



How can I prevent gaining weight or re-gaining lost weight?

Weight maintenance is a difficult skill and takes more effort and ongoing monitoring than taking off a few pounds. Whether you have lost weight and want to keep it off or you are struggling to stay at a comfortable weight, there are some recommendations that will help:

- Eat fewer calories by monitoring portions and/or decreasing the total amount of fat you eat to 30% or less of your total daily calories.
- Do not skip meals; eating frequent meals maintains energy levels and prevents overeating.
- Keep low calorie, low-fat snacks on hand, such as pretzels, raw vegetables with low calorie dips or fruit. Keep in mind that there is no difference between calories in low-fat foods than those found in fatty foods.
- Choose foods high in fiber such as whole-grain breads, cereals, pasta, rice, fruits and vegetables.
- Keep an accurate food journal. Write down everything you eat or drink. Be honest and accurate, otherwise the journal is not as helpful. The food journal will help you learn about your eating habits and help you assess the food choices you are making. Choose one habit you would like to change and track that until you have mastered the change.
- Keep your energy output up by engaging in physical activity at least 30 minutes on most days of the week.

For more information on how to lose weight or control your weight, contact your local base **Health and Wellness Center** or **Dietitian**.

Shape Your Future... Your Weigh!™