



Weight Loss Program



What is it?

***Gradual Life-style Changes-** to improve health, physical activity, food choices, cognitive health, oral health

Goals:

- *Eat a Healthy Breakfast Daily-** Meals Skipped, Largest Meal Eaten, Snacks
- *Eating out less than 4 meals per week-** Fast Foods, Meal Location, type of foods
- *Eat 3 meals and a bedtime snack daily-** correct preparation of foods
- *Weighing weekly-** same time, place
- *Keeping a Food Diary-** 24 hour recall, food frequency, food habits
- *Support Team-** Life-style, Emotional Roller Coaster, Time/Financial Restraints
- *Exercise Daily-** for a minimum of 30 minutes, Barriers
- *Improvement of-** Height/Weight/Waist Circumference; Medical History;
- Psychological Profile-** Eating Disorders, depression, addictive behavior; Nutrition
- Habits/Life-style-**Increase Fresh Fruits, Vegetables, eat Whole grains when eating Breads or Starches,
- AVOID- Fruit Juices, Sweets, Sugar, High Fat/Fried Foods, Alcohol, Tobacco**

Facts:

- *Reduction of health problems-** to prevent unhealthy weight gain, development of obesity, reduce weight and disease burden
- *60% of people in US are overweight-** lost of a life-span of 3-7 years, Medicare-average cost increase of \$1,400 per overweight person
- \$92.6 billion in 2002-** 9.1% of health expenditures



What can I do?

- *See your Physician**
- *See RD for help as needed**
- *See FFF RD on line for help**
- *Work with a Team of Professionals-** RD, MD, Dentist, Physical Therapist, Pharmacist, Nurse, Psychiatrist/behavioral therapist

