

CHAMPS

Center for Healthy Aging Ministries, Programs & Services



Gaining Weight: It Slips Up on You

The cold truth hurts sometimes and with weight gain the bottom line is everything you eat, except water mounts up to calories. The calories taken in must be utilized or they contribute to weight gain.

Step 1: Seeing is believing!

- Record your food intake in a daily food journal.
 - Time, amount eaten (serving size) and type of food eaten.
 - Note your feelings – sad, mad, joyful
- Analyze your journal to determine places where you can shave off calories, make better food choices or determine what factors trigger you to make your food choices.

Step 2: Just how many calories am I eating?

<http://www.Prevention.com> gives the following simple formula for calculating your calorie needs:

Knowing your ideal goal aids weight loss

Use this simple equation to find your daily calorie need:

- Your weight goal _____
- Multiply by 10 if you **don't exercise at all**
- Multiply by 13 if you **rarely exercise** or only play the occasional weekend golf or tennis game
- Multiply by 15 if you **regularly exercise** (swim, walk or jog) for 30 to 60 minutes most days of the week
- Total daily calories _____

Aim for this number every day to reach and maintain your weight goal.

(Prevention 3/17/08)

Did you notice if you exercise more, you can eat more? The 'couch potato' type of exercise (Using a remote control to move the TV station!) does not count. It's really hard to be honest with oneself about intent and desire to lose weight versus actual actions.

Step 3: Make sensible adjustments, food choices and simple substitutions.

- Start by planning your menus so you are not going through the "drive-through" or throwing something "fast" on to cook.
- Check out the type of bread you are eating; high-fiber, low-calorie options are available with as little as 40 calories per serving.
- Eat 2-4 servings whole fruit rather than fruit juice (more calories) per day...

- Ex. 1 small apple equals 65 calories but also has both soluble and insoluble fiber
- 1 cup apple juice = 117 calories (0.2 g. fiber)
- Eat smaller portions or fewer servings of high-fat foods.
 - Choose 90% hamburger, lean cuts of pork or beef; or cook chicken without skin.
 - Of course, bake, broil or grill the meats rather than fry them.
- Fill at least half your plate with vegetables! (3 to 5 servings per day) A good rule is to make your plate colorful – eat a variety of vegetables.

Low calorie vegetables:

- 1 c. romaine lettuce, 9 calories
- 1 c. spinach, 40 calories
- 1 medium tomato, 25 calories
- ½ cucumber, 20 calories
- 1 large carrot, 32 calories
- 6 spears asparagus, 20 calories
- Broccoli, 32 calories

High calorie vegetables:

- 1 scoop mashed potato, 50 calories; however home-prepared with whole milk and butter add 237 calories
- 1 (med) baked potato in jacket, 175 calories
- 1 ear sweet corn, 60 calories
- 1 (med) sweet potato, 60 calories (No condiments)

Watch the condiments added to the vegetables or salads. Use reduced fat mayonnaise, vinaigrette or oil and vinegar served on the side of your salad. On baked potato try low fat or not fat sour cream and butter substitute. When preparing mashed potatoes try using low fat chicken stock instead of milk or cream.

- Measure your serving sizes – a little “extra” add up quickly, especially if it is something like peanut butter, or high carbohydrate foods.
- Snacks count as food! Measure them and make sensible choices such as air-popped popcorn, not butter covered.
- Finally drink plenty of water each day.

Feeling good about yourself and the way you look is one important aspect of dieting, but being healthy and having energy is of equal importance. **Simply put move more and eat less to feel better.**

Article adapted from: *I'm Above 40 and Gaining Weight* at <http://www.Prevention.com>., 2008

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