

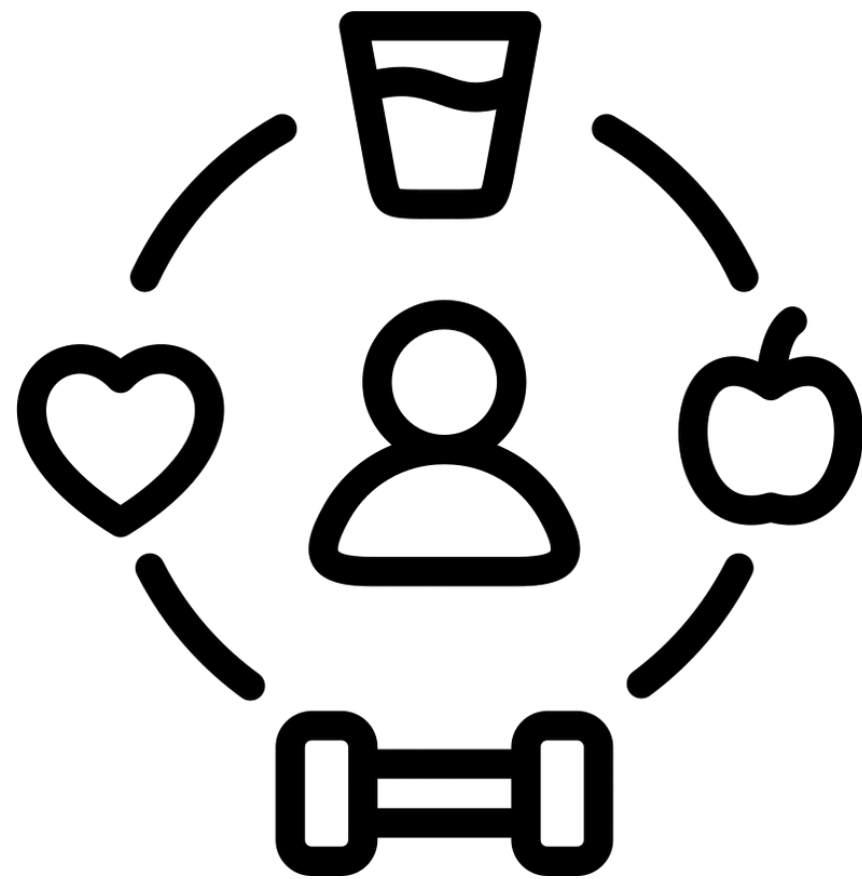
# Weight Management

## *NUTRITION GROUP CLASS*

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**COMMUNITY**  
**CARE**  
PHYSICIANS

# Lifestyle Modifications



**Maintanable in  
everyday life**

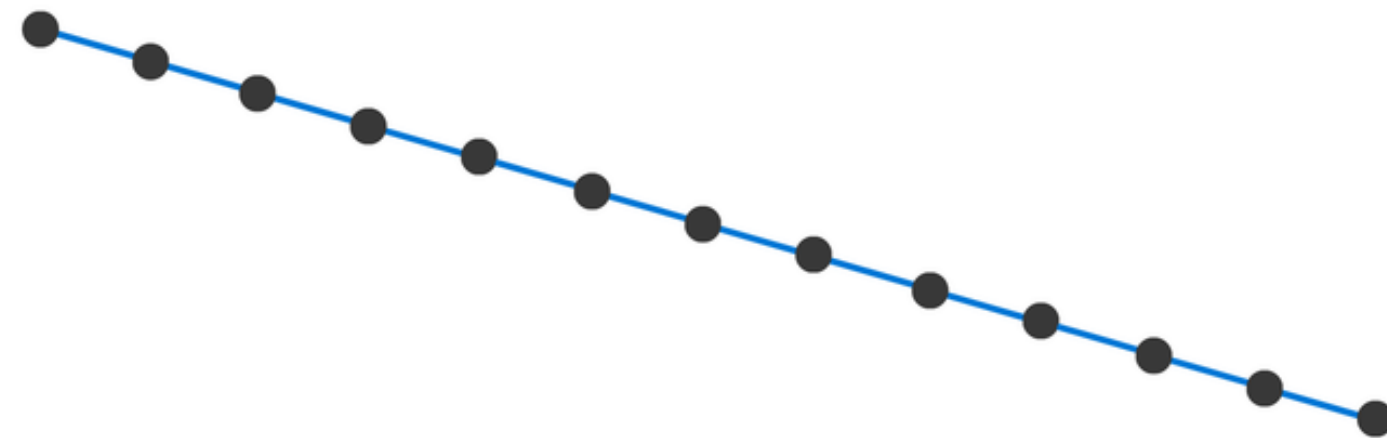
**Slow and steady  
weight loss**

**Keep the weight off**

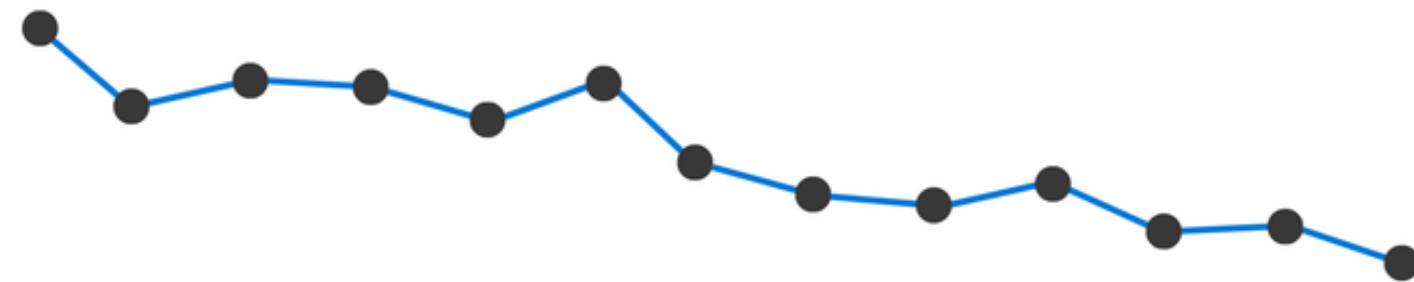
# Weight Loss

## *PROGRESS IS NOT LINEAR*

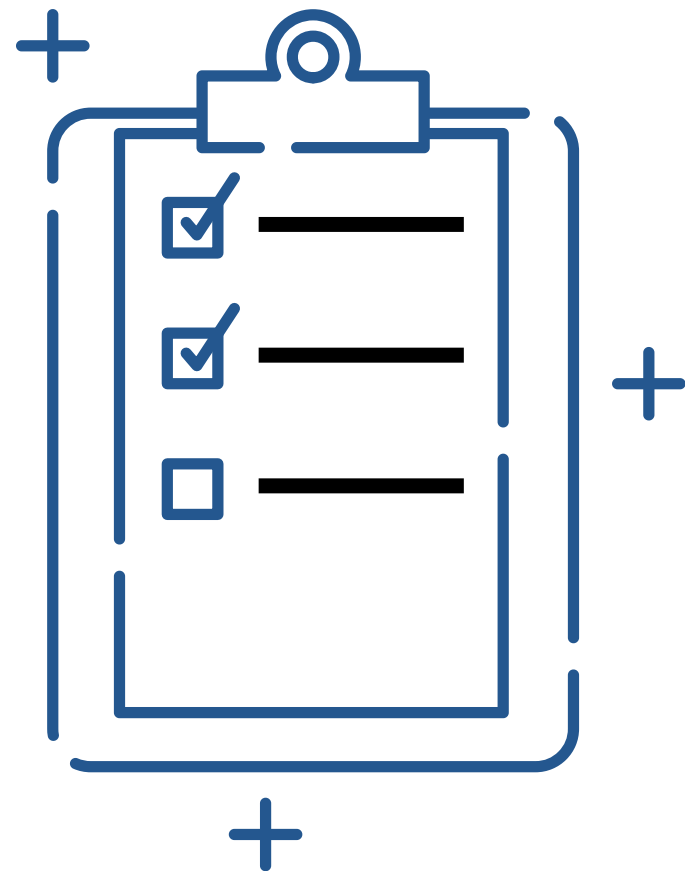
WHAT PEOPLE EXPECT



WHAT REALLY HAPPENS



# Factors Effecting Weight Loss



Genetics

Medical History

Lifestyle/Environment

# Initial Weight Loss Tips



Eat 3 meals per day.  
No skipping!

Consume protein at all  
3 meals

Mindful Eating. Take  
your time at meals

# Build a Balanced Meal



# Vegetables



- Most have little to no calories or carbohydrates\*\*
- Fill half your plate with non-starchy vegetables
  - Broccoli
  - Cauliflower
  - Cucumber
  - Peppers
  - Onion
  - Lettuce
  - Carrots
  - Celery
  - Green Beans
  - Mushrooms
  - Zucchini

## \*\* Exceptions

- Corn
- Potatoes
- Peas
- Legumes

# Protein

*WHY IS IT SO IMPORTANT IN  
WEIGHT LOSS?*

Keeps you satiated for  
longer



&

Helps to maintain  
muscle mass



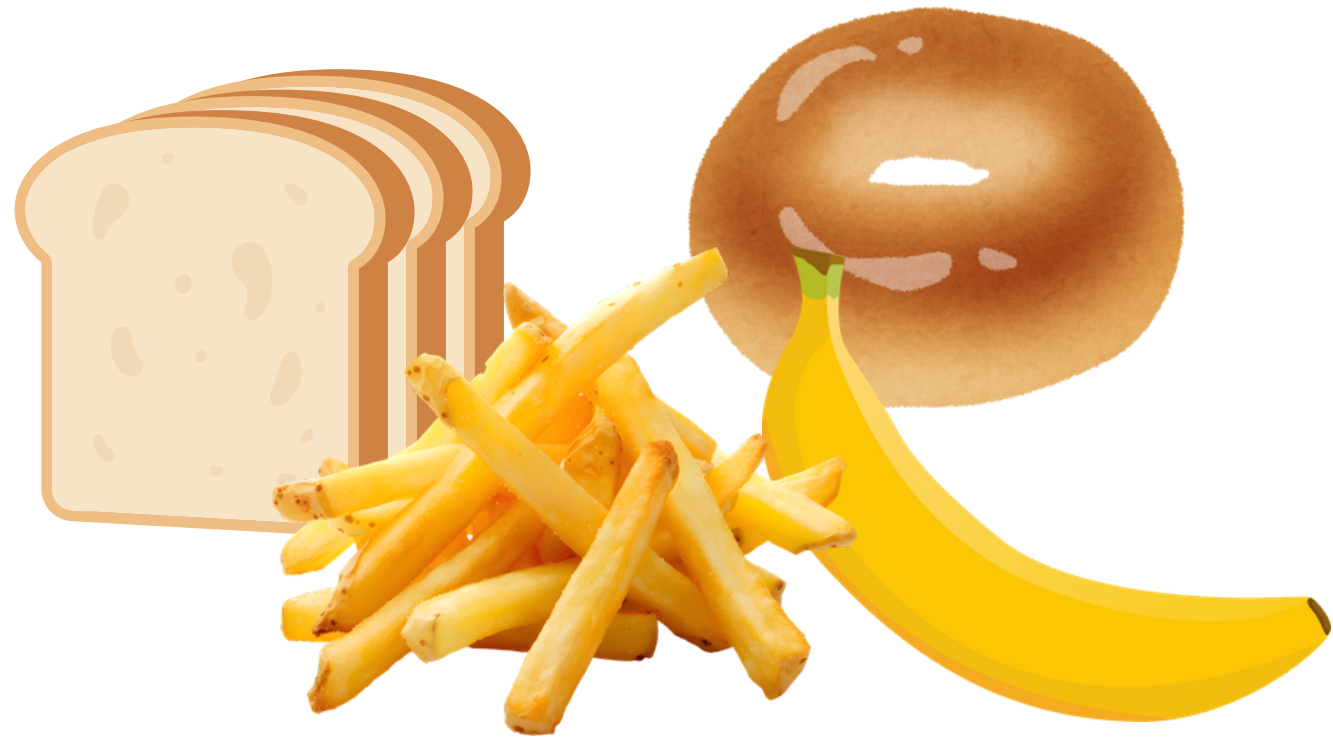
# Protein



Aim for a MINIMUM of 60g/day

- 1 egg = 7g
- 1oz deli meat = 7g
- 1oz cheese/cheese stick = 7g
- 3oz meat/fish = 20g
- $\frac{1}{4}$  C ground meat = 12-14g
- $\frac{1}{4}$  C nuts = 6g
- Greek yogurt = 10-20g
- $\frac{1}{2}$  C cottage cheese = 14g
- 1 can of tuna = 15-20g
- 1 piece turkey sausage/bacon = 2-4g
- 3oz tofu = 7-10g
- 4oz Beyond burger = 20g

# Carbohydrates



**Women = up to 2 portions/meal**

**Men = up to 3 portions/meal**

What is 1 portion of carbohydrate? (15g)

- 1 slice of bread
- $\frac{1}{2}$  English muffin or hamburger roll
- $\frac{1}{4}$  Bagel
- $\frac{1}{3}$  C cooked rice/pasta
- 1 small piece of fruit
- $\frac{1}{2}$  banana or 1 C berries or 1 small apple
- $\frac{1}{2}$  C potato
- $\frac{1}{2}$  C beans

# Sample Meal Plans

## Day 1

- Breakfast: 1 egg, 2 slices of turkey bacon, 2 slices 70kcal bread
- Snack: ½ c raw vegetables with 2 Tbsp light ranch
- Lunch: 4oz grilled chicken over 2 cups garden salad with 2 Tbsp light dressing
- Snack: Cheese stick & 6 wheat thins
- Dinner: 3oz fish, ½ c steamed vegetables, ½ c brown rice
- Snack: 1 slice of 70kcal bread, ½ banana & 1 Tbsp peanut butter  
(1210kcal & 76g protein)

## Day 2

- Breakfast: 5oz Greek yogurt w/ ½ c berries & 1/4c granola
- Snack: ¼ c nuts
- Lunch: 2oz deli turkey with 1oz cheese w/ 1 tsp light mayo on 2 slices 70kcal bread
- Snack: 1 pouch tuna mixed w/ 2 Tbsp light mayonnaise & celery for dipping
- Dinner: 3oz grilled steak, ½ c steamed broccoli, ½ baked potato with 2 Tbsp low fat cottage cheese
- Snack: Clementine  
( 1223kcal & 82g protein)

# Nutrition Label

**Check serving size.** Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the food facts given are for only 1 serving.

**Look at the amount of fat.** Try to limit saturated fats and avoid trans fats.

**Check how many grams of total carbs** are in each serving.

**Notice how many grams of fiber** are in each serving. Dietary fiber has many benefits on your body, such as helping to lower cholesterol. Therefore, try to choose foods with the most fiber.

**Look at how many grams of added sugar** the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Fluids



**Recommendation =  
64oz of Hydrating Fluid**

- Water
- Decaf coffee
- Herbal tea
- HINT water
- Mio/Crystal Light

# Decrease Beverages High in Calories



**Soda**  
**140 Calories**



**Coffee**  
**5 Calories**



**Orange Juice**  
**110 Calories**



**Whole Milk**  
**150 Calories**



**Champagne**  
**95 Calories**

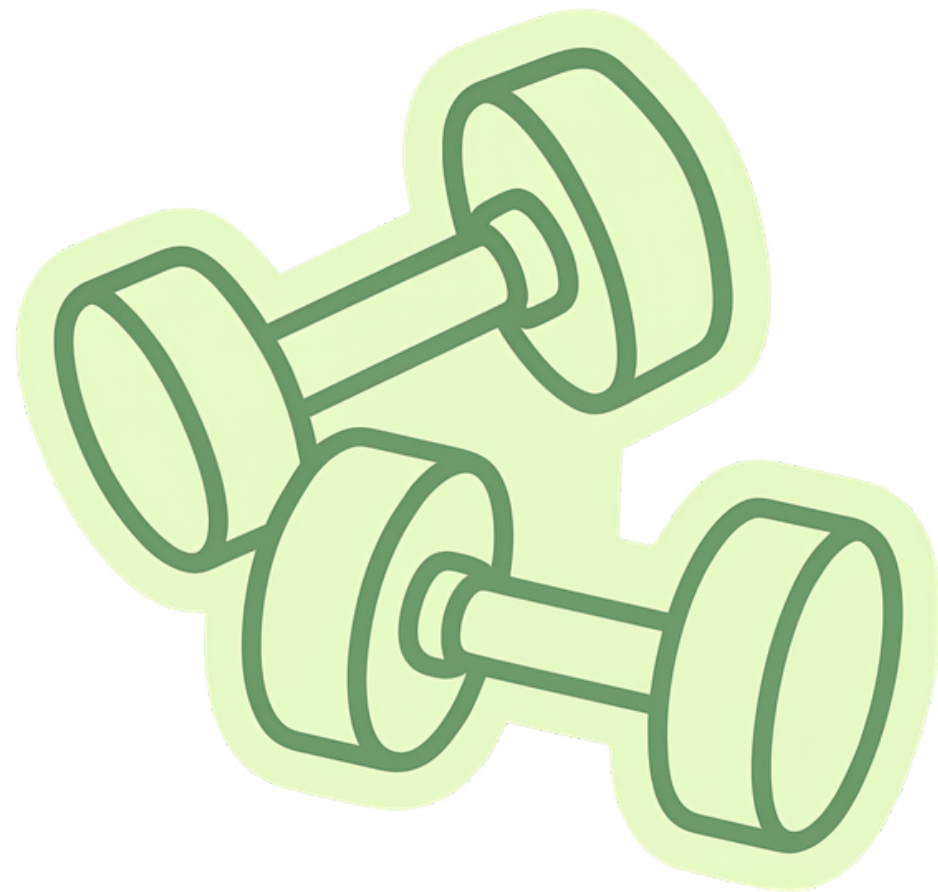


**Red Wine**  
**125 Calories**



**Frappe**  
**370+ Calories**

# Exercise



**Recommendation = 150min  
of Moderate Intensity  
Exercise, Cardio + Strength**

## Ideas

- Gym
- YouTube Videos
- Fitness Apps
- Fitness Classes
- Water Aerobics
- Brisk Walk

# Set SMART Goals

**S**

**Specific**

Your goal is direct, detailed and meaningful.

**M**

**Measurable**

Your goal is quantifiable to track progress or success.

**A**

**Attainable**

Your goal is realistic and you have the tools and/or resources to attain it.

**R**

**Relevant**

Your goal aligns with your vision of health and wellbeing.

**T**

**Time-Based**

Your goal has a start and end date.

Questions?



# Follow Up

*THE OFFICE WILL CALL TO  
SCHEDULE A FOLLOW UP WITH  
ONE OF THE DIETITIANS*

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