

Weight Loss Resources and Tools

There are many factors that contribute to weight loss/gain.

- Age
- Sex/gender
- Diet - consuming high fat, high sugar, and simple carbs such as refined grains can add to weight gain.
- Physical activity/exercise
- Sleep- Having a healthy sleep routine can help to reduce stress and assist in weight loss. Getting a good night's sleep is essential to important hormones responsible for regulating stress, suppressing hunger, and giving our bodies a sense of feeling full. Lack of sleep can also contribute to poor concentration and difficulty making decisions such as good food choices.

Programs

Weight Watchers

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

Noom

www.noom.com

Overeaters Anonymous

<https://oa.org/find-a-meeting/?type=0>

Apps for Apple or Android

Myfitness pal

Lose it

Google Fit

Weight Watchers

Fooducate

Supplies for Success

We have listed a few tools to help you on your journey to success. They are only suggestions to help you.

Food scale - Having a food scale can be helpful when determining a serving size of protein or multi serving package.

Fitness Tracker (watch or pedometer) - We often feel that we are more active than what we actually are. Having a fitness tracker can help us get an understanding of how active we are and what goals we would like to achieve to increase our activity.

Water Bottle - Hydration, Hydration, Hydration! Drinking water and non sugar/caffeinated beverages is essential for everyday cell growth and healing. Hydrating can help our bodies feel more full, assist in eliminating waste, and keep our systems working properly. Having a measured water bottle can help us get a clear picture of how much water we are acutely consuming. If you are not sure how much you should be drinking, speak with your provider. Some people do have to follow fluid restrictions for other health reasons.

Food/well being journal - Utilizing a food journal/well being journal is a great tool to get a better understanding of what is working and what may need to be tweaked a bit. You may remember things in the moment but trying to recall something from a few weeks ago may be a bit more challenging. Amazon, Etsy, Barnes and Noble all have “food journals” you can purchase. You can even use a notebook and get creative. Include what you feel you want to focus on. Here are a few examples.

Water intake

Daily calorie and meal breakdown

Emotions prior/during/after eating

Physical activity for the day

What goals do you have for the day/week/month

Weight check in

Measurement check in

Protein Foods:

Foods high in protein such as fish, chicken, meats, soy products, and cheese, are all called “protein foods.” You may also hear them referred to as “meats or meat substitutes.”

The biggest difference among foods in this group is how much fat they contain, and for the vegetarian proteins, whether they have carbohydrates.

Protein Choices:

Plant Based Proteins

Plant-based protein foods provide quality protein, healthy fats, and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels.

- Beans such as black, kidney, and pinto
- Bean products like baked beans and refried beans
- Hummus and falafel
- Lentils such as brown, green, or yellow
- Peas such as black-eye or split peas
- Edamame
- Soy nuts
- Nuts and spreads like almond butter, cashew butter, or peanut butter
- Tempeh, tofu
- Products like meatless “chicken” nuggets, “beef” crumbles, “burgers”, “bacon”, “sausage”, and “hot dogs”

Fish and Seafood

Try to include fish at least 2 times a week.

- Fish is high in omega-3 fatty acids like Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon.
- Other fish including catfish, cod, flounder, haddock, halibut, orange roughy, and tilapia
- Shellfish including clams, crab, imitation shellfish, lobster, scallops, shrimp, oysters.

Poultry

Choose poultry without the skin for less saturated fat and cholesterol.

- Chicken, turkey, cornish hen

Cheese and Eggs

- Reduced-fat cheese or regular cheese in small amounts.

- Cottage cheese
- Whole eggs

Game

- Buffalo, ostrich, rabbit, venison
- Dove, duck, goose, or pheasant (no skin)

Beef, Pork, Veal, Lamb

It's best to limit your intake of red meat which is often higher in saturated fat and processed meats like ham, bacon and hot dogs which are often higher in saturated fat and sodium. If you decide to have these, choose the leanest options, which are:

- Select or Choice grades of beef trimmed of fat including chuck, rib, rump roast, round, sirloin, cubed, flank, porterhouse, T-Bone steak, tenderloin
- Lamb: Chop, leg, or roast
- Veal: loin chop or roast
- Pork: Canadian bacon, center loin chop, ham, tenderloin

Grains and Starchy Vegetables

There is no end in sight to the debate as to whether grains help you lose weight, or if they promote weight gain. Even more importantly, do they help or hinder blood glucose management?

One thing is for sure. If you are going to eat grain foods, pick the ones that are the most nutritious. Choose whole grains. Whole grains are rich in vitamins, minerals, phytochemicals and fiber.

Reading labels is essential for this food group to make sure you are making the best choices.

Every time you choose to eat a starchy food, make it count! Leave the processed white flour-based products, especially the ones with the added sugar, on the shelves or use them only for special occasion treats.

What is a Whole Grain?

A whole grain is the entire grain - which includes the bran, germ, and endosperm (starchy part).

The most popular grain in the US is wheat so that will be our example. To make 100% whole wheat flour, the entire wheat grain is ground up. “Refined” flours like white and enriched wheat flour include only part of the grain - the starchy part, and are not whole grain. They are missing many of the nutrients found in whole wheat flour.

Examples of whole grain wheat products include 100% whole wheat bread, pasta, tortillas, and crackers. But don’t stop there! There are many whole grains to choose from.

Finding whole grain foods can be a challenge. Some foods only contain a small amount of whole grain but will say it contains whole grain on the front of the package. For all cereals and grains, read the ingredient list and look for the following sources of whole grains as the first ingredient.

- Bulgur (cracked wheat)
- Whole wheat flour
- Whole oats/oatmeal
- Whole grain corn/corn meal
- Popcorn
- Brown rice
- Whole rye
- Whole grain barley
- Whole farro
- Wild rice
- Buckwheat
- Millet
- Quinoa

Most rolls, breads, cereals, and crackers labeled as “made with” or “containing” whole grain do not have whole grain as the first ingredient. Read labels carefully to find the most nutritional grain products.

For cereals, pick those with at least 3 grams of fiber per serving and less than 6 grams of sugar.

Starchy Vegetables

Starchy vegetables are great sources of vitamins, minerals, and fiber. The best choices do not have added fats, sugar, or sodium. While these foods can be part of a healthy diet, they do raise blood glucose.

Try a variety such as:

- Parsnip

- Plantain
- Potato
- Pumpkin
- Acorn squash
- Butternut squash
- Green peas
- Corn

Beans, Legumes, Peas, and Lentils

Try to include beans into several meals per week. They are a great source of protein and are loaded with fiber, vitamins and minerals.

- Beans such as black, kidney, and pinto
- Bean products like baked beans and refried beans
- Hummus and falafel
- Lentils such as brown, green, or yellow
- Peas such as black-eyed or split peas
- Edamame
- Soy nuts
- Nuts and spreads like almond butter, cashew butter, or peanut butter
- Tempeh, tofu
- Products like meatless “chicken” nuggets, “beef” crumbles, “burgers”, “bacon”, “sausage”, and “hot dogs”

Food facts obtained from the American Diabetes Association.

<http://www.diabetes.org>

Stony Brook Primary Care

Weekly Food Diary

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Calories							
Water oz							
Exercise							

Name: _____

DOB _____

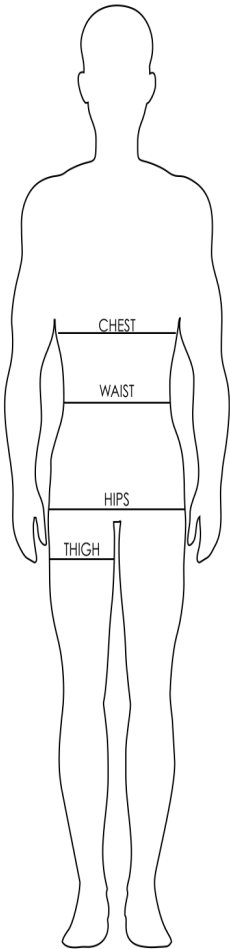
Monthly Exercise Planner

Month: _____

FITNESS GOAL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



BODY MEASUREMENT TRACKING CHART



WEEK ENDING 1

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____

WEEK ENDING 2

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____

WEEK ENDING 3

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____

WEEK ENDING 4

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____

Starting Measurements and Weight

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____

Ending Measurements and Weight

WAIST _____
HIPS _____
THIGH _____
CHEST _____
WEIGHT _____