



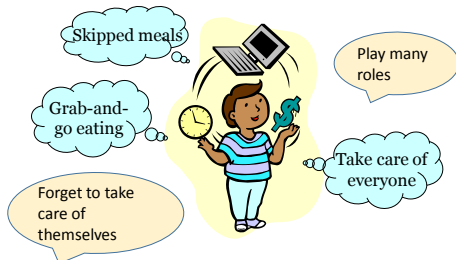
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Eating for Weight Loss / Weight Maintenance (Comer para perder y mantener el peso)



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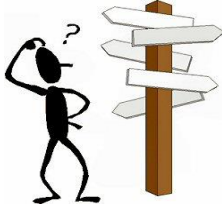
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Fantasy vs. Reality

- Quick loss
- "Dramatic" diets
- Easy
- No thinking



- Modest loss (5-10%)
-> health benefits
- Healthy eating habits are essential
- Habits, not diets
- Prevent further weight gain

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Do Low Carb Diets Work?

- Meta-analysis found weight loss on low carb diets associated with:
 - Decreased calorie intake
 - Increased diet duration
 - **Not** reduced carb content
- **Calories**, not diet composition, responsible for weight loss
- **HOWEVER**: Limiting carbs (80 calories/serving) will save you a lot of calories!!!!

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What are Carbohydrates ? (? Que Es Carbohidratos)

- **Starches**: bread, cereal, rice, pasta



- **Starchy vegetables**: beans, potatoes, corn, peas



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- Fruit and fruit juice



- Milk and yogurt



- Sugary foods: candy, soda



- Sweets: cakes, cookies, pies, ice cream



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Foods with little or no Carbohydrates (Comidas con poco o sin Carbohidratos)

- Non-starchy vegetables: broccoli, cauliflower, cabbage, tomatoes, peppers, cucumbers, asparagus, salads.



- Lean meats and meat substitutes: chicken, fish, lean beef, turkey



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- Eggs



- Low-fat cheese, low-fat cottage cheese



- Healthy fats: avocado, nuts, seeds, vegetable oils



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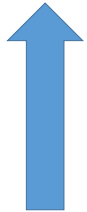


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Concept: Focus on Consuming Nutrient-Dense Foods and Beverages



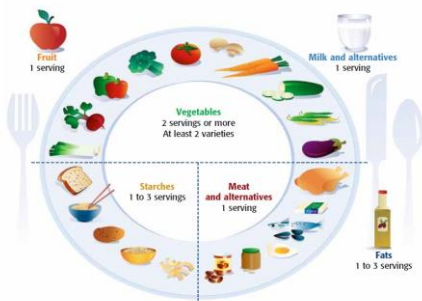
Increase intake of
 Vegetables and fruits
 Whole grains
 Fat-free and low-fat dairy products
 Seafood

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Concept: Focus on Consuming Nutrient-Dense Foods and Beverages

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Drink [water](#) instead of sugary drinks (e.g. Soda)

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General Recommendations

- Decrease caloric intake by modifying traditional recipes and serving **smaller portions!!!!**
- Increase bean, fish, olive oil, fresh vegetables and decrease fatty meats in mixed dishes
- Decrease high sodium items
- Incorporate walks throughout the day
- Include daughters in physical activity



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Carbohydrates 1serving= 80calories

Cereal/Beans/Grains/Pasta

Cereal, cooked: ½ C (cup)

Eat Cereal: ¼ C

Rice, cooked: 1/3 C

Pasta, cooked: ½ C

Beans/Lentils, cooked: ½ C

Starchy Vegetables

Corn, cooked: ½ C

Corn on the cob 6" piece: 1

Peas, cooked: ½ C

Plantain (green, cooked) 1/3 C

Potato (small-3oz): 1C

Squash (winter, cooked): 1C

Yam or sweet potato: ½ C

Breads

Bagel/English muffin ½ or 1oz

Bread (slice, roll: 1oz

Hand-out Info

Vegetables

1serving= 25calories
(½cup cooked or 1cup raw)

Beets, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Carrots, Green Beans, Mushrooms, Okra, Onions, Pea pods, Peppers, Spinach, Lettuce, Collards, Tomatoes, Water Chestnuts, Celery, Cucumbers, Eggplant, Leeks, Kohlrabi, Asparagus, Cactus

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Hand-out Info

Follow the number of servings in each group!! This will help you achieve your weight goal and help to maintain it.

Meal Plan	1400calories/day
Carbs	2 servings/day
Fruits	3 servings/day
Vegetables	3 servings/day
Milk/Dairy	2 servings/day
Protein	8 servings/day
Fats	1 servings/day

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- Any Questions
- Alguna Preguntas