



Avance Care[®]

Your Healthcare **Simplified.**[™]

3 Tips for Weight Management

1. Consume high quality food choices.

Choose whole grains, beans, legumes and lentils, lean protein (e.g. fish and poultry without the skin), fruits and vegetables, low-fat dairy and healthy fats (e.g. olive oil, nuts, seeds, nut butters, avocado). Limit refined, fried, and sugary foods (e.g. crackers, chips, cookies, sugary cereals, white bread and pasta), sugary beverages, fatty meats (e.g. ribeye, prime rib, hamburgers, bacon, sausage), high-fat dairy products, and saturated fat (e.g. butter, cream, coconut oil, fried foods).

2. Portion control.

Portion sizes have doubled, even tripled over the past 20 years. Follow the “MyPlate” method (1/2 plate fruit and vegetables, 1/4 whole grains, and 1/4 lean protein) for meals. Take half your meal home when eating at restaurants, and portion out single servings of snacks such as nuts, whole grain crackers, and peanut butter.

3. Move more.

Regular physical activity helps your body burn more calories throughout the day; thus, helping you reach a daily calorie deficit for weight loss. Aim for at least 150 minutes of moderate-intensity aerobic physical activity (e.g. brisk walking) or 75 minutes of vigorous intensity aerobic physical activity (e.g. jogging, running) every week.

Those who meet with a registered dietitian for at least 6 months experience an average weight loss of 1-2 pounds per week. For more tips and to receive an individualized meal plan to better assist with weight management, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.

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