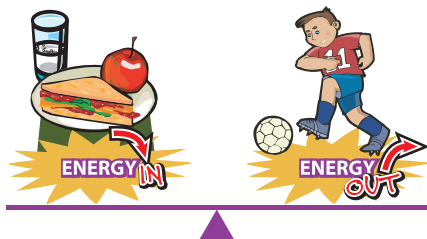


Maintaining Your Same Weight

PARENTS ASK

My daughter wants to stay at the same weight. How should she do it?

Tell her to add a few calories. She's lost weight by limiting the calories she eats. She can stay at the same weight by controlling the calories she eats. The behaviors that helped her lose weight will help her maintain the same weight. Remember Energy Balance? Your weight stays the same when the energy you burn up equals the energy you take in. Remind her of this.



She will make one small change. She will eat a few more calories each day. About 100 more calories than she is eating to lose weight. She may have to experiment a little. There are three ways she could do this:

- ▶ **Adding a food.** Tell her to find some YELLOW and GREEN foods that are about 100 calories. She can use the Food Reference Guide and the Help Sheet. She

could add one of these foods to a meal each day. She could eat less than a full portion if a portion is more than 100 calories.

Warn her to be careful if she does it this way. She should try to keep the rest of her eating habits just the same. The last thing she wants to do is to gain weight. This means she's got to go slowly.

- ▶ Or, **keeping track of her calories for a day.** This is a better way to get started. She'll record everything she eats for a day. Keeping a complete record of all food and calories for a day will help her find her starting point. Right now she may be recording only her RED foods. If so, she needs to record calories too.

Help her pick a day that's pretty average. A day like most others in terms of what she eats. Then she keeps track of all she eats

KEY GOALS

These 4 key goals help you and your child maintain your weight:

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

that day. She adds up her calories. Is it 1,200? Is it 1,400? Whatever it is, that's her starting point.

Then she adds 100 calories to her starting point. This is her new calorie goal. Maybe it's 1,300. Maybe it's 1,500.

Why it's hard to stay at the same weight

- ▶ It takes lots of effort.
- ▶ It's not as exciting as losing weight.
- ▶ Making healthy choices can get boring.
- ▶ Old habits can come back.

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

- ▶ Reasons to keep weight off
- ▶ How to help your child maintain her present weight
- ▶ How to add calories in a healthy way
- ▶ Foods with 100 calories or less



You can stay at the same weight by controlling the calories you eat.

You and your child have learned how to:

- ▶ Eat fewer calories.
- ▶ Eat fewer RED foods.
- ▶ Eat more GREEN and YELLOW foods.

and

- ▶ Cut back on RED activity.
- ▶ Get more GREEN activity.
- ▶ Use lifestyle activity.

and

- ▶ Be careful about portion sizes.
- ▶ Keep track of what you eat.
- ▶ Use Nutrition Facts labels.
- ▶ Use the Food Reference Guide.
- ▶ Use the Activity Reference Guide.

Whatever it is, use it to plan her meals and snacks.

- ▶ Or, **keeping track of her calories for a week.** This is the best way to find her starting point. She'll record everything she eats for a week. She'll use a Lifestyle Log. She'll add up her calories every day. Then she'll find the average calories a day for the week. This is her starting point. She then adds 100 calories. This is her new calorie goal.

See how it works. She should continue keeping track of

calories for a week or two more. That's the only way to know how many calories she is eating. She could keep track of all she eats for one day a week. Or she could do it every day of the week. This would be even better. It would give you both more information.

She should keep track of RED foods, too. That will help you and your daughter connect calories with the RED foods she eats.

What should we watch out for? My daughter and I want to stay at the same weight.



You can't go back to your old habits. You have worked hard to make lifestyle changes. So you don't change your healthy activity patterns. You don't change your healthy eating habits.

These behaviors have helped you and your daughter lose weight. They have helped you get healthier. They have helped her manage diabetes. That's why they are so important. That's why you continue doing them. These lifestyle changes should last a lifetime.

Suppose you slipped back into your old habits. What would happen? You would gain weight. You would not be as healthy. Your daughter would have more trouble with her diabetes.



Take it step by step. You and your daughter have to be careful about the number of calories you add. You also have to be careful about how you add the calories. You have to be careful about RED foods. You don't want to fall into unhealthy habits again. You've worked hard to get where you're at. Here are some healthy ways to add more calories:

What's OK to do?

- ▶ Add calories to meals, not to snacks.
- ▶ Add calories by adding a new food to a meal.
- ▶ Add GREEN or YELLOW foods to your meals, especially fruits and vegetables. For example, you could have an extra piece of fruit at breakfast. Or an extra vegetable at dinner.
- ▶ Keep your meal and snack patterns the same.

What's not OK to do?

- ▶ Don't add a snack. Adding a snack creates a new eating time. That's not good. And

Tyrone's father reached his weight goal. He was 5'11" and weighed 180 pounds. He was very happy to reach his goal. "To tell you the truth," he said to his family, "I am proud of myself. It took some hard work. But I reached my goal."

"I'm really proud of you too, Dad," Tyrone said.

"Thanks, Tyrone," his father said. "I do feel good about myself. I also feel hopeful about you. I know you're trying hard. And I know you are doing the same things that I did. You may have a little further to go, but I believe you will also reach your goal soon."

"Thanks, Dad," Tyrone said. "How are you going to stay at the same weight? Does this mean you will eat more RED foods now? Will you eat more snacks? Maybe you won't do as much physical activity."

"No," his dad said. "I have a different idea. I don't want to fall back into bad habits. I've worked really hard to change my habits. I've learned how to eat healthy. I do physical activity now. These lifestyle changes are important to me. I don't want to undo what I've worked so hard to do. Instead, I'm going to eat a little more."

"What do you mean?" Tyrone asked. "Will you eat bigger portions?"

"No. That's not what I mean. I don't want to eat bigger portions. I've just learned how important it is to eat the right portion size. Instead, I'm going to eat more fruits and vegetables. That will be healthy. And it will also give me a few more calories. I'll talk to the PAL about it. But I think this is what I'll try."

"It makes sense to me," said Tyrone. "But how will you know how many more calories to eat?"

"I think I may have to start keeping track of all the food I eat. I may have to keep track of calories again. But that's OK. It won't last forever. Of course, I'll need to keep track of my weight every week. I sure don't want to slip up and start gaining weight again."

It took Tyrone's father about 4 weeks to get comfortable. At first he didn't keep track as well as he wanted to. He was just very careful about not eating too much. He kept losing weight. But by the end of the 3rd week he was on track. His weight leveled off at 178. That was fine with him. By the 4th week he knew he could go back to just keeping track of RED foods and GREEN activity.

Do the same healthy behaviors to maintain your weight as you did to lose weight.

the size of the snack could grow.

- ▶ Don't add RED foods. Sure, RED foods add calories. But they aren't healthy calories.
- ▶ Don't eat bigger portions. That's a habit you've worked hard to change.

How soon can we stop recording all our foods? My son doesn't complain. But I'm sure he'd like to stop.

PARENTS ASK:

Keep recording for a few weeks. Switch back to recording only

RED foods slowly. First be sure you and your child are comfortable with the new eating plan. Make sure you're both staying at the same weight for a while. Only then should you go back to recording only RED foods.

How important is GREEN activity for keeping weight off?

PARENTS ASK:

Very important. It helps your child stay at the same weight. Your child's goals for GREEN activity stay the same. They

don't go down. In fact, she can keep adding minutes to her GREEN activity goals. If she is at the silver medal level of 200 minutes per week, encourage her to keep working toward the gold. If she is at the gold medal level of 300 minutes per week, she could work toward the platinum level of 400 minutes per week. She could add 5 minutes a day every week. Being physically active is one of the best ways to make sure you don't gain weight.

How can we know if it's working? What should my daughter do if it isn't?

Weigh herself each week. That's the only way to know how it's working. Adding 100 calories a day is just a good guess. It works for a lot of people. But everybody's different. Your daughter has to learn to keep her own energy in balance. It may take her a few weeks to get it right. That's OK.

- ▶ If she gains weight the first week, she should lower her calorie goal. She'll eat fewer calories.
- ▶ If she loses a little weight, she should raise her calorie goal a little. She'll eat a few more calories.

Tips for staying at the same weight

Research shows that people who have lost weight and kept the weight off did a good job with some key behaviors:

- ▶ Being physically active for at least 60 minutes each day
- ▶ Eating breakfast daily
- ▶ Keeping their eating habits consistent over weekends and holidays
- ▶ Keeping track of the food they ate on a daily basis
- ▶ Keeping track of their body weight on a weekly basis
- ▶ Limiting their calories to 1,300-1,400 a day
- ▶ Limiting their RED foods

- ▶ If she stays at the same weight, celebrate. She's got it right. She can keep her calorie goal the same. Remember Energy Balance? Your weight stays the same when the energy you burn up equals the energy you take in.

Be sure to encourage her. Learning how to eat just enough to maintain her weight can be a real challenge. Praise and encouragement are important.

How to help your child stay at the same weight

Encourage him to:

- ▶ Identify his starting point.
- ▶ Add calories in a healthy way.
- ▶ Keep track of his weight.
- ▶ Cut calories if he gains weight.

How to help yourself stay at the same weight

- ▶ Identify your starting point.
- ▶ Add calories in a healthy way.
- ▶ Keep track of your weight.
- ▶ Use the FRG and the Help Sheet.
- ▶ Cut calories if you gain weight.

Add GREEN or YELLOW food to your meals, not to your snacks.

Maintaining Your Same Weight

How To Help Your Child

Go over your child's Help Sheet. Don't just read it. Talk about it. Give praise for the progress he has made. Ask questions about his motives.

Your Weight Goal

Use this chart to help you plan your new weight goal. First, figure out your weight progress. Think about how you feel about your progress. Then set a new weight goal for yourself.

- Your weight when you started the TODAY Program
- Your weight goal when you started the TODAY Program
- Your weight when you started the Maintenance Phase
- Your weight now
- Your weight loss
- How do you feel about your progress?
- Your weight goal now

Your Calorie and RED Food Goals

Use these charts to help you plan your new calorie and RED food goals.

Calorie Goal

- Your average calories a day when you started the TODAY Program
- Your average calories a day now
- Your calorie goal
- Average number of calories a day you have cut

RED Food Goal

- Your average RED foods a day when you started the TODAY Program
- Your average RED foods a day now
- Average number of RED foods a day you have cut
- Your goal now for RED foods a day

Monitor Your Calorie Goal

Use these charts to monitor your calorie goal for the next few weeks. If you gained weight, you will want to lower your calorie goal. If you stayed at the same weight, keep your goal the same. If you lost a little weight, you may want to raise your calorie goal a little. It may take a few weeks to get it right.

In the "Weight change last week" boxes below, make sure to mark a "+" when you have gained weight (example: +2), and a "-" when you have lost weight (example: -2). Mark a "0" if there has been no change in your weight.

1st week

- Your average calories a day last week
- Weight change last week (+/-)
- Calorie goal for next week
- Weight goal

2nd week

- Your average calories a day last week
- Weight change last week (+/-)
- Calorie goal for next week
- Weight goal

3rd week

- Your average calories a day last week
- Weight change last week (+/-)
- Calorie goal for next week
- Weight goal

4th week

- Your average calories a day last week
- Weight change last week (+/-)
- Calorie goal for next week
- Weight goal

Staying at the Same Weight

Mark whether each statement is true or false.

To stay at the same weight, I should...

1. ___ Add about 100 calories.
2. ___ Go back to my old eating and behavior habits.
3. ___ Eat more RED foods.
4. ___ Eat larger portions.
5. ___ Add another GREEN or YELLOW food at meals.
6. ___ Add calories at meals.
7. ___ Add another snack.
8. ___ Get less GREEN activity.
9. ___ Eat more fast food.
10. ___ Keep track of my weight.

Answers: 1.T 2.F 3.F 4.F 5.T 6.T 7.F 8.F 9.F 10.T

Reasons to Maintain My Weight

There are many reasons people want to maintain their weight. Think about the reasons that are important to you. Write them down. Talk about them with your child.

1. _____
2. _____
3. _____
4. _____

Your Plan for Maintaining Your Weight

Write down your plan for adding 100 calories a day to meals. Be specific. Keep in mind the tips for doing this in a healthy way.

Maintaining Your Same Weight



Additional Calories: 100 or Less

	Serving Size	Calories
Milk & Milk Products		
1% milk	½ cup	50
Cottage cheese, non-fat	½ cup	80
Milk, fat-free, skim	1 cup	90
Yogurt, non-fat, sugar-free, fruit-flavored	½ cup	65
Fruit		
Apple (medium, 2" diameter)	1	60
Applesauce (unsweetened)	1 cup	100
Banana (small)	1	65
Blueberries	1 cup	80
Cherries, sweet, fresh	12 pieces	60
Fruit Cocktail (light syrup)	½ cup	60
Grapefruit (large)	1	100
Kiwi	1	60
Melon	1 cup	60
Nectarine (small)	1	70
Orange (small)	1	60
Peach (medium)	1	60
Pear (large)	½	60
Pineapple	1 cup	80
Plum (small)	2	75
Raspberries	1 cup	60
Strawberries	1¼ cups	60
Tangerine (small)	2	75
Watermelon	1¼ cups	60

	Serving Size	Calories
Fruit Juice		
Apple juice (100% juice, unsweetened)	½ cup	60
Cranberry juice, reduced-calorie	½ cup	50
Grapefruit juice (unsweetened)	½ cup	60
Orange juice, 100% juice (unsweetened)	½ cup	60
Frozen Popsicles		
Popsicle, sugar-free	1	15
Popcorn		
Air-popped	3 cups	90
Vegetables: Almost any vegetable, including:		
Beans, cooked (green/Italian/wax)	1/2 cup	20
Broccoli (raw)	1 cup	25
Carrots (baby, raw)	10 pieces	40
Mixed Vegetables (frozen)	1/2 cup	25
Squash, summer, raw (yellow and zucchini)	1 cup	16
Tomato or V-8 Juice	1/2 cup	25
Vegetables: Free Foods		
Celery, chopped, raw	1 cup	19
Cucumber, raw, sliced	1 cup	14
Vegetables: Starchy		
Corn	½ cup	65

Adding Calories in a Healthy Way

Mark whether each statement is true or false.

To add about 100 calories or less in a healthy way, I could add to my meal...

1. ___ 1 apple or 1 cup of applesauce.
2. ___ 1 can of soda.
3. ___ 1 banana.
4. ___ 1 candy bar of any sort.
5. ___ 1 cup of melon.
6. ___ 1 cup of skim milk.
7. ___ 1/2 cup of non-fat, sugar-free, fruit-flavored yogurt.
8. ___ 1 hot dog.
9. ___ 1 kiwi.
10. ___ 1 ¼ cups of watermelon.

Answers
1. T
2. F
3. T
4. F
5. T
6. T
7. T
8. F
9. T
10. T

What's Your Plan for Adding Calories?

List some foods you could eat at different meals during the week. Each food would add 100 or fewer calories.

Meal	Food(s)
Lunch at work Monday	1 apple

Maintaining Your Same Weight

Have you reached your weight goal? Here's how to stay at the same weight:

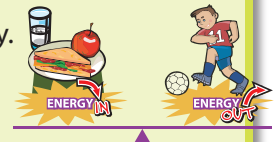
What doesn't change?

- ▶ Your healthy activity patterns.
- ▶ Your healthy eating habits.

These behaviors have helped you and your child lose weight. They have helped you get healthier. They have helped your child manage diabetes. That's why they are so important. That's why you will continue doing them.

What changes? You eat a few more calories.

- ▶ Find your starting point by recording all the calories you eat.
- ▶ Add about 100 more calories a day.
- ▶ Keep track of all you eat for a few weeks.
- ▶ Cut calories if you gain weight.



Tips for staying at the same weight:

- ▶ Be physically active for at least 60 minutes each day.
- ▶ Eat breakfast daily.
- ▶ Keep eating habits consistent over weekends and holidays.
- ▶ Keep track of the food you eat on a daily basis.
- ▶ Keep track of body weight on a weekly basis.
- ▶ Limit daily intake of calories.
- ▶ Limit RED foods.

You've learned how to:

- ▶ Eat fewer calories.
- ▶ Eat fewer RED foods.
- ▶ Eat more GREEN and YELLOW foods.

and

- ▶ Cut back on RED activity.
- ▶ Get more GREEN activity.
- ▶ Use lifestyle activity.

and

- ▶ Be careful about portion sizes.
- ▶ Keep track of what you eat.
- ▶ Use Nutrition Facts labels.
- ▶ Use the Food Reference Guide.
- ▶ Use the Activity Reference Guide.

What's OK to do?

- ▶ Add calories to your meals, not to your snacks.
- ▶ Add GREEN or YELLOW foods to your meals.
- ▶ Keep your meal and snack patterns the same.

What's not OK?

- ▶ Don't add a snack.
- ▶ Don't add RED foods.
- ▶ Don't eat bigger portions.