

WEIGHT LOSS TIPS

- **Eat frequently throughout the day (5-8 times a day depending on workouts)**
 - Eating small meals/snacks often keeps your blood sugar stabilized, your energy up and keeps you from being a hungry at the next meal/snack which helps control portion sizes
 - Try to eat every 2-4 hours
- **Manage your portion sizes**
 - A good rule is to eat until you are "not hungry" or "satisfied", not until you are full or stuffed
 - Make your plate 1/3 lean protein, 1/3 complex carbohydrate and 1/3 vegetables
- **Watch out for high calorie restaurant food & large portion sizes**
 - It is not that restaurant food is "bad", but portions are typically very large
 - Many restaurant foods contain hidden calories in sauces, oils, and cooking methods
 - Try to eat grilled, steamed, seared, etc. with sauces, salad dressings & spreads on the side
- **Add in vegetables & fruit**
 - Vegetables & fruit contain lots of fiber and water which help you feel full faster for less calories
 - Try to include non-starchy vegetables at lunch and dinner and possibly add raw vegetables to your snack; be careful not to add high fat dips, butter or sauces
 - Include fruit into snacks and possibly as a dessert instead of another sweet/baked good
- **Try not to eat right before bed**
 - Eat dinner at least two hours before going to sleep and if dinner is early, then add a small snack later in the evening (at least one hour before going to bed)
 - Don't stop eating at a certain time every day; the goal is to fuel your body the whole time you are awake; that doesn't mean eating continuously until you go to sleep, but adding a nutrient rich snack of a whole grain carbohydrate and lean protein can help your body recover from a hard day of exercise
- **You might need an individualized nutrition plan to maximize energy and performance levels**
 - Weight loss is an equation of "calories in" versus "calories out" plus factoring in metabolism which is different for everyone; unfortunately there is no one "right" answer
 - These tips are a good base for healthy weight loss, but to figure out your weight loss strategy, you may simply need an individual plan, designed by a sports dietitian, based on your calorie needs, activity levels, and busy schedule

FLUIDS

- **Avoid high calorie drinks**
 - Drinks such as soda, tea sweetened with sugar, fruit juice, sports drinks, & flavored/creamy coffee drinks can contain lots of extra calories, typically from sugar and added fat
 - Choose low-calorie drinks like water, flavored waters, un-sweet tea & low-fat milk to stay hydrated
- **Drink plenty of fluids**
 - Make sure to get your water in, water is a great choice for hydration throughout the day
 - When trying to lose weight, use sports drinks for pre/during/post-exercise hydration and focus on low-calorie beverages for the rest of the day
 - Remember that all non-alcoholic beverages, soups, fruits, vegetables, JELL-Os, etc contribute to overall hydration
 - A good rule of thumb is to monitor your hydration level by the color of your urine; aim for pale yellow to clear for optimal hydration



CARBOHYDRATES

- **Chose 100% whole wheat/whole grain carbohydrates**
 - Examples: wheat bread/tortillas/English muffins/bagels, flaky cereals, oatmeal, oat/bran-based granola bars, whole wheat/whole grain crackers, multi-grain rice cakes, wheat or multi-grain pasta, brown or wild rice, sweet potatoes
- **Limit heavily refined, processed carbohydrates**
 - Examples: sugary cereal, sweet/iced granola bars/breakfast bars, white crackers, sweet crackers like animal crackers/100 calorie pack cookies, cookies, packaged baked goods, etc.
- **Aim to eat carbohydrates in combination with lean protein/healthy fat to stabilize blood sugar**
 - Carbohydrates are your body's #1 source of energy and thus digest very quickly; high fiber carbohydrates and protein/healthy fat slow down digestion & keep you full longer
 - Carbohydrates right before a workout give you energy, but when eaten alone during the day they can spike blood sugar and cause you to feel "hypoglycemic" leaving you tired, hungry, and maybe light-headed or dizzy
- **Try to get the majority of your carbohydrate calories during the morning & day versus loading them at night**
 - Fuel by day; diet by night! Make sure you get adequate carbohydrate calories throughout the day so that you can focus, be alert, and have enough energy to perform optimally
 - Each meal should consist of an adequate serving of carbohydrates...your fist is a good measure of a "carbohydrate serving" at a meal or snack (1 small fist = approximately 1 cup)
 - Skipping out on carbohydrates can often make you "crave" them at night so make sure to "fuel" in small meals all day

PROTEIN

- **Choose lean, low-fat proteins**
 - Skinless chicken, turkey, tuna/fish, very lean red meat, 96/4 ground meat or ground turkey, 2% cheese, low-fat or skim milk, low-fat yogurt, cottage cheese, eggs and egg whites
 - Peanut butter and nuts/seeds provide some protein, but are classified as a fat
- **Add protein at every meal**
 - Protein slows down digestion to get you full faster and keep you full longer
 - Dietary protein helps you maintain lean muscle mass while losing weight/body fat
- **Meat-substitute proteins**
 - Tofu, low-fat dairy products, soy milk or soy products, edamame beans, Morningstar meat-substitutes, energy bars with protein, whey or soy protein which can be mixed in smoothies, oatmeal, pudding, mixed with milk or water, etc.

FAT

- **Choose healthy fats or "good" fats as much as possible**
 - Examples: peanut butter, almond butter, nuts/seeds, avocado, olive oil, flaxseed, salmon, trout & tuna
- **Limit saturated fats or "bad" fats**
 - Examples: battered/fried food, creamy sauces/spreads, baked goods, pastries, butters/salad dressings
- **Fat is calorie-dense so you don't need as many high-fat foods throughout the day**
 - Fat yields 9 calories per gram whereas carbohydrate & protein yield 4 calories per gram
 - Use fat as a "garnish" to a nutrient rich carbohydrate-protein meal
- **Try to spread fat intake out over the course of the day**
 - Fat digests very slowly so incorporate a small amount at each meal instead of a large quantity at once
 - Example: 2 Tablespoons of peanut butter on toast at breakfast instead of a sausage/bacon/cheese biscuit