

Remember: Always discuss any weight-loss plan with your healthcare provider.



Healthy Plan for Weight Loss

Take Action:

Achieving and maintaining a healthy weight is important for your overall health. A well-balanced diet with regular exercise can help you reach a healthy weight.

If you are overweight or obese, and not physically active, you may be able to lose 1 pound each week following a plan with daily calorie levels like the following example. You and your healthcare provider can use this formula to find your maintenance calorie level:

- Multiply your weight (in pounds) times 10 calories, if you are female
- Multiply your weight (in pounds) times 11 calories, if you are male
- Multiply this number times 1.3 (activity and digestion factor if you are an adult who is not physically active)
- The number you get is the number of calories needed to maintain your current weight

For example, if you are a female weighing 200 pounds who is not physically active:

- Multiply 200 x 10 calories = 2000 calories*
- Multiply 2000 x 1.3* = 2600 calories*
- Eating 2600 calories a day will maintain your present weight*

**This number will change based on the level of physical activity.*

However, if you eat 500 less calories each day and add enough physical activity to burn 300 calories each day, you may lose up to 1½ pounds each week.

How does this work?

- One pound of body fat equals about 3500 calories.
- To lose 1 pound of weight in 1 week, cut your calories by 3500 (500 calories/day x 7 days)
- If you eat 500 calories less each day for 7 days, this equals 3500 calories (1 pound of body fat)
- If you burn 300 calories by exercising each day for 7 days, this equals 2100 calories (½ pound of body fat)
- The combination of diet and exercise will help you meet your goal of losing 1½ pounds

Following is a sample daily plan for two different daily calorie levels. The number of calories your body needs to be healthy depends on many different things, like age, gender, muscle mass, and how active you are. Every body is different, so these are only guidelines.

Be sure to follow up with your healthcare provider on a regular basis.

Sample Daily Calorie Plan

Food Group	1800 Calories	2200 Calories
Grains	6 (1-ounce servings) at least 3 oz should be from whole grains	7 (1-ounce servings) at least 3 oz should be from whole grains
Vegetables	2½ cups limit starchy vegetables (eg, corn)	3 cups limit starchy vegetables (eg, corn)
Fruit	1½ cups	2 cups
Dairy	3 cups	3 cups
Protein	5 ounces	6 ounces
Fat/Oils	5 teaspoons	6 teaspoons
Your Choice	195 calories	290 calories
What is a serving?		
<p>It may help to compare typical serving sizes to everyday objects, like:</p> <p>1 cup cereal = a fist</p> <p>1 cup fruit = a baseball</p> <p>1½ ounces natural cheese = 4 dice</p> <p>1 tablespoon peanut butter = a 9-volt battery</p> <p>3 ounces meat = a deck of cards</p>	1 Ounce Grain =	1 slice of bread (1 ounce) ½ cup cooked pasta, rice, or cereal 1 ounce uncooked pasta or rice 1 tortilla (6-inch diameter) ½ English muffin 1 ounce ready-to-eat cereal (about 1 cup dry cereal)
	1 Cup Vegetables =	1 cup raw or cooked vegetables 1 cup 100% vegetable juice 2 cups leafy salad greens
	1 Cup Fruit =	1 cup raw or cooked fruit 1 cup 100% fruit juice ½ cup dried fruit
	1 Cup Dairy =	1 cup milk 1 cup fortified soymilk (soy beverage) 1 cup yogurt 1½ ounces natural cheese (for example, Cheddar) 2 ounces processed cheese (for example, American)
	1 Ounce Protein =	1 ounce lean meat, poultry, seafood 1 egg 1 tablespoon peanut butter ½ ounce nuts or seeds ¼ cup cooked beans or peas
	1 Teaspoon Fat/Oils =	1 teaspoon vegetable oil 1½ teaspoons mayonnaise 2 teaspoons tub margarine 2 teaspoons salad dressing

Talk to your healthcare provider about your calorie needs and healthy meal planning.