

What are my calorie needs for weight loss?



* It is more beneficial to create a calorie deficit by slightly decreasing calorie intake and increasing activity. For example, decrease intake by 250 calories per day and add exercise to burn 250 additional calories daily.

- Assign an activity level to yourself. Most students will be a 13 to 14.
 - 10 *Very inactive-bed rest or sitting most of the day*
 - 13 *Slightly inactive-i.e. sedentary office work*
 - 14 *Low activity-Occasional activities, low exertion sports (walking 3 mph)*
 - 15 *Moderate activity-Frequently involved in moderate exertion sports (i.e. jogging at 5mph)*
 - 16 *Relatively active-As above and seldom sits or stands*
 - 17 *Strenuous-Involved in work and activities that are very strenuous (i.e. construction worker)*

- ◆ Multiply activity level by weight in pounds for calories to maintain current weight.
- ◆ Subtract 500 calories per day for a one pound weight loss weekly.*

EXAMPLE

140 pound student who has low activity wants to lose one pound per week
 $140 \times 14 = 1960$ calories per day to maintain 140 pound weight
 $1960 - 500 = 1460$ calories per day to lose one pound weekly

WEIGHT LOSS GOAL SETTING

- ◆ Write your goals down!
- ◆ Goals must be realistic to be achievable. For example, if the people in your family are short and big boned, it is unrealistic to look like (insert name of well known person).
- ◆ Goals should be flexible, re-evaluated and adjusted as needed. (i.e.: weight maintenance during the holidays, shift from weight loss to weight maintenance when goal loss is achieved.)
- ◆ Goals should be based on how, when or why you eat and/or exercise, not only on pounds to lose.
"I'm going exercise three times weekly so I'll feel more energetic."
- ◆ Set short term goals. Losing 30 pounds may seem daunting, but losing one pound per week doesn't seem so bad.

TIPS FOR



WEIGHT LOSS

- Reduce fat intake to 20 to 25% of calories.
- Select a diet rich in fruits and vegetables to provide fiber to fill you up.
- Drink eight to 10 glasses of water daily.
- Limit intake of high fat and high sugar foods in your diet. They are nutritionally empty and calorie rich. However, you can include them occasionally to avoid feelings of deprivation and possible binges.
- Eat three small meals and one to three small snacks during the day to avoid getting over hungry which can lead to resultant overeating. Breakfast is the most important meal of the day
- Do not eat less than 1200 calories daily. This will slow your body's metabolism and make weight loss harder.
- If you feel you "blew it", don't let that ruin your attempts to healthier eating—get right back to your plan.
- Incorporate exercise into your life *at least* three times per week. Find an exercise you enjoy so you stick to it.
- Include both aerobic exercises (i.e. walking, running, swimming) and strength exercises (i.e. push ups, weight lifting) into your exercise program.
- Recognize that weight loss takes time.

If you were invited to a friend's house that you've never been to before, you would get directions to their house for a successful trip. Weight loss is similar to this; it's a difficult journey that requires a plan—a road map—to reach your goals.



- ◆ Establish a long term weight loss goal.
"I want to lose 20 pounds."
- ◆ Break your long term goal into manageable short term goals.
"I plan to lose one pound per week."
- ◆ Develop an exercise, eating and behavior plan (with the help of a health professional if needed*) to help achieve success.
- ◆ Constantly monitor and reinforce your healthy activities and behavior to make your body changes permanent.

*At NC State, a Registered Dietitian is available to guide you. Call Lisa Eberhart RD, LDN: 513-5310 or LisaRDLDN@aol.com

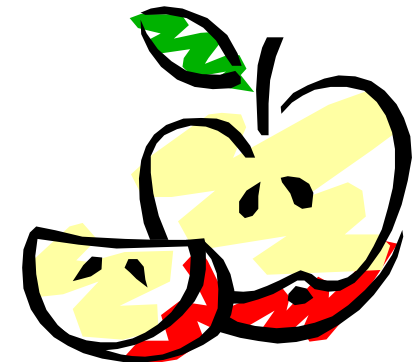
North Carolina State University Dining



**North Carolina
State University
Dining**

Nutrition Counts

WEIGHT LOSS



Nutrition Facts for you!

