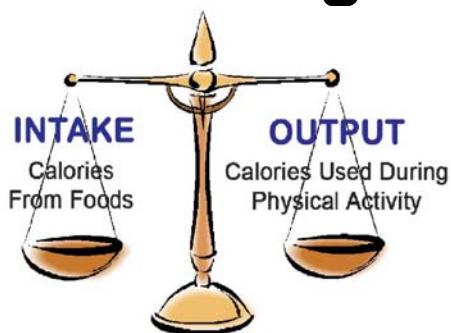


# The Basics of Weight Control



## THE ENERGY BALANCE

Your weight is controlled by a number of things, including family history, what you eat and drink (energy intake), and the energy you use to live and be active (energy output).

### To lose weight you need to:

- Eat and drink fewer calories
- Become more physically active
- For best results, do both

The food you eat and the beverages you drink provide energy and nutrients. The basic required nutrients are: water, carbohydrate, protein, fat, dietary fiber, vitamins, and minerals. Three of these nutrients (carbohydrate, protein and fat) along with alcohol provide energy in the form of calories.

### When you take in more calories than you use, you gain weight.

Most of the calories you do not use are stored as body fat. This is true regardless of whether this energy came from fat, carbohydrate, protein or alcohol. You can use more calories by being more active. You can manage your weight by keeping a balance between what you eat and drink and how active you are.



## How do I lose weight?

- Set your daily target calorie goal using this chart.

| Current Weight | Daily Calorie Goal       |
|----------------|--------------------------|
| Under 200 lbs. | 1200 - 1500 calories/day |
| 200 - 225 lbs. | 1500 - 1800 calories/day |
| 226 - 250 lbs. | 1800 - 2000 calories/day |
| 251 - 300 lbs. | 2000 - 2200 calories/day |
| 300 - 350 lbs. | 2500 - 3000 calories/day |
| Over 350 lbs.  | See a MOVE! Dietitian    |

- Find your current weight in the left column. Your daily target calorie goal for that weight range is listed in the right column. These calorie goals are designed to help you lose about ½ to 2 pounds per week.
- Expect better results if you use the lower number for the daily calorie goal.
- Use one of the online services or a simple calorie counter book so you can log your calories accurately. Record in your Food and Physical Activity Diary on a daily basis.
- When you make it to the next weight range (for instance, you start off at 280 pounds, and you now weigh 245 pounds), you will need to reduce your daily calorie goal to that lower level.
- If you weigh over 350 pounds or have diet concerns, talk with the dietitian to help set your daily calorie goal.
- Review your Food and Physical Activity Diary. Celebrate successful days. On days when goals were not met, think about what got in the way and consider solutions.
- Remember, to lose weight, make sure you have clear, daily calorie and physical activity goals.