



# How Can I Manage My Weight?

Reaching and maintaining a healthy weight can be a challenge. You may have tried to lose weight before without much long-term success. Be assured, you are not alone.

There is no magic weight-loss formula that works for everyone. The key is to find a plan that works for you and provides the right balance of calories and nutrition with the appropriate amounts of physical activity.



## What are the keys to healthy weight loss?

To lose weight, you must take in fewer calories than you use through normal metabolism and physical activity. It's a matter of:

- Watching what you eat.
- Choosing nutritious foods.
- Following an overall healthy diet pattern.
- Getting and staying physically active.

## How can I make better food choices?

Follow these guidelines to improve your overall diet.

- Limit how much saturated and trans fats, added sugars, and sodium are in the food you eat.
- Select fat-free and low-fat (1%) dairy products.
- Limit beverages and foods high in calories and low in nutrition.

- Choose and prepare foods with little or no salt.

## What happens when I reach a healthy weight?

- After you reach a healthy weight, continue to balance the amounts of calories that you take in with the amount of energy you use each day to maintain your weight.
- After a week, if you're still losing weight, add a few hundred more calories.
- If you change the amount of physical activity you do, adjust what you eat.
- Keep a record of what you eat and how much physical activity you get so you'll know how to make adjustments.

## How can I stay at a healthy weight?

- Remember that eating smart means eating some foods in smaller amounts and eating high-calorie foods less often.



Always keep low-calorie, heart-healthy foods on hand. Chopped fruits and vegetables make an great quick snack.

- Use a shopping list to avoid impulse purchases.