

# How To Eat For Weight Management



To maintain your weight, you need to burn up almost as many calories as you eat each day. It may take some time to find the balance that works for you. But you can do it!

## How to know how much to eat

- ▶ **Stick to your eating plan.** By planning in advance, you know what and how much to eat to meet your calorie goal and maintain your weight.
- ▶ **Listen to your body. It tells you when you have eaten enough to satisfy your hunger.**
- ▶ **Keep track of what you eat.** This tells you what you may need to change. It also helps you be more aware when you make a decision.
- ▶ **Keep track of your weight each week.** Weighing yourself regularly is the best way to know if you are eating too much, too little, or just the right amount.

## Identify the causes of slip-ups. Are you:

- ▶ Eating too quickly?
- ▶ Eating when you get upset? Or when you are bored?
- ▶ Feeling discouraged about your diabetes?
- ▶ Just being careless? Or having trouble following your plan?
- ▶ Snacking while you watch TV or play video games? Or letting what friends do influence you?

## Review key lifestyle behaviors. Stick to the basics. Are you:

- ▶ Eating breakfast? Eating 3 healthy meals and 2 healthy snacks a day—but no more?
- ▶ Limiting RED food? Second helpings? Watching portion sizes?
- ▶ Being physically active everyday?
- ▶ Finding something to do to prevent snacking out of boredom or habit?
- ▶ Keeping the same healthy eating habits on the weekends?
- ▶ Getting the support you need from friends and family?

### Additional resources

- ▶ Learning to Eat When You Are Hungry—and Not When You're Not: LC 20
- ▶ Maintaining Your Same Weight: LM 18

### Suggested activity

Use the problem-solving worksheet to see what keeps you from maintaining your weight. Make a plan. Go over it with your parents and your PAL.

### My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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*Especially for the Family Support Person*

## What should I do when he wants extra portions?

- ▶ **Don't refuse.** Getting into a fight about food will not help.
- ▶ **Talk to him.** Suggest that he:
  - ▶ Wait a few minutes before taking seconds. Then he may not need them.
  - ▶ Take a ½ size of a portion if he is still hungry.
- ▶ **Avoid the situation.** Cook only the right amount of food with no leftovers. Or freeze the extra portions right away. That way there won't be tempting leftovers in the refrigerator.

## How can I help him avoid regaining the weight he has lost?

Make your home a place where he can be successful by:

- ▶ Keeping RED food and drinks out of the house.
- ▶ Planning healthy meals and snacks ahead of time.
- ▶ Making grocery lists and shopping for the healthy foods you need.
- ▶ Serving correct portion sizes.

Be a positive role model and problem solve together

- ▶ Model the eating and physical activity habits you want your child to do.
- ▶ Limit your own portions, eat slowly, and encourage conversation at family meals.
- ▶ Help him plan for healthy lunches at school.
- ▶ Encourage him to keep track of his weight and of what he eats each day.
- ▶ Give lots of praise and encouragement.
- ▶ Ask about the barriers to controlling his weight. Problem solve together at family meetings.
- ▶ Help him practice ways he can turn down RED food.
- ▶ Remind him he controls his health by the choices he makes.

### Additional resources

- ▶ Learning to Eat When You Are Hungry-and Not When You're Not: LC 20
- ▶ Maintaining Your Same Weight: LM 18

### Suggested activity

Help your child problem-solve. Go over your child's plan for managing his weight. Ask how you can help. Be sure to follow through.

### My notes

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