

**Comprehensive Family Care Center**  
Family Practice and Obstetrics

Alfred D. Arline, M.D.  
Kern Low, M.D.  
Steven L. Milligan, M.D.  
Ronald M. Palm, D.O.  
Shirley U. Salvatore, M.D.

Louise E. Schottstaedt, M.D.  
Laura A. Stein, M.D.  
Lynn M. Strange, M.D.  
B. Leigh Vall-Spinosa, M.D.



2002 Lake Avenue, Suite D  
Pueblo, Colorado 81004  
719-562-1122  
719-562-0244 - Fax

## Ten Tips to Help You Lose Weight

To lose weight, the best chance of long-term success is to eat a healthy diet and increase the amount of exercise that you do. Ten tips are given below. Ask your practice nurse if you want more detailed advice.

- The main portions of your meals should be made up from starchy foods (such as bread, cereals, potatoes, rice, and pasta), and fruit and vegetables.
- Cut out as much fat as you can from your diet. Fat contains twice as many calories as starchy or protein foods of the same weight. Tips include: use low fat spreads on bread etc; measure out oil when cooking; grill food instead of frying it; cut off excess fat from meat; choose leaner cuts of meat in smaller portions. Watch out for hidden fat in cakes, biscuits, pastry, chocolates, crisps, chips, pies, and pasties. Eat low fat versions of milk, cheese, yogurt, etc, which have the same calcium content as 'full-fat' versions, but less calories.
- Low fat foods are generally best. But remember, some low-fat foods and drinks are high in calories, such as alcohol, sugary drinks, and sweets. Chose low-calorie drinks.
- It is best to eat three healthy meals each day, including breakfast. Eat each meal slowly. Don't skip meals. Skipping meals will just make you feel more hungry, make you think more about food, and you are more likely to overeat in the evening. Do not snack between meals.
- If you like something sweet to end your meal, have fruit or a low-fat yogurt.
- If you are not used to exercise, start by doing an extra 30-minute brisk walk every day. Any increase in walking, dancing, swimming, cycling, etc, is good. Try and build up the amount of exercise you do each week.
- Plan what you are going to eat each day, rather than look in the cupboard or fridge to see what is there. Don't shop for food when you are hungry. After a meal is best.
- Be realistic. It is usually best not to aim for a 'perfect' weight. If you are overweight or obese, you will get most health benefits from losing the first 5-10 kg. (10 kg is about one and a half stone.)

- It is best not to lose weight too fast. If you lose more than a kilogram per week, you may lose muscle tissue rather than fat. It is best to lose an average of  $\frac{1}{2}$ -1 kg per week (about 1-2 lb per week). You need to eat 500-1000 calories per day less than before to do this. You will lose between 6 and 12 kg if you keep this up for 3 months.
- Tell others about your plans to lose weight. Support from family and friends can help you to stay motivated. Perhaps join a local slimming club or similar support group.

Keeping to the reduced weight is often more of a challenge than losing some weight. Once you have lost some weight, you are more likely to keep your weight down if you eat a healthy diet, exercise regularly, and weigh yourself once a week to keep a check on your weight.