

OVERWEIGHT AND OBESITY GUIDELINE I'M CONCERNED ABOUT YOUR WEIGHT AND FIVE POINT CHECKLIST

5 POINT CHECKLIST FOR WEIGHT MANAGEMENT

Below are 5 common misconceptions that may lead to gains in body fat:

MISTAKE	ACTION	REASON
 Skipping Meals	Put food in your stomach in the morning, afternoon and evening. No time? Keep healthy choices in your home, office, car or barracks room, e.g., cereal, milk and fruit after exercise in the AM; bring a sandwich and fruit to work if you find yourself missing lunch.	Your body has a great ability to survive: Without food, your body burns calories much more slowly! (Makes it easier to gain weight and difficult to lose weight.) Most people who skip meals overeat at the next meal because they are too hungry.
 Eating Fast Food or Eating Out	Eat less fast food. Eat out less often or eat less when you do eat out. Eat at a cafeteria that has healthier choices such as a salad bar, hot vegetables, and fruit to help balance your meal. Substitute baked beans or a small salad instead of french fries.	It's difficult to eat low fat when eating at restaurants. A double cheeseburger, large fries and large soda, juice or sweet tea provide almost 1800 calories in one meal . This is what many people need in one day . Most restaurant portions are too large and contain too many calories.
 Drinking Beverages with Calories or Alcohol	Drink beverages that are calorie-free. Two 20-oz non-diet sodas per day for 1 week equal the calories in a pound of fat. Cut down or stop drinking alcohol. A 6-pack of beer equals 900 calories.	Beverages with calories are: fruit juice, sports drinks, cappuccinos, sweet tea, not just soda and Koolaid. Liquid calories add up quickly and don't make you feel full. All alcohol is stored as fat.
 Too Little Aerobic Exercise	If your activity is limited, find a safe physical activity to do. Get a pedometer to help monitor the increase your physical movement during the day. Build up to 30 minutes of cardio/aerobic exercise 4 days per week.	Cardio/Aerobic exercise decreases body fat. Build time and distance slowly, and cross train to reduce the risk of injury. If you are uncomfortable exercising, start by walking and increase efforts slowly to build strength and balance.
Eating Past The Point of Fullness or Eating When You're Not Hungry	Relax and eat slowly if you're a fast eater or if you tend to eat quickly. Pay attention to how full you feel while you eat. Stop eating when you feel food in your stomach, but aren't completely full.	Overeating causes weight gain. If you feel "stuffed" or "uncomfortably full", your body is saying, "you ate too much." Fast eaters usually overeat! People gain body fat if they eat when bored or in response to stress.

If your physical activity is limited due to an injury or medical problem, be extra careful about the calories that you are eating: eat fewer sweets and fried foods.

I'm concerned about your weight . . .

How do you think your weight is causing problems for you? _____

Are you ready to manage your weight? not ready maybe ready taking action already

Your BMI is: _____ waist _____ height _____ weight _____

Check the box below that is your BMI:

Normal BMI: 18.5 - 24.9 kg/m² Overweight BMI: 25 - 29.9 kg/m² Obese BMI: >= 30 kg/m²

You are at increased health risk for:

<input type="checkbox"/> Coronary Heart Disease	<input type="checkbox"/> Hypertension	<input type="checkbox"/> Depression	<input type="checkbox"/> Colon Cancer
<input type="checkbox"/> Type 2 Diabetes	<input type="checkbox"/> Osteoarthritis	<input type="checkbox"/> Gallbladder Disease	<input type="checkbox"/> Endometrial Cancer
<input type="checkbox"/> Stroke	<input type="checkbox"/> Sleep Apnea	<input type="checkbox"/> Breast Cancer	<input type="checkbox"/> Prostate Cancer

Check your goals for your BMI:

BMI 25 - 35 kg/m²	BMI >= 35 kg/m²
<input type="checkbox"/> 5 - 10% weight reduction	<input type="checkbox"/> 10% initial weight loss
<input type="checkbox"/> Reduction of at least 300 - 500 kcal/day	<input type="checkbox"/> Reduction of 500 - 1000 kcal/day
<input type="checkbox"/> Weight loss of 1/2 - 1 pound per week	<input type="checkbox"/> Weight loss of 1 - 2 pounds per week

Check activities below that you enjoy and will help you burn more calories:

<input type="checkbox"/> Bicycling 5 miles	<input type="checkbox"/> Dancing Fast	<input type="checkbox"/> Washing & Waxing Car	<input type="checkbox"/> Pushing Stroller 1.5 miles
<input type="checkbox"/> Gardening	<input type="checkbox"/> Stair Climbing	<input type="checkbox"/> Swimming Laps	<input type="checkbox"/> Walking 1.75 Miles
<input type="checkbox"/> Other _____			

Nutrition:

- Reduce calories/portion sizes (Low Calorie Diet = 800 - 1500 kcal/day)
- Reduce the fat - No more than 30% of total calories (Target is 30 grams of fat in a 1000 calorie diet)
- Increase fiber, eat more fruits, vegetables and whole grains (Target is 20 - 35 grams per day)
- Increase water intake to a minimum of eight 8 oz glasses per day
- Consult a dietitian if available

Behavior Modification:

- Find a weight loss buddy or create a support system
- Acquire new habits by **changing** your current eating habits:
 - Improve food purchasing habits - **Read the food labels**
 - Be aware of social eating and "comfort" food situations
 - Remove high fat and sugar** foods from your work/home
 - Keep a food journal
- Acquire new habits by **changing** your current activity habits:
 - Schedule time** for activity every day
 - Keep an activity journal

Sample Label for Macaroni and Cheese

Nutrition Facts

Serving Size 1 Cup (228g)
Servings Per Container 2

Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	6%
Trans Fat 1.2g	2%
Cholesterol 30mg	6%
Sodium 470mg	10%
Total Carbohydrate 31g	6%
Dietary Fiber 0g	0%
Sugars 5g	10%
Protein 10g	
Vitamins	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

Footnote	
Total Fat	Less Than 65g 80g
Sat Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g

Double-side sheet – 100/Glue Pad

This item is available to order from the Army MEDCOM Quality Management shopping cart at: <https://www.QMO.amedd.army.mil>