

Dietary and Lifestyle Recommendations

Recommendations

Protein: 3 servings a day (60 – 80 grams daily)

Fiber: 3 servings per day (20-25 grams daily)

Vegetables: 2-3 servings per day

Fruit: 1 serving per day

Water: 8 (8 oz.) glasses of water per day = 2L

Convenience/Fast Food: Keep to special occasions only

Alcohol/Soda/Juice: Limit to 3x/week (100 calories each) (preferably eliminate altogether)

Snacking: Maintain healthy food choices







Cardiovascular: Walk, bike, swim, and/or yoga 40 min 3 to 5 x/week

Strength Training: 20 min 3 to 4 x/week; women: 2 lbs, men: 5 lbs

Moderate Intensity: Breathing hard but can still have a conversation.

Vigorous Intensity: Breathing hard and can only say a few words.

Portion Control: See below

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Examples: Almonds, Walnuts, Pecans, Pistachios

Examples: Natural Peanut Butter or Almond Butter

Examples:
Unsaturated: Olive, avocado, grape seed oil
Saturated: butter or coconut oil

Hunger distraction techniques

Drink water. Down at least one full glass.

- Herbal tea helps settle hunger pangs.
- Hot water with lemon and cayenne pepper.

Eat a SMALL piece of dark chocolate. The bitter taste signals your body to decrease your appetite.

Eat a SMALL snack.

- Handful of almonds-takes a long time to digest, leaving you feeling full.
- Eat an avocado. It is full of healthy fat which takes longer to digest and helps suppress appetite. Dress it up with lime juice or salsa or other seasoning.
- Chew on a piece of sugar free gum if nothing else is available.

Be active!

- Focus on a hobby, such as gardening, painting, knitting, make a puzzle, listen to music.
- Socialize-call a friend, meet for a movie, or go for a walk.
- Exercise!
 - » Go for a walk- at home, walk around the block. At work, walk around the building or up a few flights of stairs.
 - » Take up yoga-helps deal with temptations and makes you a mindful eater.
 - » Do something on your to-do list.
 - » If you sit at a desk, get up and move every hour.

Write in a journal

- Write down your eating habits to determine if there are certain times you tend to be hungry, then you can prepare yourself for them.
- Determine if it is emotional hunger vs physical hunger. If it is boredom that is causing the hunger, you may want to change up your routines.

Adjust your daily routine.

- Getting at least 8 hours of sleep at night can reduce snacking and overeating. Lack of sleep **increases** the appetite-stimulating hormone and **decreases** the appetite suppressing hormone.
- Only have healthy foods in the house. If your family has bad snacks, keep them out of your view.
- Make a meal plan for the day and stick with it. Bring only those foods to work with you.

Learn more at
dhmf.org/bakersfield/weightloss

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