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Weight Management

Getting Started:

Avoid “diets”. Weight management is a lifestyle change. Before you decide how you are going to lose weight you need to think about what you can sustain for the rest of your life. “Fad Diets” or “Quick Fixes” usually don't work because they are not sustainable over a lifetime. You will lose weight with those types of diets, but gain it back quickly once you stop dieting.

To ensure maintaining weight loss start SLOW:

- 1. Set a goal. A realistic goal is to lose about 2-5 lbs in a month. You do not want to lose more than 2 lbs per week.**
More than this will make you more likely to gain weight back if you “cheat”.
- 2. Don't get discouraged if it takes a few weeks to start losing weight once you change your diet.**
Sometimes it takes your body time to realize the change in diet and respond to it.
- 3. Always eat breakfast.**
This will boost your metabolism.
- 4. Try not to eat 2 hours before bed unless otherwise instructed by your doctor for certain medical conditions (ex. Diabetes).**
Your stomach sleeps too, so if you eat before bed the food just sits there and turns to fat.
- 5. Keep a food diary; write down everything you eat.**
Being aware of your consumption will help you make better food choices and later reinforce your success!
- 6. Don't get discouraged if you cheat or “fall of the wagon”. Just start back up the next day.**
Don't beat yourself up about eating something that may not be good for you once in a while. Again this is a lifestyle change, not a diet.
- 7. Exercise!**
Where there is muscle, your body burns more fat. Exercise speeds up your metabolism. Exercise is good for your heart and will improve cholesterol and blood pressure. Ask your doctor before exercising to find out what is safe for you.
- 8. Do not weigh yourself more than 1 x a week.**
Weight fluctuates from morning to night and is not accurate if measured daily. Also, muscle weighs more than fat so you may lose inches and not pounds.

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Websites for specific types of diets:

Diabetic: American Diabetic Association at: www.diabetes.org

*Low cholesterol: WebMD at: www.webmd.com/cholesterol-management
American Heart Association at: www.hearthub.org*

Heart Disease: American Heart Association at: www.hearthub.org

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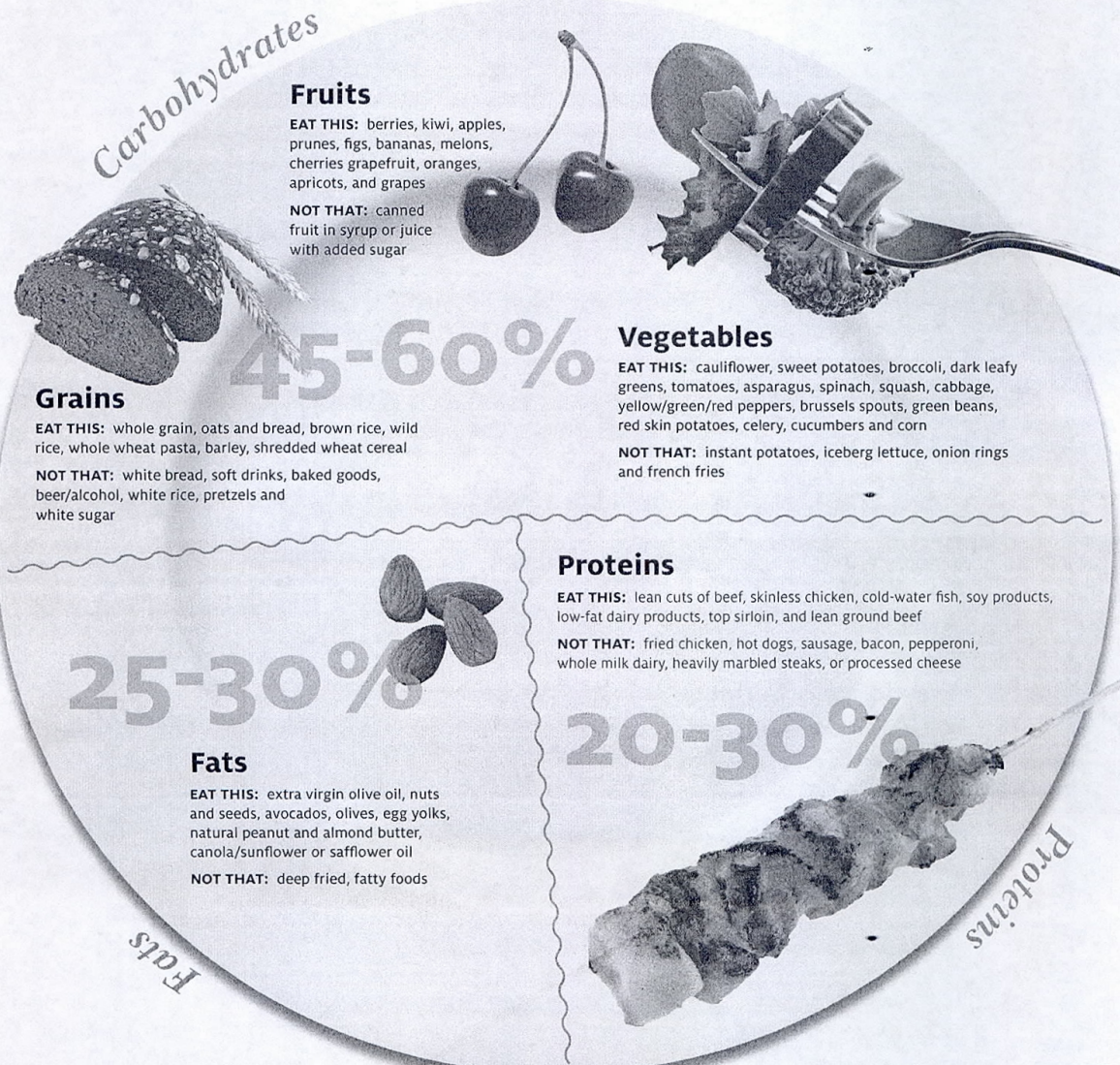
What a myHealthy Plate Looks Like

THE "myHEALTHY PLATE" CONCEPT IS DESIGNED TO BE A QUICK AND EASY WAY to help control portion size and to make sure you have the right mix of foods, simply by dividing the plate into three sections:

45-60% of your plate should contain carbohydrates, made up of non-starchy vegetables, whole grains, starchy vegetables and fruits.

20-30% should contain lean protein, such as skinless chicken, tofu, cold water fish, and lean beef.

The final 25-30% should be healthy fats, such as olive oil, beans, nuts, etc.



HOW TO AVOID *Portion Size Pitfalls to Help Manage Your Weight*

(Adapted from Center for Disease Control)

WHEN EATING AT MANY RESTAURANTS, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion control when eating out. Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend and ordering extra vegetables. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Portion control when eating in. To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. The excess food out of reach may discourage overeating.

Portion control in front of the TV. When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.



Go ahead, spoil your dinner. We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Out of sight, out of mind. People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- Replace the candy dish with a fruit bowl.
- Don't keep especially tempting foods, like cookies, chips, or ice cream in the house, or if you do, store out of sight. Move healthier food up front at eye level.
- When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry. ■



Portion Tips:

- **Read labels:** Often what you think of as a portion is larger than what it actually is.
 - For most types of cereal, pasta, and rice; serving size equals a ½ cup.
 - A serving size of meat is 4 ounces, which is about the size of the palm of a woman's hand.
 - A normal size drink is 8 ounces. Most small restaurant drinks are at least 16 ounces.
 - When you do want a snack or something sweet, get the most for your calories.
 - **Example:** Often a ½ cup of pudding or frozen yogurt is less calories and fat than a small candy bar.

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Fit Facts about calories and weight

If knowledge is power, you'll get a Charge out of these calorie-related Nuggets of information.

- To lose a pound of fat, you must burn or cut down 3,500 calories. That's equivalent of working out For one hour with moderate intensity Seven days a week, or trimming 500 Calories a day from your diet.

- Sedentary individuals (those who Do not exercise) can lose up to 30% of their muscle between ages 20 and 70. Less muscle means you burn fewer calories, which spells weight gain. After age 25, most people gain an average of one pound per year.

- Exercise can increase your lean muscle mass, which increases metabolism by burning more calories. Adding 3 pounds of muscle to your body will burn 630 to 1050 extra calories per day, while a pound of fat burns only 3 calories per day.

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