



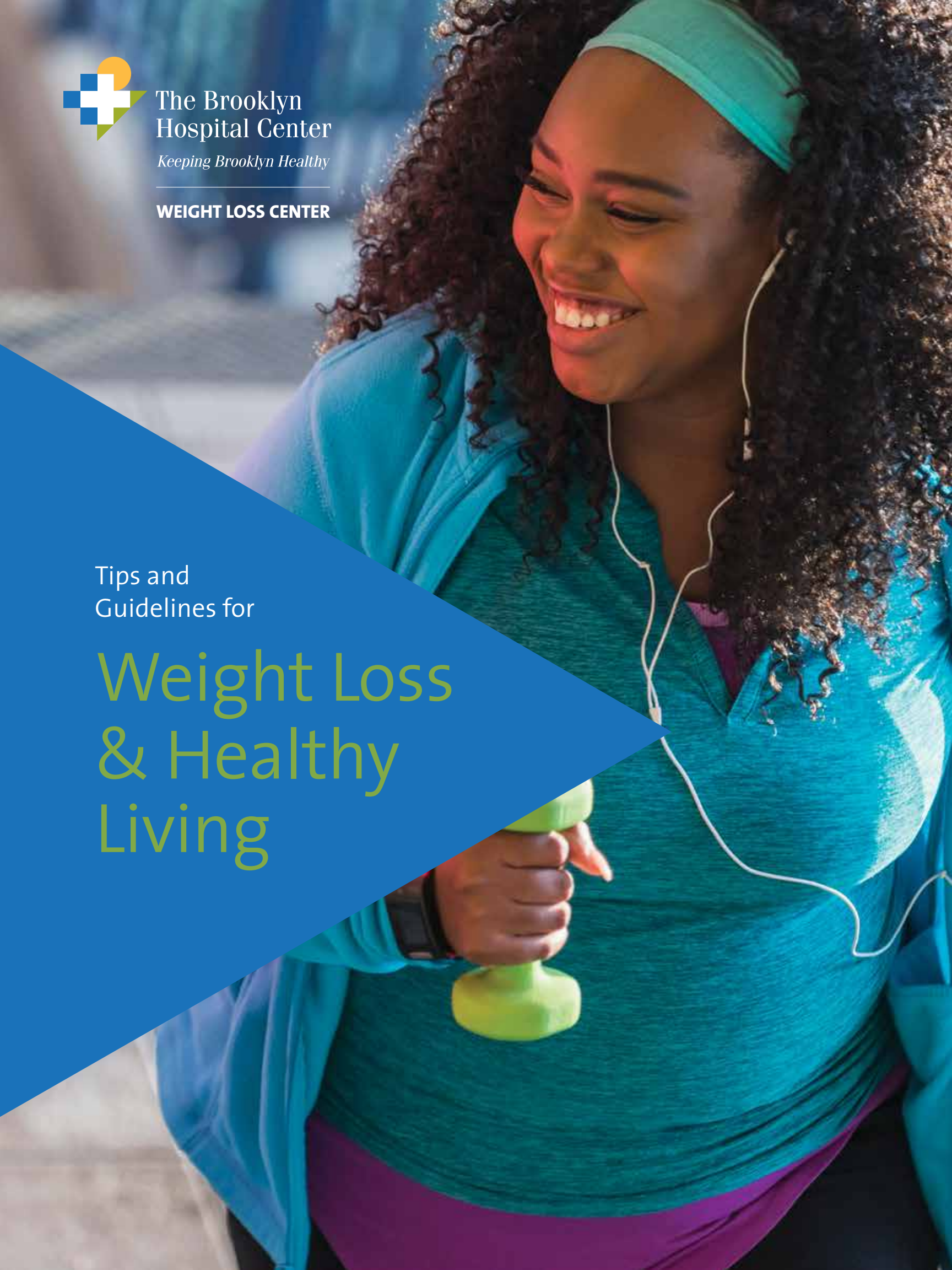
The Brooklyn
Hospital Center

Keeping Brooklyn Healthy

WEIGHT LOSS CENTER

Tips and
Guidelines for

Weight Loss & Healthy Living



This booklet was created by TBHC’s Weight Loss Center as a resource for you on your weight-loss journey. As you see here, the booklet contains healthy tips for weight loss, food lists to be used with meal plans that your doctor or dietitian can give you, and some info on medications and surgery for weight loss. If you have more questions, please call TBHC’s Weight Loss Center at 718.250.8920.

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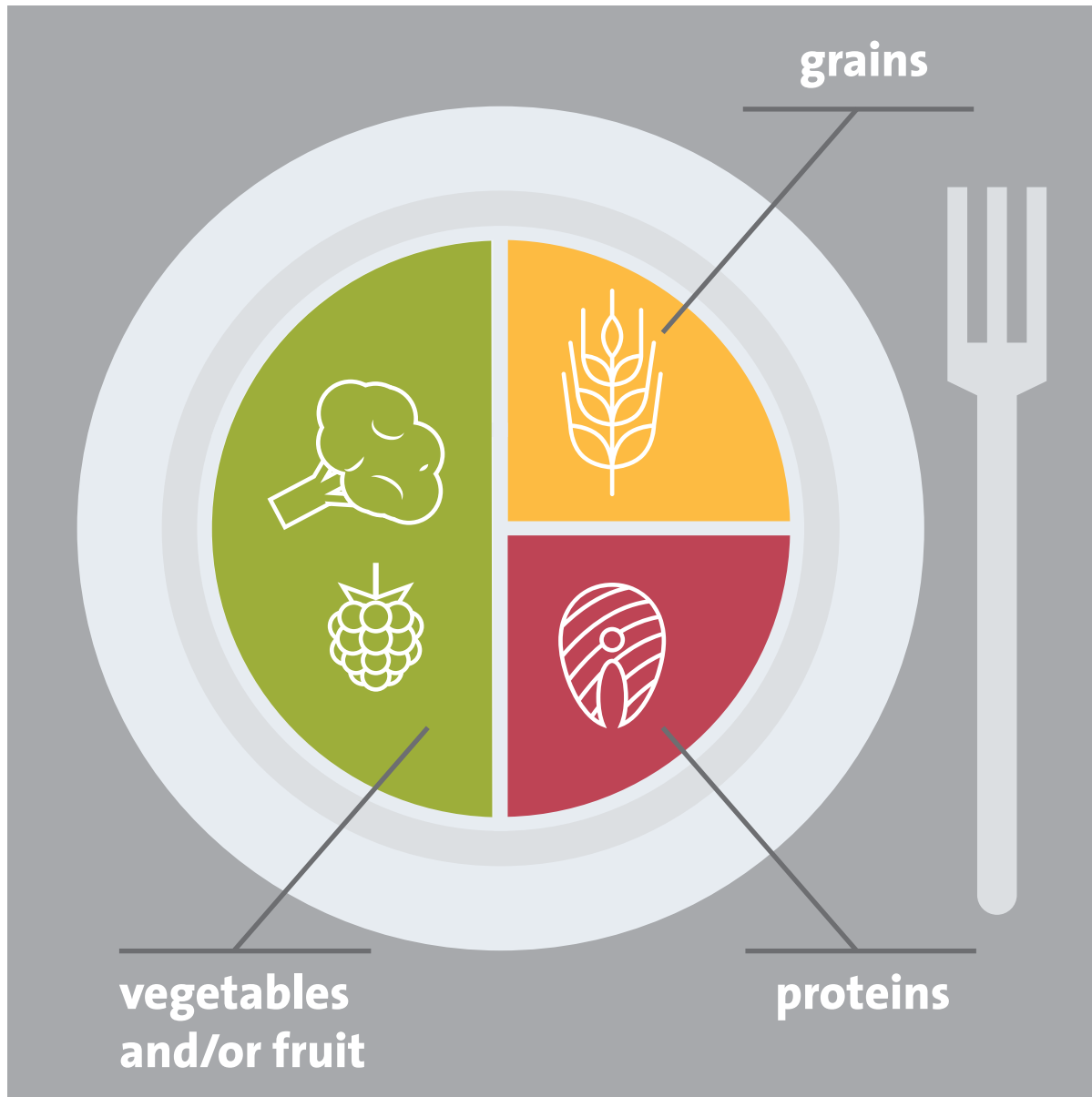
Section 1

▶ Weight Loss Tips

- Eat at least three times per day.
- Pay attention to your body. When you feel like you have had enough to eat, stop. Quit before you feel full, stuffed or sick from eating. You can have more if you are really hungry.
- If you still feel hungry or unsatisfied after a meal or snack, wait at least 10 minutes before you have more food. Often, the craving will go away.
- Drink plenty of calorie-free drinks (water, tea, coffee, diet soda). You may be thirsty, not hungry.
- Pick lean meats, low-fat or nonfat cheese, and skim (nonfat) or 1% fat milk instead of higher-fat/higher-calorie choices.
- Get plenty of fiber. Vegetables, fruits and whole grains are good sources. Have a high-fiber cereal every day.
- Cut back on sugar. For example, drink less fruit juice and regular soda.
- Limit the amount of alcohol (beer, wine and liquor) that you drink.
- Keep all food in the kitchen. Eat only in a chosen place, such as at the table. Don't eat in the car or the bedroom or in front of the TV.
- Drink a glass of water before you eat. Drink more during meals.
- Use smaller plates, bowls, glasses and serving spoons.
- Do not put serving dishes on the table. This will make it harder to take a second portion.
- Put salad dressing on the side instead of mixing it with or pouring onto your salad. Dip your fork into the dressing before you spear a bite of salad.
- Change your usual place at the table.
- Make mealtime special by using pretty dishes, napkins and glasses.
- Eat slowly. Take a few one-minute breaks from eating during meals. Put your fork down between bites. Cut your food one bite at a time.
- Enjoy fruit for dessert instead of cake, pie or other sweets.
- Leave a little food on your plate. Remember, you control the food; it doesn't control you.
- Remove your plate as soon as you've finished eating.
- If there's no good use for leftovers, throw them out!

▶ The Balanced Plate Method

Divide your plate into four equal parts. Use one part for meat, one for starch (such as pasta, rice, potatoes or bread), and two parts for nonstarchy vegetables and/or fruit.

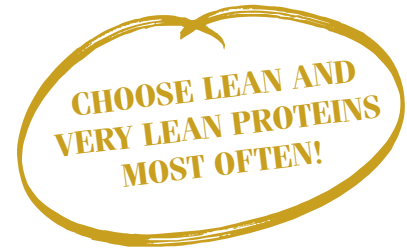


Simple Meal Plan: 1500 calories, 70-40g protein

- Breakfast: 1-2 lean proteins, 1 fruit or 1 fat.
- Snack: 1 lean protein, 1 fruit.
- Lunch: 1-2 grains, 2-3 lean proteins, 1 fat.
- Snack: 1 lean protein, 1 vegetable.
- Dinner: 2 grains, 3 lean proteins, 1 fat, 3-4 vegetables.



▶ Follow a Healthy Diet: PROTEIN FOODS

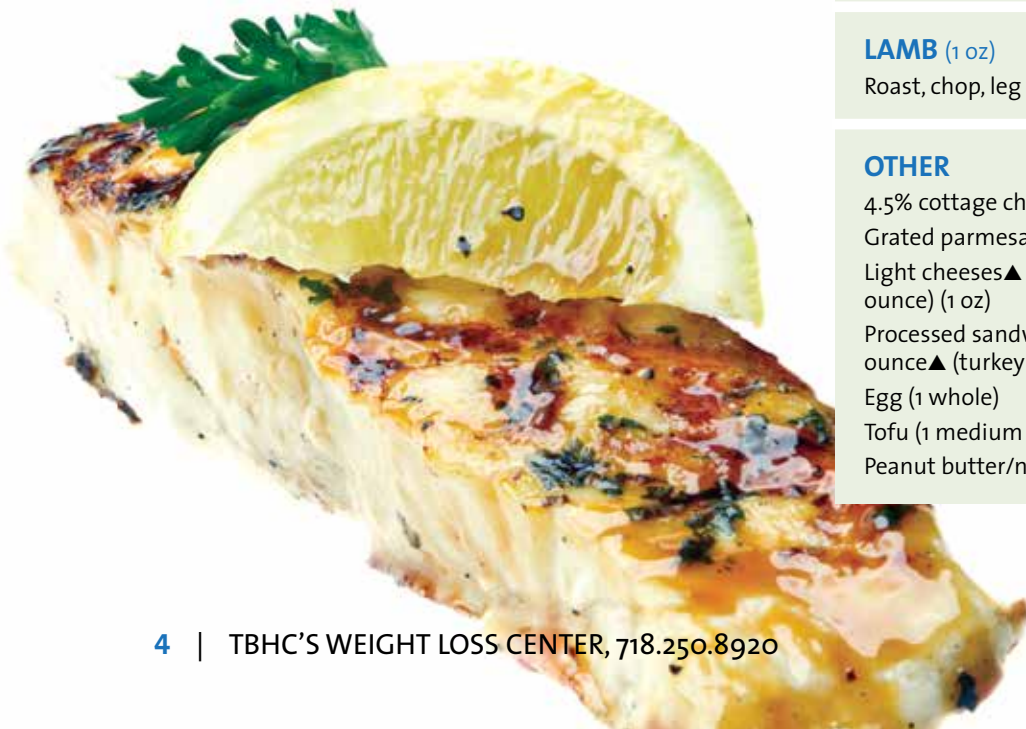


Lean proteins should be the basis of every meal.

Use this portion-size list with a meal plan.

EACH ITEM ON THIS LIST = 1 SERVING. Those foods which contain 400 mg or more of sodium per exchange are identified with a ▲ symbol.

VERY LEAN MEATS/PROTEIN AND SUBSTITUTES 0 grams of carbohydrate • 7 grams of protein 0-1 grams of fat • 35 Calories	LEAN MEATS/PROTEIN AND SUBSTITUTES 0 grams of carbohydrate • 7 grams of protein 3 grams of fat • 55 Calories
POULTRY (1 oz) Chicken, turkey, Cornish hen (without skin)	POULTRY (1 oz) Chicken, turkey (dark meat no skin), chicken (white meat with skin), duck or goose (no skin)
FISH/SHELLFISH (1 oz) Fresh or frozen cod, flounder, haddock, halibut, trout, tuna Crab, lobster, scallops, shrimp, clams (fresh or canned in water)	FISH/SHELLFISH Salmon, (fresh or canned), Tuna (canned in oil, drained), catfish (1 oz) Sardines (canned, 2 medium) Oysters (6 medium)
WILD GAME (1 oz) Pheasant (without skin), venison, buffalo, ostrich	WILD GAME (1 oz) Goose (without skin), rabbit
OTHER Non-fat or low-fat cottage cheese (1/4 cup) Non-fat plain Greek yogurt (3 oz) Fat-free cheese (1 oz) 95% fat-free luncheon meat▲ (less than 1 gram fat per oz) (1 1/2 oz) Egg whites (1/4 cup)	BEEF (1 oz) Select or Choice grades of lean beef, such as round, sirloin, and flank steak, tenderloin; roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round
VERY LEAN MEAT + STARCH (1/2 cup) Beans, peas, lentils (cooked)	PORK (1 oz) Lean pork; canned, cured or boiled ham▲; Canadian bacon▲, tenderloin, center loin chop.
	VEAL (1 oz) Lean chop, roast
	LAMB (1 oz) Roast, chop, leg
	OTHER 4.5% cottage cheese (1/4 cup) Grated parmesan (2 Tbs) Light cheeses▲ (with 3 grams or less of fat per ounce) (1 oz) Processed sandwich meat w/ 3 grams or less fat per ounce▲ (turkey pastrami, kielbasa) (1 oz) Egg (1 whole) Tofu (1 medium fat meat) (3 oz soft/2 oz firm) Peanut butter/nut butter (1 high-fat meat) (1 Tbs)



▶ Follow a Healthy Diet: VEGETABLES



EACH ITEM ON THIS LIST = 1 SERVING

Each vegetable serving on this list contains 5 grams of carbohydrate, 2 grams of protein, 0 grams of fat, 25 calories

Vegetables contain 2-3 grams of dietary fiber. Vegetables which contain 400 mg or more of sodium per exchange are identified with a ▲ symbol.

Vegetables are a good source of vitamins and minerals. Fresh and frozen vegetables have more vitamins and less added salt than canned. Rinsing canned vegetables under water will remove about 40 percent of the salt.

Unless otherwise noted, a serving size for vegetables is:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup raw vegetables

NON-STARCHY VEGETABLES

Artichoke (1/2 medium)	Cabbage, cooked
Okra	Spinach, cooked
Asparagus	Carrots
Onions	Summer squash (crookneck)
Beans (green, wax, Italian)	Cauliflower
Pea pods	Tomato (one large)
Bean sprouts	Eggplant
Peppers (green)	Greens (collard, mustard, turnip)
Beets	Tomato/vegetable juice▲
Rutabaga	Kohlrabi
Broccoli	Turnips
Brussels sprouts	Leeks
Sauerkraut▲	Water chestnuts

THE FOLLOWING VEGETABLES ARE CONSIDERED "FREE"

Cabbage	Radishes
Celery	Zucchini
Chinese cabbage	Endive
Cucumber	Escarole
Green onion	Lettuce
Hot peppers	Romaine lettuce
Mushrooms	Spinach

STARCHY VEGETABLES SUCH AS CORN, PEAS AND POTATOES ARE FOUND ON THE STARCH/BREAD LIST



Follow a Healthy Diet: STARCHY FOODS



EACH ITEM ON THIS LIST = 1 SERVING.

Each item on this list contains approximately 15 grams of carbohydrate, 3 grams of protein, 0-1 grams of fat, 80 calories. Whole-grain products average about 2 grams of fiber per serving. Those foods that contain 3 or more grams of fiber per exchange are identified with the high fiber symbol ★.

It's easy to overeat starchy foods. Watch your portion sizes!

CEREALS/GRAINS/PASTA

Bran cereals, concentrated	1/3 cup
Bran cereals, flaked	1/2 cup
Bulgur (cooked)	1/2 cup
Cooked cereals	1/2 cup
Cornmeal (dry)	2 1/2 Tbs
Grits (cooked)	1/2 cup
Other ready-to-eat unsweetened cereals	3/4 cup
Pasta (cooked)	1/3 cup
Puffed cereal	1 1/2 cup
Rice, white or brown (cooked)	1/3 cup
Shredded wheat	1/2 cup
Sugar free pudding	1/2 cup

STARCHY VEGETABLES

Corn★	1/2 cup
Corn on cob★, 6 in. long	1
Lima beans★	1/2 cup
Peas, green★ (canned or frozen)	1/2 cup
Plantain★	1/2 cup
Potato, baked (3oz)	1 small
Potato, mashed	1/2 cup
Squash, winter★ (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/3 cup

BREADS

Bagel	1/4 (1 oz)
Bread sticks (crisp, 4 in. long)	2 (2/3 oz)
English muffin	1/2
Frankfurter or hamburger bun	1/2 (1 oz)
Pita, 6 in. across	1/2
Plain roll, small	1 (1 oz)
Bread, white, wheat, rye, raisin	1 slice (1 oz)
Tortilla, 6 in. across	1

CRACKERS/SNACKS

Animal crackers	8
Graham crackers	3-2.5 in sq
Matzoh	3/4 oz
Melba toast	5 slices
Oyster crackers	24
Popcorn (popped, no fat added)	3 cups
Pretzels	3/4 oz
Rye crisp, (2 in. x 3 in)★	4
Saltine-type crackers	6
Whole-wheat crackers★ no fat added (such as Finn™, Kavli™, Wasa™)	2-4 slices (3/4 oz)

DRIED BEANS/PEAS/LENTILS

(Count as 2 starch plus 1 lean meat)

Beans and peas★ (cooked) (kidney, white, split, black-eyed, lentils)	1 cup
Broad beans, garbanzo, navy, pinto★	2/3 cup
Baked beans★	2/3 cup

STARCHY FOODS PREPARED WITH FAT

(Count as 1 starch/bread serving, plus 1 fat serving)

Biscuit, 2 1/2 in. across	1
Chow mien noodles	cup
Corn bread, 2 in. cube	1 (2 oz)
Cracker, round butter type	6
French fries (2-3 1/2 in. long)	10 (1 1/2 oz)
Muffin, plain, small	1
Pancake, 4 in. across	2
Stuffing, bread (prepared)	cup
Taco shell, 6 in. across	2
Waffle, 4 1/2 in. square	1
Whole-wheat crackers	4-6 (1 oz)
Hummus	1/3 cup



▶ Follow a Healthy Diet: FRUITS & FRUIT JUICES



EACH ITEM ON THIS LIST = 1 SERVING

Each vegetable serving on this list contains 15 grams of carbohydrate, 0 grams of protein, 0 grams of fat, 60 calories

Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruits that have 3 or more grams of fiber per exchange have a ★ symbol.

Use fresh fruits, frozen fruits or canned fruits without sugar added. Whole fruit is more filling than fruit juice and is a better choice for those who are trying to lose weight because they include more fiber. Think of juice as “empty calories.”

Unless otherwise noted, one serving size for fruit:

- 1/2 cup of fresh fruit or fruit juices
- 1/4 cup of dried fruit

FRESH, FROZEN AND UNSWEETENED

Apple (2 inches, raw)	1
Apricots (raw)	4
Banana (9 inches)	1/2
Blackberries (raw)★	3/4 cup
Blueberries (raw)★	3/4 cup
Cantaloupe (5 in)	1/3 = 1 cup cubed
Cherries (large, raw)	12
Figs (2 inches, raw)	2
Grapefruit (medium)	1/2 = 3/4 cup segments
Grapes (small)	15
Honeydew (med)	1/8 = 1 cup cubed
Kiwi (large)	1
Mandarin orange	3/4 cup
Mango (small)	1/2
Nectarine (2 1/2 inches)★	1
Orange (2 1/2 inches)	1
Papaya (cubed)	1 cup
Peach (2 3/4 inches)	1
Pear	1/2 large = 1 small
Persimmon (med, native)	2
Pineapple (raw)	3/4 cup
Plum (2 inches, raw)	2
Pomegranate★	1/2 = 1/2 cup seeds
Raspberries (raw)★	1 cup
Strawberries (raw, whole)★	1 1/4 cup
Tangerine (2 1/2 inches)★	2
Watermelon (cubed)	1 1/4 cup
Applesauce (unsweetened)	1/2 cup

CANNED FRUIT

Apricots (canned)	4 halves/ 1/2 cup
Cherries (canned)	1/2 cup
Fruit cocktail (canned)	1/2 cup
Peaches (canned)	2 halves/ 1/2 cup
Pears (canned)	2 halves/ 1/2 cup
Pineapple (canned)	1/3 cup

DRIED FRUIT

Apples (rings)★	4
Apricots (halves)★	7
Dates (medium)	2 1/2
Figs (2 inches)★	1 1/2
Prunes (medium)★	3
Raisins	2 Tbs

FRUIT JUICE

Apple juice/cider	1/2 cup
Cranberry juice cocktail	1/3 cup
Grapefruit juice	1/2 cup
Grape juice	1/3 cup
Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup



▶ Follow a Healthy Diet: DAIRY



EACH ITEM ON THIS LIST = 1 SERVING

Each serving of milk or milk products on this list contains

12 grams of carbohydrate, 8 grams of protein

Fat and calories vary, depending on what kind of milk you choose

One serving of each of these includes:

SKIM AND VERY LOW FAT

Skim milk	1 cup
1% milk	1 cup
Low-fat buttermilk	1 cup
Evaporated skim milk	1/2 cup
Dry non-fat milk	1/3 cup
Non-fat yogurt	8 oz

LOW FAT

2% milk	1 cup
Low-fat yogurt (with added non-fat milk solids)	8 oz

WHOLE MILK

Whole milk	1 cup
Evaporated whole milk	1/2 cup
Whole plain yogurt	8 oz



▶ Follow a Healthy Diet: FATS



EACH ITEM ON THIS LIST = 1 SERVING
Each serving on the fat list contains 5 grams of fat and 45 calories

The foods on the fat list contain mostly fat, although some items may also contain a small amount of protein. All fats are high in calories and should be carefully measured. Conversion tip: one tablespoon = three teaspoons.

Fats which contain 400 mg or more of sodium per exchange are identified with a ▲ symbol.

UNSATURATED FATS (PLANT BASED)		SATURATED FATS (ANIMAL BASED)	
Peanut Butter	2 tsp	Bacon	1 slice
Avocado	1/8 medium	Butter	1 tsp
Margarine	1 tsp	Chitterlings	oz
Margarine▲, diet	1 Tbs	Coffee whitener, liquid	2 Tbs
Mayonnaise	1 tsp	Coffee whitener, powder	4 tsp
Mayonnaise▲, reduced-calorie	1 Tbs	Cream (light, coffee, table)	2 Tbs
Nuts and Seeds:		Cream, sour	2 Tbs
● Almonds, dry roasted	6 whole	Cream (heavy, whipping)	1 Tbs
● Cashews, dry roasted	1 Tbs	Cream cheese	1 Tbs
● Pecans or walnuts	2 whole	Salt Pork▲	1/4 oz
● Peanuts	20 small/10 large		
● Other nuts and seeds	1 Tbs		
Oil (olive, corn, peanut, etc.)	1 tsp	SATURATED FATS (PLANT BASED)	
Olives▲	10 small/5 large	Coconut, shredded	2 Tbs
Salad dressing (mayonnaise-type)	2 tsp		
Salad dressing (reduced calorie or oil)	1 Tbs		
Salad dressing (reduced calorie)	2 Tbs		



▶ Exercise Regularly

Physical activity

Your weight is a result of the balance between the foods you eat and the amount of calories your body burns in physical activity. As you lose weight, you may find it much easier to get around. The more active you are, the more quickly you will lose weight! Ask your doctor before beginning any strenuous program.

Goal

Your goal should be to get about 150 to 250 minutes of moderate-intensity activity each week on top of your daily activity (that's about 30 to 50 minutes, 5 days per week).

What is moderate-intensity exercise?

Moderate-intensity exercise is where you feel like you are working "somewhat hard". Your heart may be beating faster and you might be sweating. You should still be able to talk, but you probably will not be able to sing. Examples of moderate-intensity exercise are: jogging, brisk walking, biking, stair climbing and fitness classes.





Start wherever you are!

You do not need to start out with 30 minutes a day. Start wherever you are! If you can walk for 5 minutes without pain, then start with 5 minutes and increase by a few minutes each week.

Try some of these suggestions to increase your physical activity:

- Walk whenever you can. Walk the dog, go for a walk with a friend or family member, take a walk during your lunch break, get off the subway or bus one stop early.
- Take the stairs instead of the elevator or escalator.
- Park your car far away at shopping centers and walk through the parking lot.
- Take a “walking break” at work instead of a coffee break.
- Do some yard work, gardening or household chores that require brisk movement.
- When it’s cold or rainy, get exercise indoors at malls, the gym or inside your own home.
- Look for easy and fun new ways of exercising. Make a list of fun and exciting classes you might take, such as Zumba or water aerobics.
- Search for exercise videos online, or check some out from the library, Netflix™ or Redbox™.

Common obstacles

“I HAVE KNEE/BACK/FOOT PAIN.” Try non-weight bearing exercises like swimming, cycling or chair exercises, or talk to your doctor about getting a referral for physical therapy.

“I DON’T HAVE TIME.” Look at your daily schedule and see if you can identify any activities that could be cut down, modified or delegated to someone else. If you take a bus to the subway every morning, see if you can walk instead. If you like to watch TV at night, try jogging in place or lifting light weights during the show, or try some of the strategies listed above to squeeze in exercise, 10 minutes at a time, throughout the day.

“I WALK ALL DAY AT WORK.” This is great, but chances are you are not getting your heart rate up during these daily activities and even if you are, your body has adjusted to this level of activity. Aim for at least 150 minutes of moderate-intensity activity on top of your daily routine.



Section 2

▶ Choose Your Beverages Wisely

Adequate fluid intake is important for maintaining normal body function. Being properly hydrated helps relieve fatigue, flushes out toxins and waste, prevents constipation, promotes healthy skin, and aids in weight loss.

Your goal is a minimum of 8 cups (64 ounces) of low-sugar fluids every day. This includes:

- Water
- Water infused with fresh fruit
- Coffee, tea
- Fat free or 1% milk (Lactaid milk if lactose intolerant)
- Unsweetened soy milk, almond milk, rice milk, cashew milk, coconut milk
- Sugar-free flavored drinks
- Zero-calorie sport drinks
- Seltzer water

Avoid beverages that contain sugar (even unsweetened fruit juice). Read the Nutrition Facts label for sugar content!

5 tips to help you drink more

If you think you need to be drinking more, here are some tips to increase your fluid intake and reap the benefits of water:

1. Have a beverage with every snack and meal.
2. Choose beverages you enjoy; you're likely to drink more liquids if you like the way they taste.
3. Eat more fruits and vegetables. Their high water content will add to your hydration. About 20% of our fluid intake comes from foods.
4. Keep a bottle of water with you in your car, at your desk or in your bag.
5. Choose beverages that meet your individual needs. If you're watching calories, go for non-caloric beverages or water.



▶ Check the Food Label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	14%
<i>Trans Fat</i> 0g	
Cholesterol 30g	10%
Sodium 460 mg	17%
Total Carbohydrate 30g	9%
Dietary Fiber 0g	0%
Sugars 4g	
Proteins 7g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Serving Size and Servings per Container

- Look at the serving size. All the information on the label is based on this portion.
- The number of servings contained in the package.

Calories

- This tells you how many calories are in each serving of the food/drink.
- Note, if there is more than one serving in the container, then you must multiply the Calories by the number of Servings per Container to see how much is in the entire container.

Total Carbohydrates

Look at this number to see how much carbohydrate is in the food. This includes natural and added sugar, starch and fiber. If you have diabetes, look at this number rather than just looking at the Sugars, to see if this food fits into your eating plan.

Total Sodium

Check here to see how much salt is in your food. If you have high blood pressure or have been told to limit your salt intake, then choose foods with less than 5% DV of sodium per serving most often, limit foods with 5-20% DV of sodium, and avoid foods with more than 20% DV of sodium.

Ingredients

Ingredients are listed in order, with the ingredient in the highest amount listed first. Avoid foods whose first ingredient is sugar, fructose, dextrose or glucose. Choose grains whose first ingredient is whole wheat flour, whole oat flour, or whole grain flour.

INGREDIENTS: Water, Fire Roasted Carrots, Carrot Puree, Tomato Paste, Roasted Onion, Green Lentils, Roasted Red Bell Peppers, Green Sweet Peppers, Celery, Cooked Black Bean Powder. Contains less than 2% of: Tomato Extract; Sea Salt, Organic Onion Powder, Dried Roasted Garlic, Smoked Paprika, Organic Thyme, Organic Vinegar, Organic Cumin, Organic Cayenne Pepper Powder.



Section 3

▶ Food Preparation

- Plan meals ahead of time.
- Try cooking methods that cut calories:
 - Cook without adding fat (bake, broil, roast, boil).
 - Use nonstick cooking sprays instead of butter or oil. You can also use wine, broth or fruit juice instead of oil when cooking.
 - Use low-calorie foods instead of high-calorie ones when possible.
- Cook only what you need for one meal (don't make leftovers).
- If you do make extra portions, put them away as soon as possible so you can save them for other meals. Store the leftovers in containers that you can't see through.
- Cook when you are not hungry. For example, cook and refrigerate tomorrow's dinner after you have finished eating tonight.
- Make fruits, vegetables and other low-calorie foods part of each meal.
- Drink water while you cook.
- Decrease portion sizes
- Put less food on your plate.
- Put all extra food away before eating; this makes it harder to go back for seconds.
- Use a smaller plate to make it look like you are eating more food.
- Measure out your portions.
- Practice leaving something on your plate.





Section 4

▶ Snacking

Snacking can be part of your plan for healthy weight loss. You can eat six times per day as long as you plan what to eat and don't eat too many calories.

- Plan ahead. Be sure to have healthy snacks on hand. If the right food is not there, you may be more likely to eat whatever is available, such as candy, cookies, chips, leftovers or other "quick" choices.
- Keep low-calorie snacks in a special part of the refrigerator.

▶ Follow a Healthy Diet: SNACKS

It is important that you consume snacks that are nutritionally adequate and contain some protein. Try to stay away from liquid snacks, which tend to not be filling over time. Each of the snack options below are about 200 calories and contain variable amounts of protein.

STARCH + PROTEIN

(6-14 grams protein each)

- 3 whole grain crackers and 1 oz light spreadable cheese
- 3 whole wheat crackers and 1 Tbs natural smooth peanut butter
- 1 small tortilla, 3 Tbs part skim mozzarella cheese and 1/4 cup salsa
- 1/2 lightly toasted English muffin with plain tomato sauce and 1 oz part skim mozzarella cheese
- 1/2 lightly toasted English muffin with 1 oz of tuna fish and 1 oz low-fat cheese
- 1 small tortilla, 1 slice of turkey, 1 oz low-fat cheese, toasted

VEGETABLE + PROTEIN

(6-14 grams protein each)

- Sliced, peeled cucumbers and tomatoes with 1-2 oz part skim mozzarella
- Mushrooms marinated in balsamic vinegar with 1-2 oz part skim buffalo mozzarella
- 1 small tomato with 2 oz of tuna fish or low-fat cottage cheese
- Carrots with 1 oz light cream cheese

FRUIT + PROTEIN

(4-7 grams protein each)

- 2 light canned peach halves and 4 oz low-fat cottage cheese
- Sliced peeled apple and 1 Tbs smooth peanut butter
- 1/2 cup berries with 4 oz light yogurt or low-fat cottage cheese
- 1/2 cup cantaloupe cubes wrapped in lean deli ham
- 1/2 banana and 1 Tbs smooth peanut butter

DAIRY

(4-8 grams protein each)

- 6-8 oz light yogurt smoothie
- 6-8 oz light yogurt and half banana
- 6-8 oz light yogurt and 1/4 cups low-fat granola
- 6-8 oz light plain yogurt mixed with 1-2 Tbs sugar free pudding powder
- 1/2 cup fat-free/sugar-free vanilla pudding and 1/2 banana, sliced
- 1 cup 1% or skim milk

PROTEIN

(4-8 g protein each)

- 1 part skim mozzarella cheese stick rolled in 1 slice of deli meat
- 1/2 cup ricotta cheese, vanilla extract, 1 packet of Splenda™, 2 Tbs Cool Whip Free™
- 4 oz low-fat cottage cheese
- 1-2 oz deli meats, rolled
- 1 hardboiled egg or deviled egg
- 1 oz tuna fish mixed with light mayonnaise and 3 whole wheat crackers
- 1 oz chopped chicken with light mayonnaise on one slice of whole wheat toast
- 1/4 cup black beans and 1 oz low-fat cheese

PROTEIN BARS

Aim for 150 calories per portion with 5-10 grams of protein





Section 5

▶ Eating and Emotions



Do you eat to deal with feelings other than hunger, such as boredom, being tired or stressed? If you eat for these reasons, here are some other things you can try:

- Call a friend for support.
- Use inspirational quotes to help you avoid the temptation to eat.
- Take a warm bath or shower.
- Listen to music or a relaxation CD.
- Take a walk.
- Try activities that keep you from eating. For example, it's hard to eat while you're exercising. If you are cleaning your home, you probably won't eat while your hands are busy.

▶ Mindful Eating

Superhighways, express lanes, instant messaging, fast food, instant credit, drive-through restaurants and microwaves—perpetual motion is the modern way of life. We race from one task to the next, barely aware of what we are doing in the present—including eating.

Have you ever sat down with a bag of chips in front of the television and become so engrossed in what was going on that you only realized you were eating when your hand scraped the bottom of the bag? Would you know if the meal you were served were made from vegetables pulled right from the ground or from veggies frozen three years ago? Do you think about how your stomach feels before you eat and as you progress through a meal? All of these considerations are components of mindful eating, or being aware of your food and your body while you eat. Mindful eating means eating with complete awareness. It involves being present in the moment.

Whether you are preparing for weight loss surgery, preparing for lifelong weight management after weight loss surgery, or just want to tackle weight loss without surgery, here are some tools for developing mindful eating skills.

► Mindful Eating Tips

Slow down

- Set a timer. Plan to take 30 minutes for a meal. Aim to eat half of your meal by the 15-minute mark.
- Chew each bite 20 to 25 times.
- Put your fork or spoon (or chopsticks) down between each bite.
- Eat with chopsticks or a baby spoon to get smaller bites.
- Allow 30 minutes for mealtimes.
- Try eating with smaller forks and spoons, or even chopsticks, and set them down in between each bite.
- Take small bites and chew food to a liquid consistency before swallowing.
- Savor each bite. Pay attention to flavors, textures and consistency.

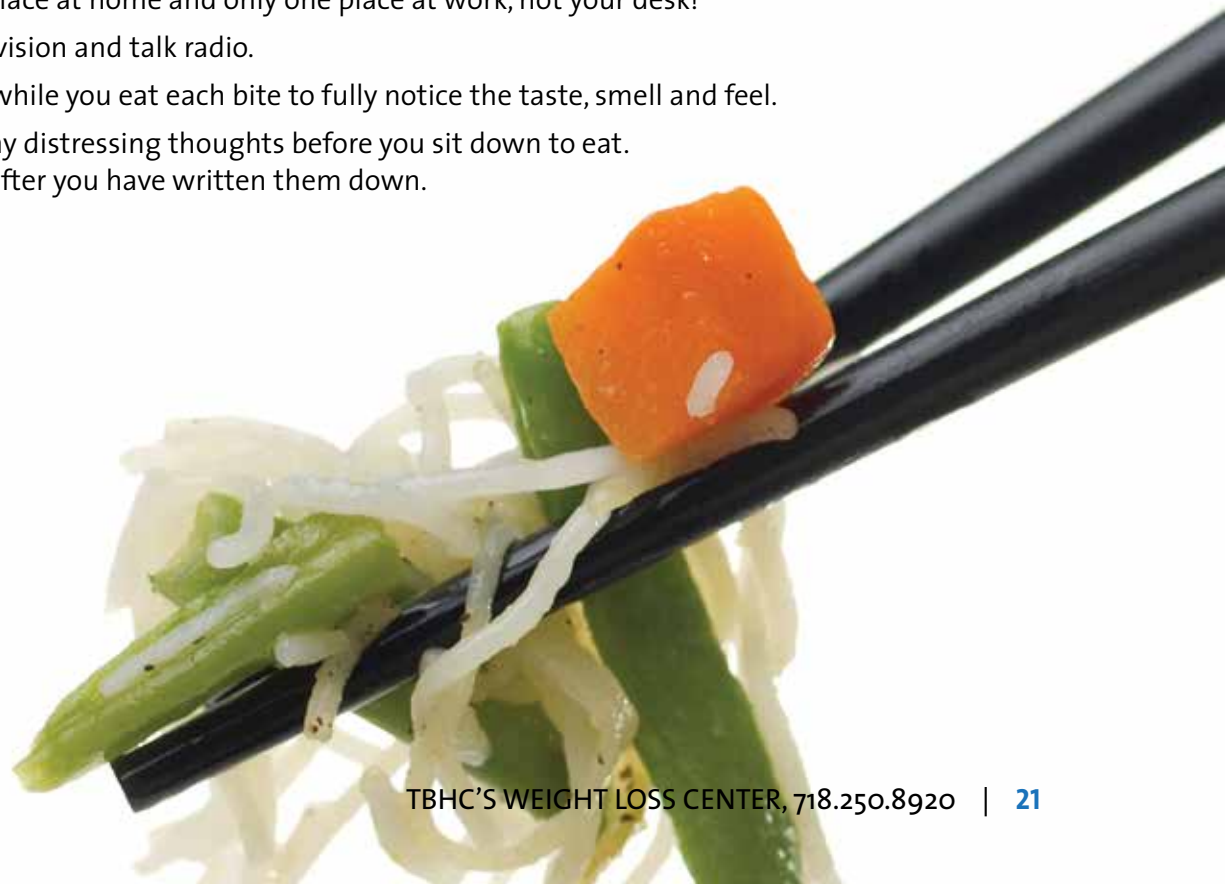
Notice your food

To notice your food, ask yourself:

- What are the colors of each food?
- What is the texture of each food?
- What are the smells?
- What does the food feel like in my mouth?
- How does the food taste? Salty? Bitter? Starchy? Rich?
- Which bite is most enjoyable?

Decrease distractions

- Eat in only one place at home and only one place at work, not your desk!
- Turn off the television and talk radio.
- Close your eyes while you eat each bite to fully notice the taste, smell and feel.
- Journal about any distressing thoughts before you sit down to eat. Set them aside after you have written them down.



Notice your body

- How do you feel before you eat? How can you tell you are hungry? What sensations do you experience?
- Notice how you feel after each bite.
- How can you tell when you are full and satisfied?
- Before each bite, ask yourself, “Do I really want this next bite, or am I mindlessly eating it because it is in front of me?”

Make eating its own activity

- Choose a spot at home just for eating, like the dining room or kitchen table.
- Make a rule to sit whenever you put something in your mouth.
- Avoid doing other activities while eating. Don't watch TV, check email or play with your cellphone.
- Pay attention to how you feel before and after eating. Were you hungry before you ate?

Plan ahead

- Plan what and how much you will be having for each meal and snack.
- Bring water and meals with you to school and work. Pack it the night before so you won't be rushed.



Try activities that you can do instead of eating

- Make a list of 20 things you like to do or would like to try that don't involve food and try them out.
- Notice why you eat. Do you tend to eat when you are upset, anxious, depressed or bored? If so, then try music, a hot bath or shower, take a walk, do yoga, meditation or another form of relaxation.




▶ Make Your Phone a Weight Loss Tool


You use your phone all day, why not make it a calorie-burning tool? Go to your app store to find food diary apps. You can use these apps to track your intake of calories, as well as nutrients like fat, carbohydrates, protein, vitamins and minerals.


Two apps we like are  **myfitnesspal**™ and  **Lose It!**™ Even better, they're free!


Don't forget to let your doctor and dietitian know that you're using a food diary app. You may even be able to give your providers access to monitor your food intake as a team.


▶ Smart Apps to Help Fight Stress


 **talkspace** If you're feeling overwhelmed or need help managing anxiety, waiting a few days to talk to someone can feel like an eternity. Talkspace™ allows users to connect with licensed therapists anonymously in order to talk out what's on their minds. The program has several payment plan options, from unlimited message therapy for \$25 per week, to 30 minutes of live video therapy for \$29.

 **Personal Zen**™ is another app that takes therapy techniques and morphs them into an engaging game, complete with relaxing music. Players are prompted to trace the path of one cartoon character through the scenic grass. Researchers built the game's concept around a cognitive technique known as attention-bias modification training. Its goal is to help users alleviate anxiety.

 **Optimism**™ is a self-tracking tool, designed to help the user identify what elements influence their emotional and mental well-being. The app helps detect patterns in health behaviors, then offers strategies based on those patterns. The goal is to ultimately help users self-identify specific mental health triggers. The free program is available on the web and for iPhones and iPads.

 **Lantern** offers daily sessions and one-on-one coaching on a subscription basis. Lantern™ uses a team of researchers, technologists and clinicians who transform cognitive behavioral therapy techniques into simple exercises. Plans are personalized to each user based on an initial self-assessment. The service will also extend to include a program for eating disorders.

 **happify** is an app designed to increase your joy and sharpen your emotional resiliency. Happify™ offers games, videos and the latest happiness research in order to help retrain the brain and banish negative thoughts. The app is available for iOS and Android users.

 **MoodTune**™ If a game is more your style, MoodTune™ uses task-based tricks to help manage depression and anxiety. It also provides tools to help you track and manage your condition.

A young Black woman with dark, wavy hair is smiling broadly while sitting at a table. She is wearing a white t-shirt with thin blue and grey horizontal stripes. In front of her is a white plate with a meal consisting of a whole ear of yellow corn on the cob, a portion of green broccoli, three cherry tomatoes, and a piece of cooked chicken breast. She is holding a silver fork in her right hand, which has purple nail polish. The background shows a kitchen with white cabinets and a window with a view of greenery. A large blue triangle is overlaid on the left side of the image, containing the text 'Section 6' in a light green font.

Section 6

▶ Build New Habits

Make food less visible in your home

- Store all food out of sight. Put your favorite foods in hard-to-reach places.
- When serving meals, keep pots or serving platters on the stove, not on the table.
- Identify your “trigger foods” and do not keep them in the house.

Modify your food shopping habits

- Avoid grocery shopping on an empty stomach.
- Make a shopping list and stick to it.
- Shop the walls of the supermarket. Most whole foods are found along the perimeter of the store. Avoid temptation by avoiding the aisles.
- Buy only the items that are necessary for you and your family.
- Stop carrying cash if it makes unnecessary snacks from the bodega too convenient.
- Start a food diary. Write down everything you eat and drink for a few days. You will discover habits and patterns causing you to overeat. See next page for a blank diary to copy, or just use a notebook.

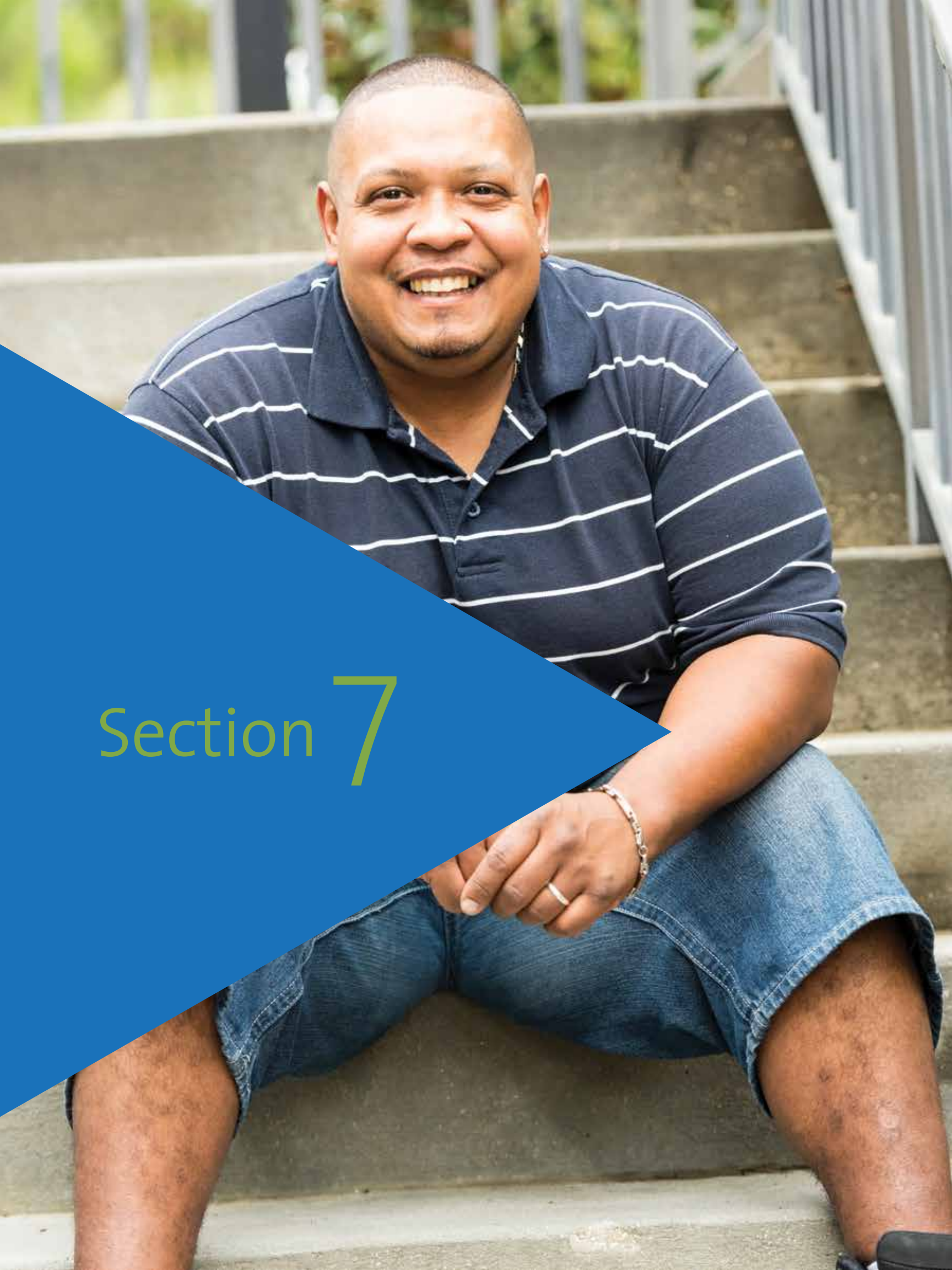


MY FOOD DIARY

Name: _____

Starting a food diary is a great way to discover patterns that are holding you back. Write this diary for at least three days and bring it to you doctor for review.. Try to make one day be a weekend day and two days during the week. See below for an example of what your entries might look like.

Date/Time Start time and stop time	Thoughts/Mood Are you hungry? Tired? Stressed? Happy? Bored?	Location At the table, in the car, in front of TV, restaurant	Food/Beverage Include the portion size, preparation method, brand name, all condiments, and specify low-fat, sugar-free, etc.
10/25 Thursday 9:00 to 9:30 am	<i>Bored and a little hungry</i>	<i>Living room couch</i>	<i>3 slices white bread. 2 eggs cooked in 1 Tbs oil. 1 slice yellow cheese. 12 oz coffee. 2 Tbs creamer. 1 packet sugar</i>



Section 7

▶ Prescription Medications for Weight Loss



Medical providers now have several safe and effective weight loss medications to prescribe to help you lose weight while you improve your diet and increase exercise.

Don't try to treat yourself with over-the-counter weight loss pills, powders and liquids; these items may be unregulated and dangerous. They may also interact with your other medications and make you sick. Talk to your doctor about which medications are best for you before you take them.



▶ Weight Loss Surgery

You may be a candidate for weight loss surgery if:

- You're an obese adult, especially if you have a weight-related condition, such as type 2 diabetes.
- You are ready to learn the risks and benefits.
- You're ready to adjust how you eat after the surgery.
- You're committed to making lifestyle changes to keep the weight off.

If you're thinking about weight loss surgery, talk to your doctor about whether it's a good option for you.

When you get weight loss surgery, your surgeon makes changes to your stomach or small intestine, or both. This surgery is done through several small incisions using a camera to see inside (laparoscope). Here are the methods surgeons typically use:

GASTRIC BYPASS: Your doctor may call this "Roux-en-Y" gastric bypass, or RYGB. The surgeon leaves only a very small part of the stomach (called the pouch). That pouch can't hold a lot of food, so you eat less. The food you eat bypasses the rest of the stomach, going straight from the pouch to your small intestine.

GASTRIC SLEEVE: This surgery removes most of the stomach and leaves only a narrow section of the upper part of the stomach, called a gastric sleeve. The surgery may also curb the hunger hormone ghrelin, so you eat less.

Benefits of weight loss surgery

After weight loss surgery, most people lose weight for 18 to 24 months. At that point, many people start to regain some of their lost weight, but few regain it all.

If you had any medical conditions related to obesity, those usually improve after weight loss surgery. Some conditions, such as diabetes, can improve quickly. Others, such as high blood pressure, may take a little longer.



Risks and side effects

The most common side effects are temporary but can include nausea, vomiting, bloating, diarrhea, excessive sweating, increased gas and dizziness.

Serious side effects can include bleeding, infection, leaks from the places where your stitches are, and blood clots in the legs that can move to the heart and lungs. Most people don't get any of these effects.

Long-term problems following weight loss surgery depend on which type you have. One of the most common issues is "dumping syndrome," in which food moves too quickly through the small intestine. Symptoms include nausea, weakness, sweating, faintness, diarrhea after eating, and not being able to eat sweets without feeling very weak. It can occur in up to 50 percent of people who had weight loss surgery. Avoiding high-sugar foods and replacing them with high-fiber foods may help prevent it.

Gallstones can form when you lose a lot of weight quickly. To help prevent them, your doctor may recommend taking supplemental bile salts for the first few months after surgery.

You'll need to make sure you're getting enough nutrients, too, especially if the surgery made it harder for your body to absorb nutrients from food. You will need vitamins every day for life.

Because rapid weight loss and nutritional deficiencies can harm a developing baby, doctors often advise women of childbearing age who get weight loss surgery to avoid pregnancy until their weight becomes stable.



▶ BMI Chart

In order to qualify for weight loss surgery you must have a **BMI equal to or greater than 35 AND have weight-related illnesses OR a BMI equal to or greater than 40.**

		WEIGHT IN POUNDS																										
		170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	425	450	475
5'	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	64	66	68	70	72	74	76	78	83	88	93	
5'1"	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	61	62	64	66	68	69	71	73	75	80	85	90	
5'2"	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64	65	67	69	71	73	78	82	87	
5'3"	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62	64	65	67	69	70	75	80	84	
5'4"	29	31	33	34	36	38	39	41	43	45	46	48	50	52	53	55	56	58	60	61	63	65	66	68	73	77	84	
5'5"	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	54	56	58	59	61	63	64	66	71	75	79	
5'6"	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	54	56	58	59	61	62	64	69	73	77	
5'7"	27	28	30	31	33	34	36	38	39	41	42	44	46	47	49	50	51	53	54	56	57	59	61	62	67	71	74	
5'8"	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	51	53	54	56	57	59	60	65	68	72	
5'9"	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	48	50	51	53	54	56	57	59	63	66	70	
5'10"	24	26	27	29	30	32	33	34	36	37	39	40	42	43	45	46	47	48	50	51	53	54	56	57	61	64	68	
5'11"	24	25	26	28	29	31	32	33	35	38	38	40	42	43	45	46	47	48	50	51	53	54	56	57	61	63	66	
6'	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	44	46	47	48	49	50	51	53	54	58	61	64
6'1"	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	43	44	46	47	48	50	51	52	56	59	63	
6'2"	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	43	45	46	47	48	50	51	55	58	61	
6'3"	21	22	24	25	26	27	29	30	31	33	34	35	36	38	39	40	41	42	43	45	46	47	48	50	53	56	59	
6'4"	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	42	43	45	46	47	48	51	53	56	59
6'4"	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	42	43	45	46	47	48	51	53	56	59



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