
Weight Loss the Healthy Way

Healthy weight is essential to a healthy body, which is essential in promoting good health. Being overweight is associated with many chronic conditions such as diabetes, heart disease, stroke, some forms of cancer, arthritis, and more. Assisting clients who are medically fragile or live in group home settings in weight loss can save millions of dollars in health care costs. Helping clients achieve a healthy weight can also boost clients' confidence and moods, which can help make the caretaker's job a lot easier.

If the body mass index (BMI) is 25 or above, it is considered OVERWEIGHT. No matter how much weight a person needs to lose, a Fad Diet is not the answer. Gradual weight loss is the best and healthiest weight loss. When it comes to healthy and permanent weight loss, **HEALTHY FOOD CHOICES** and **LIFESTYLE CHANGES** are the keys.

Helpful Strategies for Weight Loss

Eat on a schedule and build an eating routine

Having an eating routine helps set the structure to avoid excessive hunger or overeating. While it is often recommended that one eats every 3 hours (or eat 6 times a day), it is also important to consider the client's routine and preference in order to fit the eating schedule in.

Be portion savvy

It is all too easy to misjudge correct portion sizes. By serving the right amount of food, caregivers can ensure that clients are meeting their nutritional needs without overfeeding.

Focus on high volume, low calories foods

Clients can eat more and feel fuller on fewer calories. Water, fruits, vegetables, broth-based soups are some examples (see hand-out for more details).

Think about foods that boost satiety & choose comfort foods wisely

Satiety means the state of feeling "full." Foods high in fiber, protein, and fat are known to boost satiety. A little of healthy fat such as ¼ cup of nuts/seeds can make one feeling full without too much calories. Take an inventory of the comfort foods that one enjoys, and find the balance of greatest satisfaction without excessive calories.

Incorporate physical activity into the routine.

Whether the client stays at home or attends a program during the day, having some sort of physical activity can help shed off the pound while promoting total wellbeing

Create an eating environment where Healthy Choices are the Easy Choices.

Stock the pantry and refrigerator with a variety of Fresh, Nutrient Dense, Minimally Processed foods. Keep low nutrient dense foods like soda, chips, cookies out of sight!

Understand the triggers

People overeat for a variety of reasons other than hunger. It could be medical, pharmaceutical, behavioural, emotional, social, or environmental. Have an understanding of what causes one to overeat is the key. If necessary, seek other disciplines like registered nurse, physician, psychiatrist, behavioural therapist, and recreational therapist for assistance. For health and safety reason, it is always best to provide environmental and behavioural measures at home to control excessive eating behaviours.

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High Volume, Low Calories, High Fiber Food List

Things to Have on Hand

Grains: PopCorners, Cheerio (regular), puffed wheat, bite-size shredded wheat, & cornflakes

Vegetables: Chopped salad, any cut up vegetables (e.g. bell peppers, cucumber, celery sticks, carrot sticks, & broccoli florets) and place them in the refrigerator at eye-level. Serve with low calorie dips or bean dips

Fruits: Melons (honeydew, cantaloupe, watermelon) strawberries, blackberries, raspberries, pomegranate, apple, & pear, applesauce

Meats: Thinly sliced shaved deli meats (low sodium/low fat)

Beverages: Skim milk, fruit slushy (fruits with ice), flavoured water, Crystal Light

Soup: Low sodium broth (add vegetables to make a soup)

Condiments: Mustard, ketchup, lite mayonnaise, whipped cream cheese, whipped butter, low-fat sour cream

Ready to Eat Snacks: 100 calorie-packs, fat-free cottage cheese/yogurt /applesauce or berry sauce

10 Food Combination Ideas

- Bean Burrito: 6" whole grain tortilla with bean and 1 Tb. low fat sour cream and salsa
- Broth-based vegetable soup or stew (low sodium)
- Cut up vegetable and dips
- Veggie pizza made with thin Lavash bread (found in Trader Joe's)
- Fruit Slush made with ice
- Chopped salad with mixed fruits and low fat dressing
- Fat-free/low fat yogurt & apple sauce and ½ cup Cheerio (no sugar)
- Sandwich with and 2-3 thinly sliced deli meat, lite mayo or mustard on low-calorie breads
- Applesauce with low-fat cottage cheese
- Berries with lite whipped creams