

Losing Weight: Back to Basics

You've worked hard to make lifestyle changes. You've learned new eating and activity behaviors. But sometimes people get stuck at a weight. Sometimes people even gain weight when they are trying to lose. Is this true for you? Are you stuck at a weight? Have you met your goals? Or have you gained back some of the weight you lost? Have you struggled to lose weight all along? If so, there are some things you can do about it.

I am not losing any weight and I want to get back on track. What can I do?

Don't panic. Gaining some weight or getting stuck at a weight can easily happen. It's not what you want. But it can happen. It's a clue that you are probably not doing something quite as well as you think you are or would like to be. It doesn't mean that you haven't learned a lot of skills. You have. But you may be not doing all the things that you've learned. Slip-ups happen.

Your healthy eating and activity behaviors have helped you lose weight. They've helped you get healthier. They've helped you manage your diabetes. That's

why you need to get back to them. They may seem hard. But they get easier the more you do them.

Start by figuring out what went wrong. Think about what you can do to get back on track. Then you can make a plan that will work.

Ask yourself:

- ▶ How am I doing managing portion sizes?
- ▶ Am I meeting my daily calorie and/or RED foods goals?
- ▶ Am I using my Lifestyle Log? What does it show?
- ▶ Have I been getting enough GREEN activity each day? If not, how can I get more?
- ▶ What about RED activity? Do I spend more time than I should in front of the computer or television being sedentary?

KEY GOALS

These 4 key goals will help you lose weight again:

- ⊗ Limit RED foods
- ⊗ Increase GREEN activity
- ⊗ Hold Family Meetings
- ⊗ Keep Track of Weight

Then ask yourself: Why is it important to me that I lose weight?

There are many reasons people want to lose weight. Some of the reasons include:

- ▶ Being able to do more things
- ▶ Being better at sports



Here's what you'll learn about in this module:

- ▶ Tips for getting back on track
- ▶ Why losing weight is so important
- ▶ Quick Cuts: RED foods to avoid
- ▶ Healthy Choices: foods with 100 or Less calories



- ▶ Being healthier
- ▶ Being stronger
- ▶ Feeling good about yourself
- ▶ Fitting into your clothes
- ▶ Having more energy
- ▶ Looking better
- ▶ Making your family proud
- ▶ Taking care of diabetes

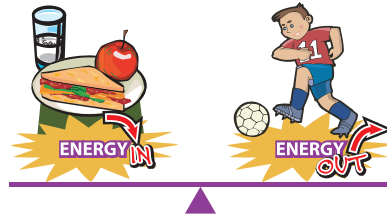
Think about the reasons that are important to you. Talk about your reasons at a family meeting. Being clear about this will help you stay motivated to lose weight.

Once you know what went wrong and why you want to lose the weight you can make a plan. You can get back on track step by step:

Step 1: Keep Track of Your Eating

Keep track of your RED foods and calories for at least 2 weeks. That's the only way to really know how many calories you are eating. It's the only way to know if you are meeting your eating goals. You could keep track of all you eat for one day a week. Or you could do it every day of the week. This would be even better. It would give you the most information. It would help you to really know what you are eating. You could keep track of your RED foods at the same time. That will help you connect calories with the amount of RED foods you eat. That will help you adjust your calorie goal.

You can switch back to recording only RED foods once you are comfortable with your new eating plan. Make sure you're losing weight again. Only then should you go back to recording only RED foods.



2: Cut RED foods and/or calories

If you keep track of your RED foods and calories for a few weeks you will be clear about what you are eating each day. Then you can make a realistic plan to decrease your RED foods and/or calories.

Remember Energy Balance? You lose weight when you burn up more energy than you take in by eating.

Here are two ways you could do this:

- ▶ Cut down on RED foods. Say you are eating 8 RED foods a day. You could set a goal to decrease that to 6 for the first week. Remember to go step by step until you can reach a goal of 3 RED foods a day. This is the simplest way.
- ▶ Cut 500 calories per day. Remember you can lose

Cutting 500 calories a day will help you lose 1 pound a week.

1 pound a week by cutting out 500 calories a day. Add up your calories. Is it 2,000? Is it 2,400? Whatever it is, that's your starting point. Then cut 500 calories from your starting point. This is your new calorie goal. Maybe it's 1,500. Maybe it's 1,900. Whatever it is, use it to plan your meals and snacks. Use the Food Reference Guide and the Help Sheet. Keep the rest of your eating habits just the same.

3: Meet Your GREEN activity goal

GREEN activity is very important. It helps you burn



Physical Activity Goals

Silver Medal = 200 minutes a week

Gold Medal = 300 minutes a week

Platinum Medal = 400 minutes a week

more calories. If you are meeting your GREEN activity goal, great! You can try to set a new higher goal. You can do this by adding minutes to your GREEN activity goal. If you are at the silver medal level of 200 minutes of GREEN activity a week, work toward the gold. If you are at the gold medal level of 300 minutes a week, work toward the platinum of 400 minutes a week. Do it step by step. Add 5 minutes a day every week until you meet your new

goal. Being physically active is one of the best ways to lose weight. It helps with Energy Balance.

SPECIAL FOCUS

How can I know if my plan is working? What should I do if it isn't?

- ▶ Ask for support from family and friends.
- ▶ Believe in yourself, and stick to the plan.

Use the RED Food Help Sheet to find RED foods you can cut. Use the 100 or Less Help Sheet to find lower-calorie foods to substitute.

Tyrone was discouraged. He had gained 2 pounds in a month. He had wanted to lose 4 pounds. His goal was to lose 1 pound a week, not gain weight. He was beginning to think that nothing would work. He told his parents how discouraged he was. He felt like quitting. "Why keep trying if nothing works, anyway?" he asked. "I know you're discouraged," his father said. "But that's not the way to think about it. That's Why-me thinking. It isn't fair to yourself."

"Maybe," said Tyrone, "but nothing works."

"We don't know that," his father said. "The only way to know what's going wrong is to keep track of all you eat and all your calories. That's what you did when you started the TLP. It let you see what you needed to change. And that's what you need to do now."

"That sounds like a lot of work for nothing. I just don't think it's worth the effort," Tyrone said.

"Maybe it will take work," his father said. "But I'm sure it'll be worth the effort."

Although Tyrone wasn't very enthused, he kept a complete log for a week. When they looked it over at a family meeting, they saw some problem areas. Tyrone had at least one soda every day. Twice he went to a fast food restaurant and had cheeseburgers, soda, and fries. "What do you think? Are these things you can change?" his father asked.

"Yes. I can do something about those sodas. I thought I might have been having one or two, but not that many. I guess I just didn't realize how much I was slipping."

"It's easy to lose track of what you're really doing unless you write it down. That's why I keep a log myself. What about the fast food restaurants?" his father asked. "What can you do about them?"

"I know what you'd say. You'd say the best thing for me would be not to go at all. That an order of fries alone is 500 calories, and a regular cheeseburger and a large soda is another 480," Tyrone answered. "So I'll talk to Sam about doing something more active after school. If we need a snack, we could have fruit at my house. Or maybe at his. There are ways I could eat healthier at a fast food restaurant, but it would be hard. It would be better not to go at all."

"Sounds like a good plan," his father said. "How about keeping track of what you eat and your calories again this week? That way we'll know what to do if we need to find a way to cut even more RED foods."

"OK. Now I can see how it will help me. I'd forgotten just how helpful keeping track could be. I thought I knew pretty well how I was eating. I guess it's easy to slip up and fool yourself," Tyrone said.

What not to do

- ▶ Don't skip meals or snacks. That will just make you hungrier. Then you will eat more.
- ▶ Don't eat less than 1,200 calories a day. It's not healthy.
- ▶ Don't eat to deal with emotions. Stress eating doesn't work and leads to weight gain.
- ▶ Don't change your eating habits on weekends or holidays.

- ▶ Weigh yourself each week. You have to learn to keep your own energy in balance. It may take you a few weeks to get it right. That's OK.
 - ▶ If you meet your calorie goal and lose weight, stay at your calorie goal.
 - ▶ If you meet your calorie goal and stay at the same weight, lower your calorie goal.
 - ▶ If you meet your calorie goal and gain weight, lower your calorie goal even more.



- ▶ If you don't meet your calorie goal, use your problem-solving skills.
- ▶ Whatever your goal, keep doing physical activity.

Skills and Goals for continuing weight loss

- ▶ Keep track of my eating and activity behaviors.
- ▶ Avoid fad diets.
- ▶ Follow the TLP Eating Plan.
- ▶ Cut down on RED foods.
- ▶ Use the FRG and the Help Sheets.
- ▶ Keep track of my weight.
- ▶ Talk about any weight loss questions I have with my parents and my PAL.

Notes to myself—some things I want to keep in mind this week:

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STEP 1: Keep Track

Use your Lifestyle Log to fill in the blanks about your weight, RED food, calories, and GREEN activity. You can use information for a typical day or average the totals for one week.

- Weight when you started the TLP
- Current weight
- Current RED foods per day
- Current calories per day
- Current minutes of GREEN activity a week

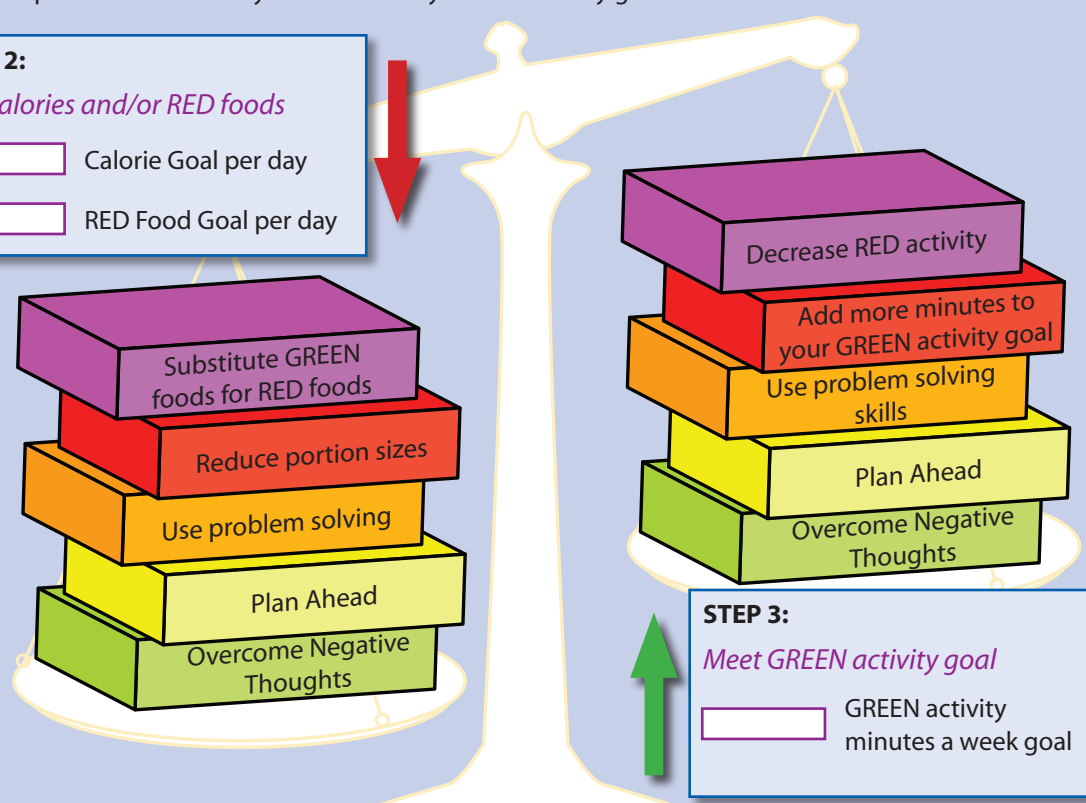
In the Step 2 box below write down your new calorie goal per day. Remember that you can lose one pound a week by eating 500 less calories a day. Then set a new RED food goal per day.

In the Step 3 box write down your new weekly GREEN activity goal.

STEP 2:

Cut calories and/or RED foods

- Calorie Goal per day
- RED Food Goal per day



Family Meetings

List all of the reasons you want to lose weight:

Tools to Help Cut Calories/RED Foods:

In the chart below, pick one tool that you want to use to help you cut calories and/or RED foods for the next two weeks. Put a check mark next to it. Then write down your plan for how you will use the tool in the column on the right.

Cut Calories/RED foods	✓	My Plan
▲ GREEN foods		
▼ Portion sizes		
▲ Problem solving		
▲ Planning ahead		
▼ Negative thoughts		

Tools to Help Meet GREEN Activity Goal:

In the chart below, pick one tool that you want to use to help you meet your GREEN activity goal for the next two weeks. Put a check mark next to it. Then write down your plan for how you will use the tool in the column on the right.

Meet GREEN Activity Goal	✓	My Plan
▼ RED activity		
▲ Minutes of GREEN activity		
▲ Problem solving		
▲ Planning ahead		
▼ Negative thoughts		

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RED Food List

Quick Cuts

This is a short list of RED foods people often eat. Cutting out a few of these each day is a quick way to cut 500 or more calories/day. Do that for a week and lose a pound!

	Serving	Calories
Cheeseburger	1	330
Chicken wings (fried in oil)	6 wings	485
Chocolate (any type)	1 oz	150
Corn chips, regular	1 oz	155
Doughnuts, cake or raised	1 medium	250
French fries, any type	5 oz	500
Hotdog (foot-long)	1	265
Ice cream, regular	1 cup	340
Macaroni and cheese	1/3 box	410
Muffin (regular) any flavor 4" diam	1 whole	450
Nachos, supreme	1 order	470
Peanut butter	2 Tbsp	200
Pizza slice (regular crust, cheese)	1 slice	200
Salad dressing, regular	2 Tbsp	130
Shakes, chocolate/vanilla	1 shake	610
Soda	16 oz	150

RED foods from your Lifestyle Log	Amount	Calories

What's your plan for cutting calories?

List some foods you could avoid.

Meal	Food(s)
Lunch at school Monday	Cheeseburger

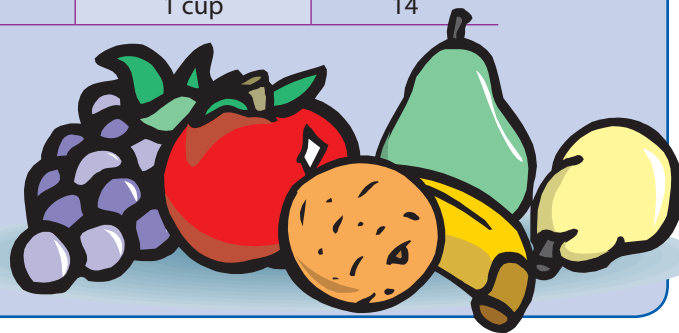
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Calories: 100 or Less

Healthy Choices

Here is a list of foods that have 100 calories or less. You can use these foods for your meals or snacks instead of RED foods. Using foods from this list will make it easier for you to meet your calorie and RED food goals. It will help you cut 500 calories a day. It will help you lose weight.

	Serving Size	Calories
Milk & Milk Products		
Cottage cheese, non-fat	½ cup	80
Skim milk	1 cup	90
Yogurt, fruited, non-fat, sugar-free	½ cup	65
Fruit: Almost any fruit, including:		
Apple (medium, 2" diameter)	1	60
Banana (small)	1	65
Orange (small)	1	60
Peach (medium)	1	60
Pear (large)	½	60
Watermelon, cubed	1¼ cups	60
Frozen Popsicles		
Popsicle, sugar-free	1	15
Popcorn		
Air-popped	3 cups	90
Vegetables: Almost any vegetable, including:		
Broccoli (raw)	1 cup	25
Carrots (baby, raw)	10 pieces	40
Mixed Vegetables (frozen)	1/2 cup	25
Celery, chopped, raw	1 cup	19
Cucumber, raw, sliced	1 cup	14



What's Your Plan For Cutting Calories?

List some RED foods you could avoid. Then list a low-calorie food you could eat instead.

Meal	Foods to avoid	Better choices
Lunch at school Monday	French fries	1 apple

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Have you gained back some of the weight you've lost? Or, are you stuck at a weight? If so, there are things you can do about it. Start by figuring out what went wrong

Ask yourself:

- ▶ How am I doing managing portion sizes?
- ▶ Am I meeting my daily calorie and/or RED food goals?
- ▶ Am I using my Lifestyle Log? What does it show?
- ▶ Have I been getting enough GREEN activity each day? If not, how can I get more?
- ▶ What about RED activity? Do I spend more time than I should in front of the computer or television being sedentary?

Then ask yourself why is it important to me that I lose weight? There are many reasons people want to lose weight. Some of the reasons include:

- | | |
|--------------------------------|-----------------------------|
| ▶ Being able to do more things | ▶ Fitting into your clothes |
| ▶ Being better at sports | ▶ Having more energy |
| ▶ Being healthier | ▶ Looking better |
| ▶ Being stronger | ▶ Making your family proud |
| ▶ Feeling good about yourself | ▶ Taking care of diabetes |

Think about the reasons that are important to you. Talk about your reasons at a family meeting. Being clear about this will help you stay motivated to lose weight.

Once you know what went wrong and why you want to lose the weight you can make a plan. You can get back on track step by step.

Step 1: Keeping track of all your calories and RED foods

- ▶ You can keep track for one typical day.
- ▶ You can keep track for one week.
- ▶ You can keep track for two weeks. That would be the best option.

Step 2: Cut RED foods and/or calories

- ▶ Set a goal of no more than 3 RED foods a day.
- ▶ Or cut 500 calories a day.

Step 3: Meet your GREEN activity goal

- ▶ If you are meeting your GREEN activity goal, great!
- ▶ Now set a new higher goal by adding a few minutes a day.

Skills and Goals for continuing weight loss

- ▶ Keep track of my eating and activity behaviors.
- ▶ Avoid fad diets.
- ▶ Follow the TLP Eating Plan.
- ▶ Cut down on RED foods/calories.
- ▶ Use the FRG and the Help Sheets.
- ▶ Keep track of my weight.
- ▶ Talk about any weight loss questions I have with my parents and my PAL.