

Weight Reduction Tips

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What is Body Mass Index (BMI)?

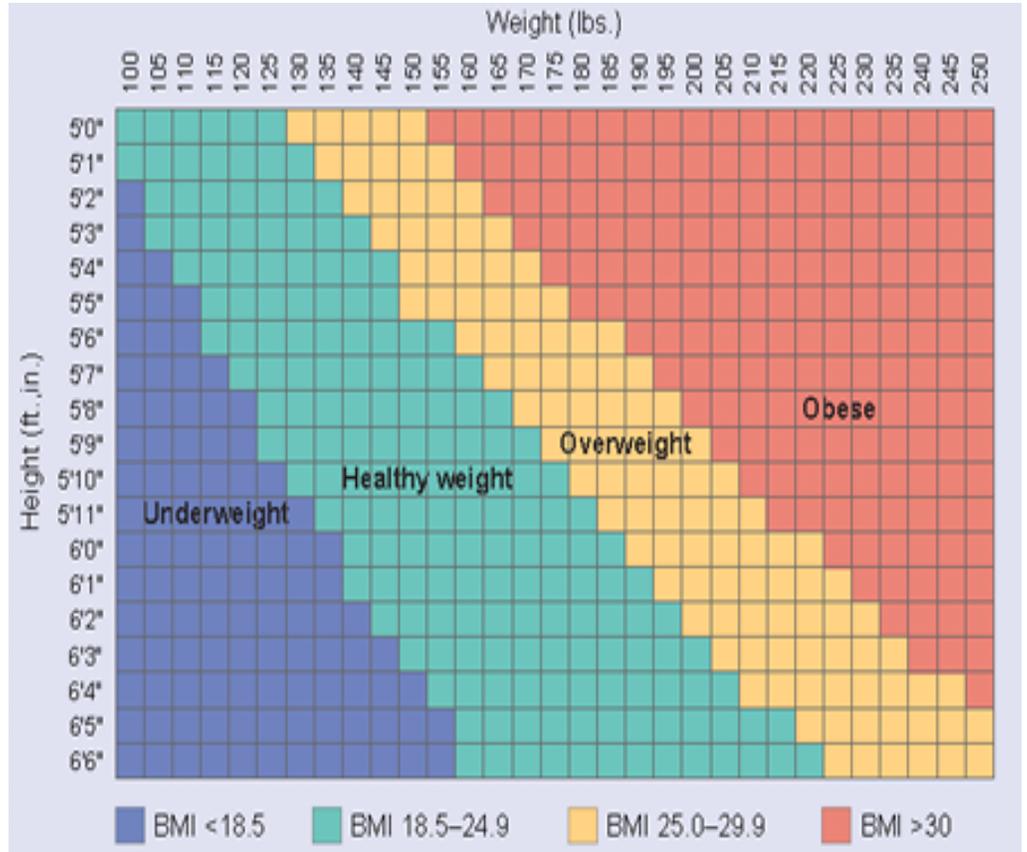
Body mass index is a quick and easy screening tool used to classify adults as either underweight, healthy weight, overweight, or obese. The BMI measurement only utilizes one's height and weight. Body Mass Index is one of the best ways to determine overweight and obesity in large populations, thus one's own individual BMI can be compared to that of the general population.

BMI Formula

Weight (kg)/[height (m)]²

Or

Weight (lb)/[height (in)]²x703



BMI Cut-Offs

BMI	Weight Classification
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and above	Obese

Health Consequences for Overweight and Obese Adults

- Stroke
- Type 2 Diabetes
- Heart Disease
- High blood pressure
- High cholesterol
- Some types of cancer

Food Preparation Weight Loss Tips

- Dry Sauté- coat fry pan with calorie-free and fat-free cooking spray. Then sauté your food. Use this cooking spray instead of butter and oil.
- Grilling
- Boiling
- Broiling/Roasting
- Baking
- Cook when you are not hungry
- If you make extra portions, store them right away and save.
- Try to cook only what you need for one meal.
- When preparing your plate, divide it into 4 sections: meat, starch, and 2 for non-starchy vegetables.
- Limit alcohol and sugar.

Healthy Snacking

- Low-calorie snacks:
 - Reduced-fat string cheese, low-calorie yogurt, and fat-free milk
 - Small pieces of raw vegetables, such as celery, carrots, cucumbers, broccoli, etc. and low-calorie dips
 - Fresh fruit
- Plan snacks ahead of time and have healthy snacks on hand.

1 day Sample Meal Plan

- Breakfast:
 - 1 egg, 1 slice of regular bread, 6 oz low-fat yogurt, 1 orange, and 1 tsp of margarine
- Lunch:
 - 2 oz turkey, 1 oz low-fat cheese, 2 slices of whole wheat bread, 1 pear, $\frac{3}{4}$ oz baked chips, 2 leaves lettuce, 2 slices of tomato, $\frac{1}{4}$ cup raw broccoli, $\frac{1}{4}$ cup carrots, 1 tsp mayonnaise
- Snack:
 - 1 cup low-fat or fat-free milk and 3 squares of graham crackers
- Dinner:
 - 4 oz baked boneless chicken breast without the skin, $\frac{2}{3}$ cup of cooked pasta, 1 oz dinner roll, 1 tsp margarine, $\frac{1}{4}$ cup mushrooms, $\frac{1}{4}$ cup zucchini, $\frac{1}{4}$ cup green peppers, and 1 tablespoon of regular salad dressing

Portion Control

- **Out of Site, Out of Mind:** store tempting foods on a higher shelf or to the back of the refrigerator/freezer
- **Mindless Eating:** portion out foods before watching television or doing a mindless activity. Try to avoid eating right out of the container or package.
- **Be Aware of Large Packages:** large packages are sometimes associated with increased consumption. Try to divide the package into smaller individual portions.

Low-Calorie, Low-Fat Tortilla Chips Recipe

Makes 8-10 servings

1 serving= about 8 chips

Nutrition Information: 110 calories, 1 gram of fat

8 each	Fat free or low fat tortillas
½ teaspoon each	Garlic salt, chili powder, and cumin Or Splenda and cinnamon
1 can	Nonfat cooking spray

Method: Preheat oven to 400 degrees, lay out tortillas and briefly spray both sides with non-fat spray. Add desired seasonings. Cut each tortilla into eight triangles. Place on cookie sheets and bake for 8-10 minutes until crisp and golden.

WebMD Portion Size Guide

<p>BASIC GUIDELINES</p> <p>1 cup = baseball </p> <p>½ cup = lightbulb </p> <p>1 oz or 2 tbsp = golf ball </p> <p>1 tbsp = poker chip </p> <p>3 oz chicken or meat = deck of cards </p> <p>3 oz fish = checkbook </p>	<p>GRAINS</p> <p>1 cup of cereal flakes = baseball </p> <p>1 pancake = compact disc </p> <p>½ cup cooked rice = lightbulb </p> <p>½ cup cooked pasta = lightbulb </p> <p>1 slice bread = cassette tape </p> <p>1 bagel = 6 oz can of tuna </p> <p>3 cups popcorn = 3 baseballs </p>	<p>DAIRY & CHEESE</p> <p>1 ½ oz cheese = 3 stacked dice </p> <p>1 cup yogurt = baseball </p> <p>½ cup of frozen yogurt = lightbulb </p> <p>½ cup of ice cream = lightbulb </p> <p>FATS & OILS</p> <p>1 tbsp butter or spread = poker chip </p> <p>1 tbsp salad dressing = poker chip </p> <p>1 tbsp mayonnaise = poker chip </p> <p>1 tbsp oil = poker chip </p>
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WebMD Portion Size Guide

<p>FRUITS & VEGETABLES</p> <p>1 medium fruit = baseball </p> <p>½ cup grapes = about 16 grapes </p> <p>1 cup strawberries = about 12 berries </p> <p>1 cup of salad greens = baseball </p> <p>1 cup carrots = about 12 baby carrots </p> <p>1 cup cooked vegetables = baseball </p> <p>1 baked potato = computer mouse </p>	<p>MEATS, FISH & NUTS</p> <p>3 oz lean meat = deck of cards </p> <p>3 oz fish = checkbook </p> <p>3 oz tofu = deck of cards </p> <p>2 tbsp peanut butter = golf ball </p> <p>2 tbsp hummus = golf ball </p> <p>¼ cup almonds = 23 almonds </p> <p>¼ cup pistachios = 24 pistachios </p>	<p>MIXED DISHES</p> <p>1 hamburger (without bun) = deck of cards </p> <p>1 cup fries = about 10 fries </p> <p>4 oz nachos = about 7 chips </p> <p>3 oz meatloaf = deck of cards </p> <p>1 cup chili = baseball </p> <p>1 sub sandwich = about 6 inches </p> <p>1 burrito = about 6 inches </p>
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