

Weight Management

General Information

WHAT YOU NEED TO KNOW:

Why is it important to manage my weight? Being overweight increases your risk of health conditions such as heart disease, high blood pressure, type 2 diabetes, and certain types of cancer. It can also increase your risk for osteoarthritis, sleep apnea, and other respiratory problems. Aim for a slow, steady weight loss. Even a small amount of weight loss can lower your risk of health problems.

How do I lose weight safely? A safe and healthy way to lose weight is to eat fewer calories and get regular exercise. You can lose up to about 1 pound a week by decreasing the number of calories you eat by around 500 calories each day. You can decrease calories by eating smaller portion sizes or by cutting out high-calorie foods. Read labels to find out how many calories are in the foods you eat. You can also burn calories with exercise such as walking, swimming, or biking. You will be more likely to keep weight off if you make these changes part of your lifestyle.



What is a healthy meal plan that can help me manage my weight? A healthy meal plan includes a variety of foods, contains fewer calories, and helps you stay healthy. A healthy meal plan includes the following:



1

Eat whole-grain foods more often. A healthy meal plan should contain fiber. Fiber is part of grains, fruits, and vegetables that is not broken down by your body. Whole-grain foods are healthy and provide extra fiber in your diet. Some examples of whole-grain foods are whole-wheat breaks and pastas, oatmeal, brown rice, and bulgur.

2

Eat a variety of vegetables every day. Include dark, leafy greens such as spinach, kale, collard greens, and mustard greens. Eat yellow and orange vegetables such as carrots, sweet potatoes, and winter squash.

3

Eat a variety of fruits everyday. Choose fresh or canned fruit (canned in its own juice) instead of juice. Fruit juice has little to no fiber.

4

Eat low-fat dairy foods. Drink fat-free (skim) milk or 1% milk. Eat fat-free yogurt and low-fat cottage cheese. Try low-fat cheeses such as mozzarella and other reduced-fat cheeses.

5

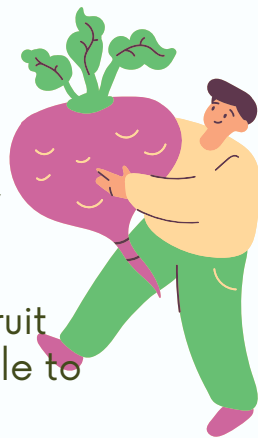
Choose lean protein. Choose fish, skinless poultry (chicken or turkey), low fat dairy or lean cuts of red meat (beef or pork). Before you cook meat or poultry, cut off any visible fat. Choose beans or other legumes such as split peas or lentils.

6

Use less fat (especially saturated fat). Try baking foods instead of frying them. Add less high fat foods, such as margarine, sour cream, and mayonnaise to foods. Eat fewer high-fat foods. Some examples of high-fat foods include french fries, doughnuts, ice cream, and cakes.

7

Eat fewer sweets. Limit foods and drinks that are high in sugar. This includes candy, cookies, regular soda, and sweetened drinks.



What are some ways I can decrease calories?

- **Eat smaller portions.**
 - Use a small plate with smaller servings.
 - Do not eat second helpings.
 - When you eat at a restaurant, ask for a box and place half of your meal in the box before you eat.
 - Share an entrée with someone else.
- **Replace high-calorie snacks with healthy, low-calorie snacks.**
 - Choose fresh fruit, vegetables, fat-free rice cakes, or air-popped popcorn instead of chips, candy, and desserts.
 - Choose water or calorie-free drinks instead of soda or sweetened drinks.
- **Eat regular meals.** Skipping meals can lead to overeating later in the day. Eat a healthy snack in place of a meal if you do not have time to eat a regular meal.
- **Do not shop for groceries when you are hungry.** You may be more likely to make unhealthy food choices. Make a grocery list of healthy foods and shop after you have eaten.

How much exercise do I need? Exercise at least 30 minutes per day on most days of the week. Some examples of exercise include walking, biking, dancing, and swimming. You can also fit in more physical activity by taking the stairs instead of the elevator or parking farther away from stores. Ask your healthcare provider about the best exercise plan for you.

What other things should I consider as I try to lose weight?

- Be aware of situations that may give you the urge to overeat, such as eating while watching television. Find ways to avoid these situations. For example, read a book, go for a walk, or do crafts.
- Meet with a weight loss support group or friends who are also trying to lose weight. This may help you stay motivated to continue working on your weight loss goals.



Weight Management Programs

BOSTON AREA:

Brigham and Women's Hospital

Center for Weight Management and Wellness

221 Longwood Ave

Boston, MA 02115

Contact: 617-525-3597

<https://www.brighamandwomens.org/cwmw>

BWH Nutrition and Wellness Service

<https://www.brighamandwomens.org/patients-and-families/meals-and-nutrition/nutrition-and-wellness-service>

Tufts Medical Center

Weight and Wellness Center

800 Washington St.

Boston, MA 02111

Contact: 617-636-6086

<https://www.tuftsmedicalcenter.org/patient-care-services/Departments-and-Services/Weight-and-Wellness-Center/Medical-Weight-Loss.aspx>

Boston Medical Center

Nutrition & Weight Management Center

732 Harrison Ave

Boston, MA 02118

Contact: 617-638-7470

<https://www.bmc.org/nutrition-and-weight-management>

Massachusetts General Hospital

Weight Center

55 Fruit Street

Boston, MA 02114

Contact: 617-726-0373

<https://www.massgeneral.org/digestive/weight-center>

MGH Benson Henry Institute for Mind Body Medicine

<https://bensohenryinstitute.org/>

Beth Israel Deaconess Medical Center

Well Powered Weight Loss & Wellness Program

330 Brookline Ave

Boston, MA 02215

Contact: 617-735-2518 or

wellpowered@bidmc.harvard.edu
www.wellpowered.org

NATIONAL OR ONLINE:

Weight Watchers

<https://www.weightwatchers.com/us/>

Take Off Pounds Sensibly

<http://www.tops.org/default.aspx>

Jenny Craig

<http://www.jennycraig.com/>

Noom

<https://www.noom.com/>