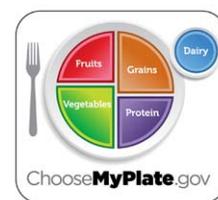


## 1 ESTABLISH YOUR WEIGHT GOAL

How much weight would you like to lose? Is this amount realistic? If you think your goal may be unrealistic, decide on a number that you feel confident that you can achieve. If you're overweight, a reasonable goal is to lose about 10 percent of your starting body weight. That amount is generally achievable and many experience noticeable improvements in their health when losing the ten percent. Some improvements may include, clothes fitting better, more energy, and possible improvement in blood pressure levels. To calculate what 10 percent is, take your current body weight and divide it by 10. How does that number you get compare with the number of pounds you'd like to lose? Weight control is an ongoing process. Once you reach your weight goal, you can set another goal until you achieve the weight you want to be at.

## 2 IDENTIFY YOUR DAILY CALORIE GOAL

To meet your energy needs and reach your weight-loss goal, how many calories should you eat each day? If you eat 500 calories less each day than the number of calories you burn, you should lose about 1 pound a week. Five hundred fewer calories a day for seven days is 3,500 fewer total calories, which equals 1 pound of body fat. But if you don't know how many calories you consume each day, this may be difficult to determine. The levels should be based on your individual health risks and on how quickly you want to lose weight. To choose your calorie level look at the charts below and find an individualized amount based on sex, age, and activity level. For additional information on specific calorie levels, you can access [www.choosemyplate.gov](http://www.choosemyplate.gov) online and receive worksheets laying out how much to eat of each food group.



MALES			
*ACTIVITY LEVEL	SEDENTARY	MOD. ACTIVITY	ACTIVE
Age			
18	1900	2300	2700
19-20	1900	2300	2500
21-25	1900	2300	2500
26-30	1900	2100	2500
31-35	1900	2100	2500
36-40	1900	2100	2300
41-45	1700	2100	2300
46-50	1700	1900	2300
51-55	1700	1900	2300
56-60	1700	1900	2100
61-65	1500	1900	2100
66-70	1500	1700	2100
71-75	1500	1700	2100
76 & up	1500	1700	1900

FEMALES			
*ACTIVITY LEVEL	SEDENTARY	MOD. ACTIVITY	ACTIVE
Age			
18	1400	1500	1900
19-20	1500	1700	1900
21-25	1500	1700	1900
26-30	1400	1500	1900
31-35	1400	1500	1700
36-40	1400	1500	1700
41-45	1400	1500	1700
46-50	1400	1500	1700
51-55	1400	1400	1700
56-60	1400	1400	1700
61-65	1400	1400	1500
66-70	1400	1400	1500
71-75	1400	1400	1500
76 & up	1400	1400	1500

*Sedentary: limited or less than 30 minutes per day; Moderate Activity: 30-60 minutes on most days; Active: 60 or more minutes on most days*

## 3 DETERMINE YOUR DAILY FOOD SERVINGS

Now that you know your daily calorie goal, the next step is to determine how much of each food group you should eat each day. To lose weight while still getting the nutrients your body needs you want to consume a specific number of servings from each of the food groups. This ensures that you're eating healthy. Look at the chart to the right for how many servings you should eat from each of the food groups. The charts below will allow you to recognize true serving sizes of each food group.

### DAILY SERVING RECOMMENDATIONS FOR CALORIE LEVELS

FOOD GROUP	DAILY CALORIE GOAL				
	1200	1500	1800	2000	2200
Starches	5	6	7	8	9
Fruits	3	4	4	5	5
Fats	3	4	5	6	7
Protein	5	6	7	7	8
Dairy	2	2	3	3	3
Vegetables	3	4	5	5	5

#### STARCHES

1 Slice	Bread
½	English muffin
½	Hamburger bun
¾ Cup	Cold cereal
⅓ Cup	Rice, brown or white-cooked
⅓ Cup	Legumes (dried peas, beans, lentils), cooked
½ Cup	Pasta, cooked

#### FATS

⅛	Avocado
1 Tsp.	Olive, Canola, Peanut Oils
1 Tsp.	Butter
1 Tsp.	Mayonnaise
1 Slice	Bacon
1 Tbsp.	Salad Dressing
1 Tbsp.	Sour Cream
1 Tbsp.	Cream Cheese

#### DAIRY

1 Cup	Milk, fat-free or 1% fat
1 Cup	Yogurt, artificially sweetened
1 oz.	Low fat cheese
¾ Cup	Cottage Cheese, non-fat or low fat
¼ Cup	Ricotta Cheese
1 Medium	Egg
2	Egg Whites
¼ Cup	Egg Substitute

#### FRUITS

1 Small	Apple, Banana, Orange, Nectarine
1 Medium	Peach
1	Kiwi
½	Grapefruit
½	Mango
¾ - to 1 Cup	Fresh Berries (strawberries, raspberries, blueberries); Melon Cubes

#### MEAT AND BEANS

3 oz.	Turkey breast or chicken breast
3 oz.	Fish fillet
3 oz.	Shellfish
½ Cup	Beans, (black beans, kidney beans, chick peas, lentils) cooked
4 oz.	Tofu

#### VEGETABLES

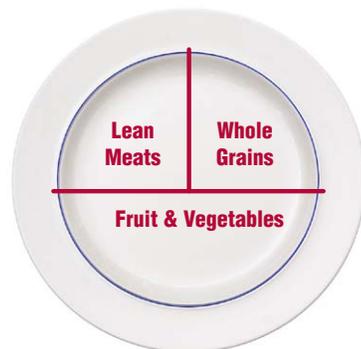
½ Cup	Cooked vegetables (carrots, broccoli, zucchini, cabbage)
1 Cup	Raw vegetables or salad
½ Cup	Vegetable juice

## Portion Control

Estimating your servings at meals is a great way to control the calories you consume. Unfortunately, the eye can be deceiving. Most people underestimate the number of servings they eat. This means they consume more calories than they think they're actually getting.

You may think one portion of food is the same as one serving, but that's rarely the case. A serving is a standardized amount of food with specific calorie and nutrient content. Servings usually are defined by common measurements such as cups, ounces or pieces. On the other hand, a portion is the amount of food you choose to eat and is often greater than one serving size.

It is important to understand serving sizes in order to control the portions you consume. Below are common foods along with pictures so you can visualize the serving size. For example, one serving of meat is 3 ounces or about the size of a deck of cards or the palm of your hand. One cup of raw spinach or fresh berries is about the size of your fist. These tips will help you portion your food correctly when eating out, and when eating at home!



## STRATEGIES TO CONTROL PORTION SIZES

- **Eat slowly**—this will allow for you to recognize when you are full to avoid overeating. It takes approximately 15-20 minutes for your brain and stomach to communicate with each other and provide a sensation of fullness. Putting the fork down between bites of food or taking sips of water or other low calorie beverage between bites can lengthen your meal time.
- **See what you eat**—don't eat out of the bag or box, instead pull out a portion onto a plate so you can see how much you are consuming. Studies show that you will consume more when eating directly out of the box or bag.
- **Don't skip meals** — skipping meals can cause extreme hunger, resulting in indiscriminate snacking or excessive portions at meals. Avoid going longer than 3-4 hours between meals and snacks to ensure you are nourishing yourself adequately and keeping your body from going into starvation mode.
- **Use smaller plates to serve smaller portions**— you can always have seconds, so place smaller portions on your plate initially.
- **Don't feel obligated to clean your plate**— stop eating when you feel full! Don't be shy to ask for carry-out bag.



3 oz Chicken=  
Deck of Cards



1 med Apple  
= Baseball



1 Bagel =  
Hockey Puck



1 cup raw  
Spinach = Fist



1 Baked Potato =  
Computer  
Mouse



1 oz Cheese  
= 2 Dominoes



Date		
Qty.	Breakfast	Amount
Lunch		
Dinner		
Snacks		

**Fruits**

**Veggies**

**Starches**

**Milk**

**Protein**

**Fat**

**Water**

**Exercise:** \_\_\_\_\_ **minutes**

Serving Sizes based on an 1800 Calorie Diet

**W**hat to include? The more detailed information that you can put into your log the better it is to analyze and compare daily intakes. Use the boxes to the left to check off how many servings you obtained from each of the food groups. Do not forget to write down portion sizes, method of preparation and time of day that you consumed each meal or snack. Include salad dressings and condiments. Writing down how you felt before eating can also be helpful. Did you eat because you were hungry, bored, happy, or sad?

This can help you identify your patterns of eating. Keeping a food journal can help you become more mindful of the foods you are eating, which often times leads to making healthier choices.