



## Weight Management



If you are overweight, losing weight is one of the best things you can do for yourself. Just losing 10 percent of your body weight will make you healthier, and good health should be our primary reason for losing weight.

An eating plan that promotes **balanced food choices** and **healthy lifestyle changes** is one that you can live with the rest of your life.

### Healthy Lifestyle Changes and Tips:

- Eat a variety of food: eat several servings of fruits and vegetables, whole grains, lean protein sources and fat-free dairy products daily.
- Avoid skipping meals.
- Plan your meals and snacks ahead of time so you are less likely to grab high-calorie junk food or fast food when it is time to eat.
- Portion out foods before bringing them to the table and use a smaller dinner plate to make portions appear larger.
- Write your grocery list and shop when you are not hungry, so you will be less likely to purchase goodies.
- Eat only when sitting in the kitchen or dining room instead of nibbling while doing other activities.

- When you get the urge to eat in between meals, do something else instead, like walk, call a friend or find a project to tackle.

### Healthy Food Choices:

- **Grains:** whole-grain breads and cereals, bagels, pasta, rice, whole wheat crackers, grits or oatmeal.
- **Vegetables:**
  - dark green vegetables such as leafy greens, broccoli or spinach
  - orange vegetables such as carrots, sweet potatoes, acorn or butternut squash.
  - starchy vegetables such as corn, peas, potatoes, dried beans.
  - other vegetables such as artichokes, asparagus, beets, Brussels sprout, cabbage, cauliflower, green beans, tomatoes, squash, okra or lettuce.
- **Fruit:** apples, bananas, berries, grapes, grapefruit, kiwi, melon, oranges or 100 percent fruit juice.
- **Milk:** low-fat or skim milk, low-fat cheese, low-fat or fat-free yogurt.
- **Meat:** lean cuts of beef or pork (loin, round, chuck), poultry (skinless), fish, dried beans, peas or nuts or eggs.
- **Fat:** liquid oils (canola, olive, peanut or vegetable), nuts, olives, avocados, soft/liquid margarine or low-fat salad dressing.

### Healthy Portion Sizes:

- **Grains:** 1 slice of bread; ½ bagel or bun; 1 oz. dry cereal (¾-1 cup); ½ cup cooked grits, oatmeal, rice or pasta.
- **Vegetables:** 1 cup raw vegetables or ½ cup cooked vegetable.
- **Fruit:** 1 small fresh fruit; ½ cup canned fruit or juice; ¼ cup dried fruit.
- **Milk:** 1 cup slim or 1% milk; 1 cup low-fat yogurt; 1 oz. low-fat cheese.
- **Meat:** 2-3 oz. cooked lean meat, poultry or fish; ½ cup dried beans; 1 egg; 2 T. peanut butter.

### Sample Menu:

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
½ cup grits 1 slice toast	turkey sandwich: 2 oz. turkey	1 baked pork chop ½ cup rice

1 scrambled egg	2 slices bread	½ cup turnip greens
1 tsp. margarine	mustard	1 cornbread muffin
1 orange	1 medium tomato	1 tsp. margarine
1 cup skim milk	1 small apple	½ cup peaches

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