

Healthy plan for weight loss

Maintaining a healthy weight is important for your overall health. A well-balanced diet with regular exercise can help you reach a healthy weight. Talk to your healthcare provider before starting any weight-loss or exercise program.

How to maintain your weight

If you are overweight or obese, and not physically active, you and your healthcare provider can use this formula to find your maintenance calorie level:

- If you are female, multiply your weight (in pounds) times 10 calories
- If you are male, multiply your weight (in pounds) times 11 calories
- Multiply this number times 1.3 (the activity and digestion factor for lightly active adults)
- The number you get is the calories needed to maintain your current weight

For example, if you are a female who weighs 200 pounds:

- Multiply 200 x 10 calories = 2,000 calories*
- Multiply 2,000 x 1.3* = 2,600 calories*
- Eating approximately 2,600 calories a day will maintain your current weight*

**This number will change based on your level of physical activity. Light activity is defined as light exercise, such as light housework, grocery shopping, or other leisurely activities for less than 2 hours a day.*

How to lose weight

- If you eat 500 fewer calories each day, you may lose up to 1 pound each week
- In addition, if you add enough physical activity to burn 300 calories each day, you may lose up to 1½ pounds each week

How does this work?

- One pound of body fat equals about 3,500 calories
- To lose 1 pound of weight in 1 week, cut your calories by 3,500 (500 calories/day x 7 days)
- If you eat 500 fewer calories each day for 7 days, this equals 3,500 calories (1 pound of body fat)
- If you burn 300 calories by exercising each day for 7 days, this equals 2,100 calories (½ pound of body fat)
- The combination of diet and exercise will help you meet your goal of losing 1½ pounds of weight in 1 week

The next page shows a sample plan for two daily calorie levels. The number of calories your body needs depends on things like age, gender, and how active you are. Every body is different, so use this plan only as a guideline.

Sample daily calorie plan

Food group	1,800 calories	2,200 calories
Grains	6 (1-ounce) servings at least 3 oz should be from whole grains	7 (1-ounce) servings at least 3 oz should be from whole grains
Vegetables	2½ cups limit starchy vegetables (eg, corn)	3 cups limit starchy vegetables (eg, corn)
Fruit	1½ cups	2 cups
Dairy	3 cups	3 cups
Protein	5 ounces	6 ounces
Fat/Oils	5 teaspoons	6 teaspoons
Your Choice	195 calories	290 calories
<p>It may help to compare typical serving sizes to everyday objects, like:</p> <p>1 cup cereal = a baseball</p> <p>1 cup fruit = a baseball</p> <p>1½ ounces natural cheese = two 9-volt batteries</p> <p>1 tablespoon peanut butter = a 9-volt battery</p> <p>2 to 3 ounces lean meat, poultry, or seafood a deck of cards</p>	What is a serving?	
	1 Ounce Grain =	1 slice of bread (1 ounce) ½ cup cooked pasta, rice, or cereal 1 ounce uncooked pasta or rice 1 tortilla (6-inch diameter) ½ English muffin 1 ounce ready-to-eat cereal (about 1 cup dry cereal)
	1 Cup Vegetables =	1 cup raw or cooked vegetables 1 cup 100% vegetable juice 2 cups leafy salad greens
	1 Cup Fruit =	1 cup raw or cooked fruit 1 cup 100% fruit juice ½ cup dried fruit
	1 Cup Dairy =	1 cup milk 1 cup fortified soy milk (soy beverage) 1 cup yogurt 1½ ounces natural cheese (for example, Cheddar) 2 ounces processed cheese (for example, American)
	1 Ounce Protein =	1 ounce lean meat, poultry, or seafood 1 egg 1 tablespoon peanut butter ½ ounce nuts or seeds ¼ cup cooked beans or peas
	1 Teaspoon Fat/Oils =	1 teaspoon vegetable oil 1½ teaspoons mayonnaise 2 teaspoons margarine 2 teaspoons salad dressing

Talk with your healthcare provider about your calorie needs and healthy meal planning.

