

Maintaining Your Same Weight

You've worked hard to make lifestyle changes. You've changed your eating and activity behaviors. Sometimes people reach their weight goal and want to stay at that weight. Could this be true for you? Have you reached your goal weight? Would you like to stay at the same weight now? If so, there are some things you should know.

For one thing, it's hard. People often find it hard to stay at the same weight. Here are some of the reasons:

- ▶ It takes lots of effort.
- ▶ It's not as exciting as losing weight.
- ▶ Making healthy choices can get boring.
- ▶ People let old habits come back.

But keeping the weight you have lost off is very important.

Suppose you slipped back into your old habits. What would happen? You would gain weight. You would not be as healthy. You would have more trouble managing your diabetes.

Your healthy eating and activity behaviors have helped you lose weight. They've helped you get healthier. They've helped you

manage your diabetes. That's why you will continue to do them. These changes should last a lifetime. That's why you won't change your healthy activity patterns. That's why you won't change your healthy eating habits.

Add a few calories a day to maintain your weight.

You've lost weight by limiting the calories you eat. You can stay at the same weight by

You've learned how to:

- ▶ Eat fewer calories.
- ▶ Eat fewer RED foods.
- ▶ Eat more GREEN and YELLOW foods.

and

- ▶ Cut back on RED activity.
- ▶ Get more GREEN activity.
- ▶ Use lifestyle activity.

and

- ▶ Be careful about portion sizes.
- ▶ Use Nutrition Facts labels.
- ▶ Use the Food Reference Guide.
- ▶ Use the Activity Reference Guide.

KEY GOALS

These 4 key goals help you maintain your weight:

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight



controlling the calories you eat. The behaviors that helped you lose weight will help you maintain the same weight. Remember Energy Balance? Your weight stays the same when the energy you burn up equals the energy you take in.

You will make one small change. You will eat a few more calories each day. About 100 more

Here's what you'll learn about in this module:

- ▶ Reasons to keep weight off
- ▶ How to maintain your present weight
- ▶ How to add calories in a healthy way
- ▶ Foods with 100 calories or less



calories than you are eating to lose weight. You may have to experiment a little. There are three ways you could do this:

- ▶ **Try adding foods.** Find some YELLOW and GREEN foods that are about 100 calories. Use the Food Reference Guide and the Help Sheet. Add one of these foods to a meal each day. You may even eat less than a full portion of a food if a portion is more than 100 calories.

Be careful if you do it this way. Try to keep the rest of your eating habits just the same. The last thing you want to do is to gain weight. This means you've got to go slowly.

- ▶ Or, **keep track of all you eat for a day.** This is a better way to get started. Record everything you eat. Keeping a complete record of all your foods and calories will help you find your starting point. But you may be recording only your RED foods right now. If so, you will have to record calories too.

Pick a day that's pretty average. A day like most of the others in terms of what you eat. Then keep track of all you eat that day. Add up your calories. Is it 1,200? Is it 1,400? Whatever it is, that's your starting point.

Then add 100 calories to your starting point. This is your new

calorie goal. Maybe it's 1,300. Maybe it's 1,500. Whatever it is, use it to plan what you will eat.

- ▶ Or, **keep track of all your calories for a week.** This is the best way to find your starting point. Use a Lifestyle Log. Record everything you eat. Add up your calories every day. Then find your average calories a day for the week. This is your starting point. Add 100 calories. This is your new calorie goal.

See how it works for you. Continue keeping track of your calories for a week or two more. That's the only way to know how many calories you are eating. You could keep track of all you eat for one day a week. Or you could do it every day of the week. This would be even better. It would give you more information.

Keep track of your RED foods, too. That will help you connect calories with the RED foods you eat.



Edge past your starting point. One step at a time.

If you are recording your calories, keep doing so for a few weeks. Change back to recording only RED foods slowly. Be sure you are comfortable with your new eating plan. Make sure you're staying at the same weight

You can stay at the same weight by controlling the calories you eat.

for a while. Only then should you go back to recording only RED foods.

Remember, you edge past your starting point. You don't race. This means you have to be careful about the number of calories you add. You also have to be careful about how you add more calories. You have to be especially careful about RED foods. You don't want to fall into unhealthy habits again. You've worked hard to get where you're at. Here are some healthy ways to add calories:

What's OK to do?

- ▶ Add calories to meals, not to snacks.
- ▶ Add GREEN or YELLOW foods to your meals, especially fruits and vegetables. For example, you could have an extra piece of fruit at breakfast. Or an extra vegetable at dinner.
- ▶ Keep your meal and snack patterns the same.

What's not OK to do?

- ▶ Don't add a snack. Adding a snack creates a new eating time. That's not good. And the size of the snack could grow.

- ▶ Don't add RED foods. Sure, RED foods add calories. But they aren't healthy calories.
- ▶ Don't eat bigger portions. That's a habit you've worked hard to change.

GREEN activity helps you stay at the same weight.

Your goals for GREEN activity stay the same. They don't go down. In fact, you can keep adding minutes to your GREEN activity goals. If you are at the silver medal level of

200 minutes per week, keep working toward the gold. If you are at the gold medal level of 300 minutes per week, work toward the platinum level of 400 minutes per week. Do it step by step. Add 5 minutes a day every week. Being physically active is one of the best ways to make sure you don't gain weight. It helps with energy balance. It's a healthy lifestyle change that you want to keep doing.



Tyrone's father reached his weight goal. He was 5'11 and weighed 180 pounds. He was very happy to reach his goal. "To tell you the truth," he said to his family, "I am proud of myself. It took some hard work. But I reached my goal."

"I'm really proud of you too, Dad," Tyrone said.

"Thanks, Tyrone," his father said. "I do feel good about myself. I also feel hopeful about you. I know you're trying hard. And I know you are doing the same things that I did. You may have a little further to go, but I believe you will also reach your goal soon."

"Thanks, Dad," Tyrone said. "How are you going to stay at the same weight? Does this mean you will eat more RED foods now? Will you eat more snacks? Maybe you won't do as much physical activity."

"No," his dad said. "I have a different idea. I don't want to fall back into bad habits. I've worked really hard to change my habits. I've learned how to eat healthy. I do physical activity now. These lifestyle changes are important to me. I don't want to undo what I've worked so hard for. Instead, I'm going to eat a little more."

"What do you mean?" Tyrone asked. "Will you eat bigger portions?"

"No. That's not what I mean. I don't want to eat bigger portions. I've just learned how important it is to eat the right portion size. Instead, I'm going to eat more fruits and vegetables. That will be healthy. And it will also give me a few more calories. I'll talk to the PAL about it. But I think this is what I'll try."

"It makes sense to me," said Tyrone. "But how will you know how many more calories to eat?"

"I think I may have to start keeping track of all the food I eat. I may have to keep track of calories again. But that's OK. It won't last forever. Of course, I'll need to keep track of my weight every week. I sure don't want to slip up and start gaining weight again."

It took Tyrone's father about 4 weeks to get comfortable. At first he didn't keep track as well as he wanted to. He was just very careful about not eating too much. He still lost weight. But by the end of the 3rd week he was on track. His weight leveled off at 178. That was fine with him. By the 4th week he knew he could go back to just keeping track of RED foods and GREEN activity.

Do the same healthy behaviors to maintain your weight as you did to lose weight.

Add GREEN or YELLOW food to your meals, not to your snacks.



What's important to you about keeping the weight you have lost off?

There are many reasons people want to lose weight. There are many reasons for keeping the weight you have lost off. Some of the reasons include:

- ▶ Being able to do more things
- ▶ Fitting into your clothes

- ▶ Being better at sports
- ▶ Having more energy
- ▶ Being healthier
- ▶ Looking better
- ▶ Being stronger
- ▶ Making your family proud
- ▶ Feeling good about yourself
- ▶ Taking care of your diabetes

Think about the reasons that are important to you. Talk about your reasons at a family meeting. Being clear about this will help you stick with your plan.



How can I know if it's working? What should I do if it isn't?

Weigh yourself each week. Adding 100 calories a day is just a good guess. It works for a

Skills and Goals for staying at the same weight

- ▶ Identify your starting point.
- ▶ Add calories in a healthy way.
- ▶ Use the FRG and the Help Sheet.
- ▶ Keep track of your weight.
- ▶ Cut calories if you gain weight.

lot of people. But everybody's different. You have to learn to keep your own energy in balance. It may take you a few weeks to get it right. That's OK.

- ▶ If you gain weight, lower your calorie goal. Eat fewer calories.
- ▶ If you lose a little weight, raise your calorie goal a little. Eat a few more calories.
- ▶ If you stay at the same weight, celebrate. You've got it right. You can keep your calorie goal the same.

Tips for staying at the same weight

Research shows that people who have lost weight and kept the weight off did a good job with some key behaviors:

- ▶ Being physically active for at least 60 minutes each day
- ▶ Eating breakfast daily
- ▶ Keeping their eating habits consistent over weekends and holidays
- ▶ Keeping track of the food they ate on a daily basis
- ▶ Keeping track of their body weight on a weekly basis
- ▶ Limiting their calories to 1,300-1,400 a day
- ▶ Limiting their RED foods

Notes to myself—some things I want to keep in mind this week:

Maintaining Your Same Weight

Your Weight Goal

Use this chart to help you plan your new weight goal. First, figure out your weight progress. Think about how you feel about your progress. Then set a new weight goal for yourself.

- Your weight when you started the TODAY Program
 - Your weight goal when you started the TODAY Program
 - Your weight when you started the Maintenance Phase
 - Your weight now
 - Your weight change
- How do you feel about your progress?
-
- Your weight goal now

Your Calorie and RED Food Goals

Use these charts to help you plan your new calorie and RED food goals.

Calorie Goal

- Your average calories a day when you started the TODAY Program
- Your average calories a day now
- Your calorie goal
- Average number of calories a day you have cut

RED Food Goal

- Your average RED foods a day when you started the TODAY Program
- Your average RED foods a day now
- Average number of RED foods a day you have cut
- Your goal now for RED foods a day

Monitor Your Calorie Goal

Use these charts to monitor your calorie goal for the next few weeks. If you gained weight, you will want to lower your calorie goal. If you stayed at the same weight, keep your goal the same. If you lost a little weight, you may want to raise your calorie goal a little. It may take a few weeks to get it right.

In the "Weight change last week" boxes below, make sure to mark a "+" when you have gained weight (example: +2), and a "-" when you have lost weight (example: -2). Mark a "0" if there has been no change in your weight.

1st week

<input type="text"/>	Your average calories a day last week
<input type="text"/>	Weight change last week (+/-)
<input type="text"/>	Calorie goal for next week
<input type="text"/>	Weight goal

2nd week

<input type="text"/>	Your average calories a day last week
<input type="text"/>	Weight change last week (+/-)
<input type="text"/>	Calorie goal for next week
<input type="text"/>	Weight goal

3rd week

<input type="text"/>	Your average calories a day last week
<input type="text"/>	Weight change last week (+/-)
<input type="text"/>	Calorie goal for next week
<input type="text"/>	Weight goal

4th week

<input type="text"/>	Your average calories a day last week
<input type="text"/>	Weight change last week (+/-)
<input type="text"/>	Calorie goal for next week
<input type="text"/>	Weight goal

Staying at the Same Weight

Mark whether each statement is true or false.

To stay at the same weight, I should...

- | | |
|--|---|
| 1. ___ Add about 100 calories. | 5. ___ Add another GREEN or YELLOW food at meals. |
| 2. ___ Go back to my old eating and behavior habits. | 6. ___ Add calories at meals. |
| 3. ___ Eat more RED foods. | 7. ___ Add another snack. |
| 4. ___ Eat larger portions. | 8. ___ Get less GREEN activity. |
| | 9. ___ Eat more fast food. |
| | 10. ___ Keep track of my weight. |

Answers: 1.T 2.F 3.F 4.F 5.T 6.T 7.F 8.F 9.F 10.T

Reasons to Maintain My Weight

There are many reasons people want to maintain their weight. Think about the reasons that are important to you. Write them down. Talk about them with your parent and your PAL.

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |

Your Plan for Maintaining Your Weight

Write down your plan for adding 100 calories a day to meals. Be specific. Keep in mind the tips for doing this in a healthy way.

Maintaining Your Same Weight



Additional Calories: 100 or Less

	Serving Size	Calories
Milk & Milk Products		
1% milk	½ cup	50
Cottage cheese, non-fat	½ cup	80
Milk, fat-free, skim	1 cup	90
Yogurt, non-fat, sugar-free, fruit-flavored	½ cup	65
Fruit		
Apple (medium, 2" diameter)	1	60
Applesauce (unsweetened)	1 cup	100
Banana (small)	1	65
Blueberries	1 cup	80
Cherries, sweet, fresh	12 pieces	60
Fruit Cocktail (light syrup)	½ cup	60
Grapefruit (large)	1	100
Kiwi	1	60
Melon	1 cup	60
Nectarine (small)	1	70
Orange (small)	1	60
Peach (medium)	1	60
Pear (1/2 large)	½	60
Pineapple	1 cup	80
Plum	2	75
Raspberries	1 cup	60
Strawberries	1¼ cups	60
Tangerine (small)	2	75
Watermelon	1¼ cups	60

	Serving Size	Calories
Fruit Juice		
Apple juice (100% juice, unsweetened)	½ cup	60
Cranberry juice, reduced-calorie	½ cup	50
Grapefruit juice (unsweetened)	½ cup	60
Orange juice, 100% juice (unsweetened)	½ cup	60
Frozen Popsicles		
Popsicle, sugar-free	1	15
Popcorn		
Air-popped	3 cups	90
Vegetables: Almost any vegetable, including:		
Beans, cooked (green/Italian/wax)	1/2 cup	20
Broccoli (raw)	1 cup	25
Carrots (baby, raw)	10 pieces	40
Mixed Vegetables (frozen)	1/2 cup	25
Squash, summer, raw (yellow and zucchini)	1 cup	16
Tomato or V-8 Juice	1/2 cup	25
Vegetables: Free Foods		
Celery, chopped, raw	1 cup	19
Cucumber, raw, sliced	1 cup	14
Vegetables: Starchy		
Corn	½ cup	65

Adding Calories in a Healthy Way

Mark whether each statement is true or false.

To add about 100 calories or less in a healthy way, I could add to my meal...

1. ___ 1 apple or 1 cup of applesauce.
2. ___ 1 can of soda.
3. ___ 1 banana.
4. ___ 1 candy bar of any sort.
5. ___ 1 cup of melon.
6. ___ 1 cup of skim milk.
7. ___ 1/2 cup of, non-fat, sugar-free, fruit-flavored yogurt.
8. ___ 1 hot dog.
9. ___ 1 kiwi.
10. ___ 1 ¼ cups of watermelon.

Answers
1. T
2. F
3. T
4. F
5. T
6. T
7. T
8. F
9. T
10. T

What's Your Plan for Adding Calories?

List some foods you could eat at different meals during the week. Each food would add 100 or fewer calories.

Meal	Food(s)
Lunch at school Monday	1 apple

Maintaining Your Same Weight

Have you reached your weight goal? Here's how to stay at the same weight:

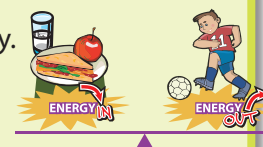
What doesn't change?

- ▶ Your healthy activity patterns.
- ▶ Your healthy eating habits.

These behaviors have helped you lose weight. They have helped you get healthier. They have helped you manage your diabetes. That's why they are so important. That's why you will continue doing them.

What changes? You eat a *few more calories*.

- ▶ Find your starting point by recording all the calories you eat.
- ▶ Add about 100 more calories a day.
- ▶ Keep track of all you eat for a few weeks.
- ▶ Cut calories if you gain weight.



Tips for staying at the same weight:

- ▶ Be physically active for at least 60 minutes each day.
- ▶ Eat breakfast daily.
- ▶ Keep eating habits consistent over weekends and holidays.
- ▶ Keep track of the food you eat on a daily basis.
- ▶ Keep track of your body weight on a weekly basis.
- ▶ Limit daily intake of calories.
- ▶ Limit RED foods.

You've learned how to:

- ▶ Eat fewer calories.
- ▶ Eat fewer RED foods.
- ▶ Eat more GREEN and YELLOW foods.

and

- ▶ Cut back on RED activity.
- ▶ Get more GREEN activity.
- ▶ Use lifestyle activity.

and

- ▶ Be careful about portion sizes.
- ▶ Keep track of what you eat.
- ▶ Use Nutrition Facts labels.
- ▶ Use the Food Reference Guide.
- ▶ Use the Activity Reference Guide.

What's OK to do?

- ▶ Add calories to your meals, not to your snacks.
- ▶ Add GREEN or YELLOW foods to your meals.
- ▶ Keep your meal and snack patterns the same.

What's not OK?

- ▶ Don't add a snack.
- ▶ Don't add RED foods.
- ▶ Don't eat bigger portions.