4 minutes



Protein Shakes:

- Fairlife Core Power
- Orgain
- Owyn
- Premiere protein
- Equate protein
- Atkins
- Slim Fast
- Ensure High Protein
- Boost Glucose Control
- Glucerna

Protein Powders:

- Orgain
- Olly
- Truvani
- Naked
- Vital Protein
- Garden of Eden
- Premiere protein

Protein Bar Options:

It is difficult to find protein bar options that are lower in carbohydrates. If you are using them as a meal replacement, the following are options:

- Quest
- IQ bars
- One Bar
- Provisions protein bar
- BareBells
- Pure Protein
- Think!

Snack Ideas

- 15 almonds or walnuts, 1/3 cup pistachios (unsalted)
- ¼ cup sunflower seeds or pumpkin seeds (unsalted)
- Low-fatt cheese sticks
- 3 celery sticks + 1 Tablespoon of peanut butter
- 5 baby carrots/ 5 cherry tomatoes + 1 Tablespoon ranch dressing or 1/4 cup of hummus
- 1 hard-boiled egg
- 1 cup cucumber slices + 1 Tablespoon ranch dressing or 100 calorie pack of guacamole
- ¼ cup of fresh blueberries with plain Greek yogurt
- 1 cup of salad greens + 1/2 cup of diced cucumber + drizzle of vinegar and oil
- 1 frozen sugar-free popsicle
- 1 cup of light popcorn
- 2 slices of low-sodium turkey rolled up with 1 slice of Swiss cheese
- 6 ounces plain 0% Greek yogurt or low sugar option
- ½ cup of lean cottage cheese
- 10 gold-fish crackers
- ½ cup sugar-free gelatin or one 3.4 ounce single serving pack
- 8 green olives*high salt food item
- ¼ of a whole avocado (~4)
- Beef stick/ low sodium beef jerky
- ½ an apple with 1 Tablespoon of peanut butter



Exercise Plan

It is recommended that each person engages in at least 150 minutes of moderate-intensity exercise weekly.

- This can be broken down throughout the week to include:
 - o 20minutes daily
 - o 30 minutes 5 days per week
 - o 45minutes 4 days per week
- We recommend that you do not go more than 2 days in a row without moving
- Make small attainable goals to start
 - o Start with 2-3 days of exercise and increase as tolerated

Exercise Ideas

- Go for a walk on your lunch break
- If you work from home, go for a walk when work ends to separate yourself from work
- Start walking with a friend or family member
- YouTube has different videos you can do in the comfort of your own home
 - o Yoga
 - o Pilates
 - o HITT
- Walk the dog
- Walk when you can vs taking your car
- Take the stairs at work
- Park farther away from the entrance to the mall/ store

