

Losing Weight: Back to Basics

You and your child have worked hard to make lifestyle changes. You've learned new eating and activity behaviors. But sometimes people get stuck at a weight. Sometimes people even gain weight when they are trying to lose weight. It can happen even when you are trying hard to lose weight. Is this true for you or your child? Are either of you stuck at a weight? Have you gained back some of the weight you lost? If so, there are some things you can do about it.

PARENTS ASK:

My daughter is stuck at the same weight. She's even gained a little. What should we do?

Don't panic. Gaining some weight can easily happen. It's not what you want. But it can happen. It's a clue that your daughter is probably not doing something quite as well as she thinks she is or would like to be. It doesn't mean that she hasn't learned a lot of skills. She has. But she may be not doing all the things that she's learned. So slip-ups happen.

Healthy eating and activity behaviors have helped her lose weight. They've helped her get healthier. They've helped her

manage her diabetes. That's why she needs to get back to them. They may seem hard. But they get easier the more you do them.

Start by figuring out what went wrong. This will let you know what she can do to get back on track. Then you can make a plan that will work.

Ask your child:

- ▶ How are you managing your portion sizes?
- ▶ Are you meeting your daily calorie and/or RED food goals?
- ▶ Are you using your Lifestyle Log? What does it show?
- ▶ Have you been getting enough GREEN activity each day? If not, how can you get more?
- ▶ What about RED activity? Have you been spending more time than you should in the front of the computer or television being sedentary?

KEY GOALS

Meeting these 4 key goals helps your child lose weight:

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

Then ask her why it is important to her that she continues to lose weight. Helping her identify why this is an important goal will help her stay motivated to lose weight.



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

- ▶ Tips for helping your child get back on track
- ▶ Why losing weight is so important
- ▶ Quick Cuts: RED foods to avoid
- ▶ Healthy Choices: foods with 100 or Less calories



Cutting 500 calories a day will help you lose 1 pound a week.

PARENTS ASK:

What should we do after we figure out what's going wrong?

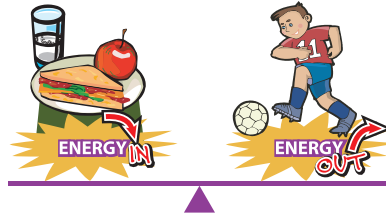
Once you and your child know what went wrong and why he wants to lose weight you can make a plan. You can help your child get back on track step by step:

Step 1: Keep Track of Eating

Encourage your child to keep track of his RED foods and calories for at least 2 weeks. That's the only way to really know how many calories he is eating. It's the only way to know if he is really meeting his eating goals. He could keep track of everything he eats for one day a week. Or he could do it every day of the week. This would be even better. It would give you and your child the most information. It would help him to really know what he is eating. He could keep track of his RED foods at the same time. That will help him connect calories with the amount of RED foods he eats. That will help you and your child adjust his calorie goal correctly.

Then he can switch back to recording only RED foods once he is comfortable with his new

eating plan. Make sure he is losing weight again. Only then should he go back to recording only RED foods.



Step 2: Cut RED foods and/or calories

After your child keeps track of his RED foods and calories for a few weeks you both will be clear about what he is eating each day. Then you and your child can make a realistic plan to decrease his RED foods and/or calories.

Remember Energy Balance? You lose weight when you burn up more energy than you take in by eating.

Here are two ways he could do this:

- ▶ **Cut down on RED foods.** Say your child is eating 8 RED foods a day. You could set a goal to decrease that to 6 for the first week. Remember to go step by step until he can reach a goal of no more than 3 RED foods a day. This is the simplest way.
- ▶ **Cut 500 calories per day.** Remember your child can lose 1 pound a week by cutting out 500 calories a

day. Help your child add up his calories per day. Is it 2,000? Is it 2,400? Whatever it is, that's his starting point. Then cut 500 calories from that starting point. This is his new calorie goal. Maybe it's 1,500. Maybe it's 1,900. Whatever it is, help your child use it to plan his meals and snacks. Use the Food Reference Guide and the Help Sheet. Encourage him to keep the rest of his eating habits just the same.

Step 3: Meet Your GREEN activity goal

Helping your child cut his calories and RED foods are very important in helping him lose weight. So is getting enough GREEN activity. It helps you burn more calories. If your child is already meeting his GREEN activity goal, great! Now it a good time to help him set a



Physical Activity Goals for your child

Silver Medal	=	200 minutes a week
Gold Medal	=	300 minutes a week
Platinum Medal	=	400 minutes a week

Tyrone was discouraged. He had gained 2 pounds in a month. He had wanted to lose 4 pounds. His goal was to lose 1 pound a week, not to gain weight. He was beginning to think that nothing would work. He told his parents how discouraged he was. He felt like quitting. "Why try so hard if nothing works, anyway?" he asked.

"I know you're discouraged," his father said. "But that's not the way to think about it. That's Why-me thinking. It isn't fair to yourself."

"Maybe," said Tyrone, "but nothing works."

"We don't know that," his father said. "The only way to know what's going wrong is to keep track of everything you eat and all your calories. That's what you did when you started the TLP. It let you see what you needed to change. And that's what you need to do now."

"That sounds like a lot of work for nothing. I just don't think it's worth the effort," Tyrone said.

"Maybe it will take work," his father said. "But I'm sure it'll be worth the effort."

Although Tyrone wasn't very enthused, he kept a complete log for a week. When they looked it over at a family meeting, they saw some problem areas. Tyrone had at least one soda every day. Twice he went to a fast food restaurant and had cheeseburgers, soda, and fries. "What do you think? Are these things you can change?" his father asked.

"Yes. I can do something about those sodas. I thought I might have had one or two a week, but not that many. I guess I just didn't realize how much I was slipping."

"It's easy to lose track of what you're really doing unless you write it down. That's why I keep a log myself. What about the fast food restaurants?" his father asked. "What can you do about them?"

"I know what you'd say. You'd say the best thing for me would be not to go at all. That an order of fries alone is 500 calories, and a regular cheeseburger and a large soda is another 480," Tyrone answered. "So I'll talk to Sam about doing something more active after school. If we need a snack, we could have fruit at my house. Or maybe at his. There are ways I could eat healthier at a fast food restaurant, but it would be hard. It would be better not to go at all."

"Sounds like a good plan," his father said. "What about keeping track of what you eat and your calories again this week? That way we'll know what to do if we need to find a way to cut even more RED foods."

"OK. Now I see how it will help me. I'd forgotten just how helpful keeping track could be. I thought I knew pretty well how I was eating. I guess it's easy to slip up and fool yourself," Tyrone said.

new higher goal. He can do this by adding minutes to his current GREEN activity goal. If he is at the silver medal level of 200 minutes of GREEN activity a week, work toward the gold. If he is at the gold medal level of 300 minutes a week, work toward the platinum of 400 minutes a week. Do it step by step. Add 5 minutes a day every week until he meets his new goal. Being physically active

is one of the best ways to lose weight. It helps with Energy Balance.



How can we know if it's working? What should my daughter do if it isn't?

She should weigh herself each week. That's the only way to

How to help your child lose weight

Encourage your child to:

- ▶ Keep track of eating and activity behaviors.
- ▶ Avoid fad diets.
- ▶ Follow the TLP Eating Plan.
- ▶ Cut down on RED foods / calories.
- ▶ Use the FRG and the Help Sheets.
- ▶ Keep track of her weight.

What not to do

- ▶ Don't skip meals or snacks.
- ▶ Don't eat less than 1,200 calories a day.
- ▶ Don't eat to deal with emotions.
- ▶ Don't change your eating habits on weekends or holidays.

know how it's working. Your daughter has to learn to keep her own energy in balance. It may take her a few weeks to get it right. That's OK.

- ▶ If she meets her calorie goal and loses weight, she can keep the same calorie goal.
- ▶ If she meets her calorie goal and her weight stays the same, she should lower her calorie goal.
- ▶ If she meets her calorie goal and gains weight, she should lower her calorie goal even more. Make sure that she does not go under 1,200 calories per day.
- ▶ If she doesn't meet her calorie goal, encourage her to use her problem-solving tools.
- ▶ Whatever her goal, she should keep doing physical activity.



How to help yourself lose weight

- ▶ Keep track of your eating and activity behaviors.
- ▶ Avoid fad diets.
- ▶ Follow the TLP Eating Plan.
- ▶ Cut down on RED foods / calories.
- ▶ Use the FRG and the Help Sheet.
- ▶ Keep track your of weight.

Use the RED Food Help Sheet to find RED foods you can cut. Use the 100 or Less Help Sheet to find lower-calorie foods to substitute.

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How to Help Your Child

Go over your child's help sheet. Don't just read it. Talk about it. Praise the progress and the effort he has made. Ask questions. Talk about his motives. Help him plan.

Your Plan for Getting Back on Track

- STEP 1: Keep Track**
- Weight when you started the TLP
 - Current weight
 - Current RED foods per day
 - Current calories per day
 - Current minutes of GREEN activity a week

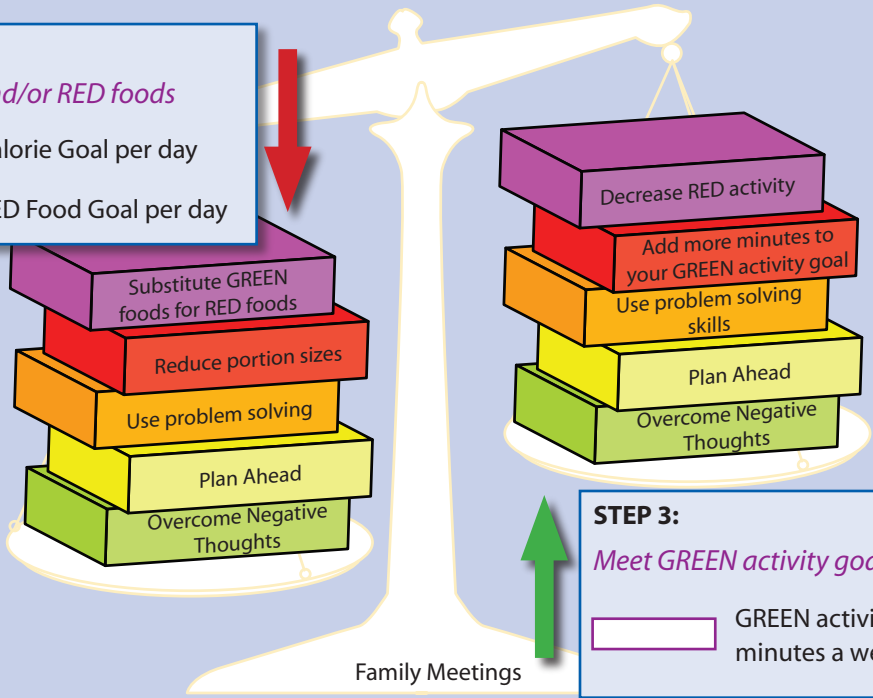
Use your Lifestyle Log to fill in the blanks about your weight, RED food, calories, and GREEN activity. You can use information for a typical day or average the totals for one week.

In the Step 2 box below write down your new calorie goal per day. Remember that you can lose one pound a week by eating 500 less calories a day. Then set a new RED food goal per day.

In the Step 3 box write down your new weekly GREEN activity goal.

STEP 2:
Cut calories and/or RED foods

- Calorie Goal per day
- RED Food Goal per day



STEP 3:
Meet GREEN activity goal

- GREEN activity minutes a week goal

List all of the reasons you want to lose weight:

Tools to Help Cut Calories/RED Foods:

In the chart below, pick one tool that you want to use to help you cut calories and/or RED foods for the next two weeks. Put a check mark next to it. Then write down your plan for how you will use the tool in the column on the right.

Cut Calories/RED foods	✓	My Plan
▲ GREEN foods		
▼ Portion sizes		
▲ Problem solving		
▲ Planning ahead		
▼ Negative thoughts		

Tools to Help Meet GREEN Activity Goal:

In the chart below, pick one tool that you want to use to help you meet your GREEN activity goal for the next two weeks. Put a check mark next to it. Then write down your plan for how you will use the tool in the column on the right.

Meet GREEN Activity Goal	✓	My Plan
▼ RED activity		
▲ Minutes of GREEN activity		
▲ Problem solving		
▲ Planning ahead		
▼ Negative thoughts		

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RED Food List

Quick Cuts

This is a short list of RED foods people often eat. Cutting out a few of these each day is a quick way to cut 500 or more calories/day. Do that for a week and lose a pound!

	Serving	Calories
Cheeseburger	1	330
Chicken wings (fried in oil)	6 wings	485
Chocolate (any type)	1 oz	150
Corn chips, regular	1 oz	155
Doughnuts, cake or raised	1 medium	250
French fries, any type	5 oz	500
Hotdog (foot-long)	1	265
Ice cream, regular	1 cup	340
Macaroni and cheese	1/3 box	410
Muffin (regular) any flavor 4" diam	1 whole	450
Nachos, supreme	1 order	470
Peanut butter	2 Tbsp	200
Pizza slice (regular crust, cheese)	1 slice	200
Salad dressing, regular	2 Tbsp	130
Shakes, chocolate/vanilla	1 shake	610
Soda	16 oz	150

RED foods from your Lifestyle Log	Amount	Calories

What's your plan for cutting calories?

List some foods you could avoid.

Meal	Food(s)
Lunch at work on Monday	Cheeseburger

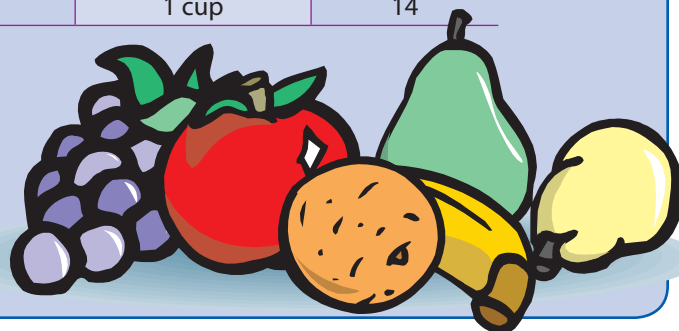
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Calories: 100 or Less

Healthy Choices

Here is a list of foods that have 100 calories or less. You can use these foods for your meals or snacks instead of RED foods. Using foods from this list will make it easier for you to meet your calorie and RED food goals. It will help you cut 500 calories a day. It will help you lose weight.

	Serving Size	Calories
Milk & Milk Products		
Cottage cheese, non-fat	½ cup	80
Skim milk	1 cup	90
Yogurt, fruited, non-fat, sugar-free	½ cup	65
Fruit: Almost any fruit, including:		
Apple (medium, 2" diameter)	1	60
Banana (small)	1	65
Orange (small)	1	60
Peach (medium)	1	60
Pear (large)	½	60
Watermelon, cubed	1¼ cups	60
Frozen Popsicles		
Popsicle, sugar-free	1	15
Popcorn		
Air-popped	3 cups	90
Vegetables: Almost any vegetable, including:		
Broccoli (raw)	1 cup	25
Carrots (baby, raw)	10 pieces	40
Mixed Vegetables (frozen)	1/2 cup	25
Celery, chopped, raw	1 cup	19
Cucumber, raw, sliced	1 cup	14



What's Your Plan For Cutting Calories?

List some RED foods you could avoid. Then list a low-calorie food you could eat instead.

Meal	Foods to avoid	Better choices
Lunch at work Monday	French fries	1 apple

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Have you or your child gained back some of the weight you've lost? Or, are you stuck at a weight? If so, there are things you can do about it. Start by figuring out what went wrong.

Ask your child:

- ▶ How are you managing your portion sizes?
- ▶ Are you meeting your daily calorie and/or RED food goals?
- ▶ Are you using your Lifestyle Log? What does it show?
- ▶ Have you been getting enough GREEN activity each day? If not, how can you get more?
- ▶ What about RED activity? Have you been spending more time than you should in the front of the computer or television being sedentary?

Then ask him why it is important to him that he continues to lose weight. Helping him identify why he wants to lose weight will help him stay motivated..

Once you and your child know what went wrong and why you want to lose the weight you can make a plan. You can get back on track step by step:

Step 1: Keep track of all your calories and RED foods. You and your child can:

- ▶ Keep track for one typical day.
- ▶ Keep track for one week.
- ▶ Keep track for two weeks. That would be the best option.

Step 2: Cut RED foods and/or calories. You and your child can:

- ▶ Set a goal of no more than 3 RED foods a day.
- ▶ Or cut 500 calories a day.

Step 3: Meet your GREEN activity goal:

- ▶ If you and your child are meeting your GREEN activity goal, great!
- ▶ Now is a good time to set a new higher goal by adding a few minutes a day.