

HPDP Weight & Wellness for Employees

Wednesdays 10am via Skype

Kristine Jamerson & Angie Cohen

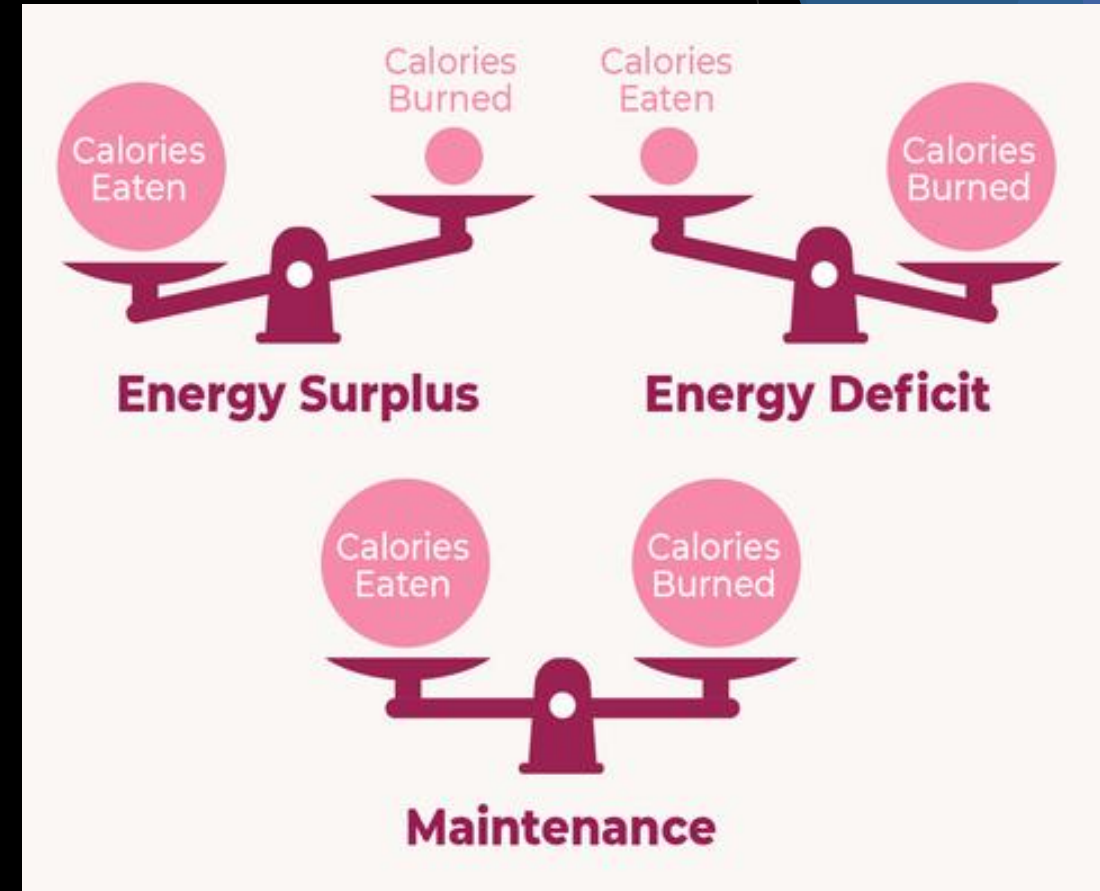
MOVE! Dietitians

Today's agenda

- Energy Balance
- Identifying your calorie goal range
- Healthy calorie swaps

Calories Count!

- Calories = energy, or fuel (think: the gas in a vehicle)
 - Come from fat, protein, carbs, and alcohol (many foods provide a combination)
- You are using, or “burning”, calories right now!
 - The more your body is moving, the more calories you are using
- When you don’t need them for current activity, your body stores them as fat
 - = weight gain



Calories Count!

- **Weight loss occurs when your body is using more calories than you put into it**
 - This is called a calorie deficit
 - All “fad” diets result in this, which is really why they work (temporarily)
- **A key to weight loss success is discovering the best ways for YOU to create this deficit! You'll need to:**
 - Decrease your input (calorie intake through food and beverages)
 - Increase your output (calories you use through physical activity)
 - Changes to BOTH result in the most success!

So, where do you start??

Calorie Goal Chart

<i>Current Weight</i>	<i>Daily Calorie Goal</i>
Under 200 pounds	1,200 – 1,500 calories/day
200 – 225 pounds	1,500 – 1,800 calories/day
226 – 250 pounds	1,800 – 2,000 calories/day
251 – 300 pounds	2,000 – 2,500 calories/day
301 – 350 pounds	2,500 – 3,000 calories/day
Over 350 pounds	See a MOVE! Dietitian

Maximize your Satisfaction

There should be a calorie refund for things that didn't taste as good as you expected.



- ▶ You can think of your calorie goal like a bank account. How can you maximize your “spending”?
 - ▶ - Increase the volume you consume, by using lower calorie options! (more later...)
- ▶ Always remember, another key to success is staying satisfied!
 - ▶ - Your food choices should not make you miserable!
 - ▶ - Trial and error to find things you enjoy, that satisfy you, and you can make work within your calorie goal

What Sarah Thinks She Had		Calories	What Sarah Really Had	Calories	Extra Calories
Breakfast	Bowl of cereal with milk	100 (cereal) 100 (milk)	1 ½ cups cereal with 8 oz whole milk	150 (cereal) 150 (milk)	150
			Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Lunch	Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich with 2 slices of bread, 6 oz ham and 1 ½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	150
	Apple	50	Medium apple	50	
			Iced tea with sugar	150 (sugar)	
Snack			Granola bar	200	250
			Coffee with 1 Tbsp. whole milk and 2 tsp sugar	50 (milk and sugar)	
Dinner	Salad	100	Salad with 2 Tbsp. blue cheese dressing	50 (salad) 150 (dressing)	275
	Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp. butter	100 (potatoes) 100 (butter)	
	Piece of fish	200	3 oz. fish	200	
			8 oz. iced tea with sugar	75 (sugar)	
Dessert	Small bowl of ice cream	175	1 cup ice cream	320	145
Daily Total		1,325	Daily Total	2,295	970

Healthy Swaps

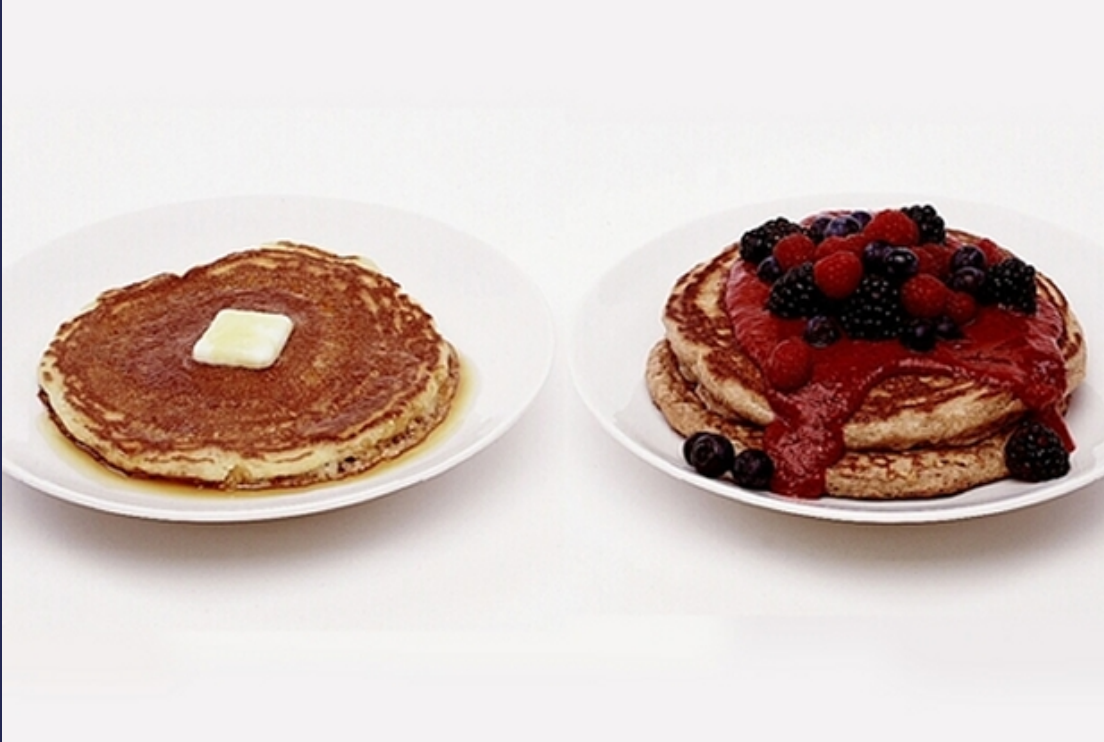
Breakfast - Healthy Swap	Calories Saved
1 cup fat-free milk <i>instead of</i> 1 cup whole milk	63
1 squirt cooking spray <i>instead of</i> 1 pat butter	34
2 pats reduced calorie margarine <i>instead of</i> 2 pats butter	36
Lunch - Healthy Swap	Calories Saved
2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices <i>instead of</i> ¾ ounce cheese and 1 ounce ham	154
½ cup diced raw pineapple <i>instead of</i> 1 ounce potato chips	118
½ Tbsp. regular ranch dressing <i>instead of</i> 2 Tbsp. regular ranch dressing	109
Side salad with low-fat vinaigrette <i>instead of</i> a medium order of French fries	270
Dinner - Healthy Swap	Calories Saved
½ cup steamed broccoli <i>instead of</i> ½ cup broccoli fried in ½ Tbsp. vegetable oil	62
1 cup part-skim ricotta cheese <i>instead of</i> 1 cup whole milk ricotta cheese	89
¼ cup pasta with tomato sauce side dish <i>instead of</i> 1 cup pasta with tomato sauce entree	138
One slice of a cheese pizza <i>instead of</i> one slice of a meat and cheese pizza	60
Snacks - Healthy Swap	Calories Saved
3 cups air-popped popcorn <i>instead of</i> 3 cups oil-popped popcorn	73
8 ounces sugar-free nonfat yogurt <i>instead of</i> a package of 6 peanut butter crackers	82
1 bottle sparkling water <i>instead of</i> a 12-ounce can regular soda	136
One large orange <i>instead of</i> 3 chocolate sandwich cookies	54

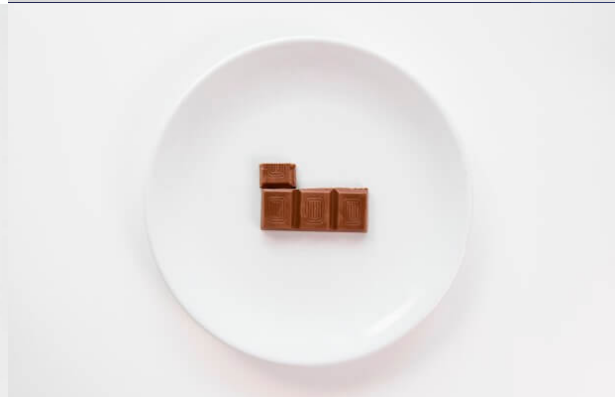
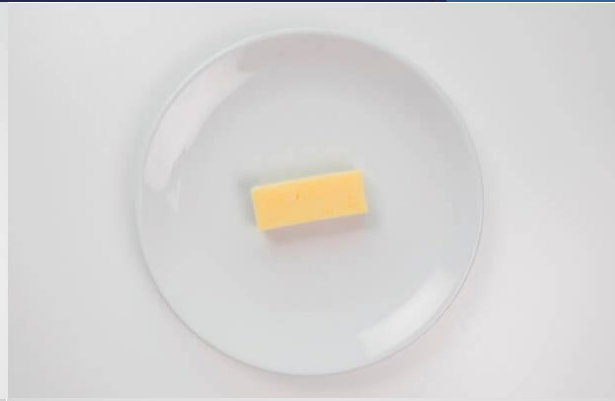
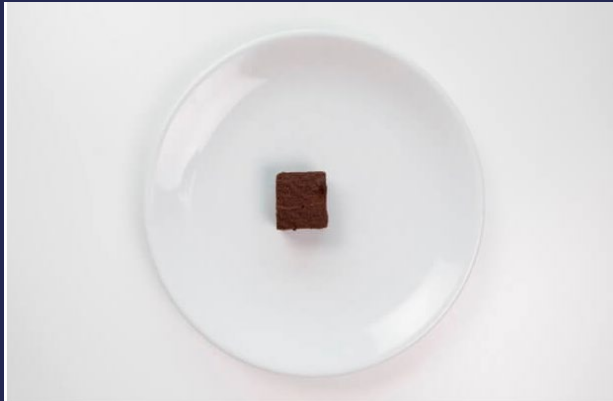
Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention.
http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

Don't Forget Fluids!

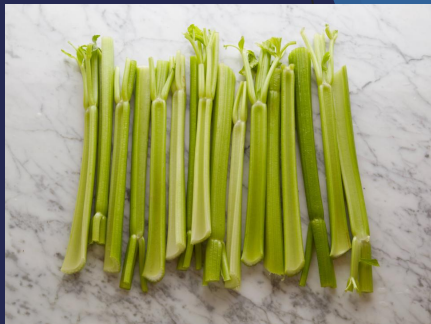
Type of Drink	Calories in 20 oz.	Calories in 12 oz.	Calories Saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon-lime soda	247	148	99
Regular cola	227	136	91
Sweetened iced tea	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

Volumetric Magic...





What else could 100 calories look like?



Thanks for joining!

- MOVE is currently offering several VVC class and telephone options! Feel free to refer your veterans!
- Have them call 314-289-6503 to sign up!
- MOVE Website: <https://www.move.va.gov> for great resources!