

▶ Workshop: Beginner Weight Loss Chapter 2, Lesson 1: Proper Eating Habits



This week's lessons will teach you how keeping a Food Journal can help you with your weight loss program, ways to cut down your daily caloric intake, and examples of well-balanced diets.

Track Your Progress with a Food Journal

Food Journals support weight loss because they increase your awareness of what, how much, and why you are eating. Keeping a log of each meal and snack will help you cut down on mindless munching and gives you the ability to notice areas where you need to make changes. For example, you may find you are eating around 1,000 calories a day during lunch; you can then set a goal to trim down your lunches.

Cutting Back on Calories

Cutting calories from your diet doesn't have to be difficult. Last week we learned weight gain is a balancing act. If you eat more than you burn, you gain weight. But, if you cut back just 500 calories each day, you'd lose about 1 pound a week. The equation is simple: 3,500 calories equals about 1 pound of fat. You need to burn 3,500 calories more than you take in to lose 1 pound. So, subtract 500 calories times 7 days, which equals 3,500 calories, or 1 pound of fat!

Building Your Healthy Diet

If you're trying to lose weight, you should think about restructuring your diet. According to the USDA, try cutting back on foods high in solid fats, added sugars, and salt. Think about increasing your intake of fruits and vegetables, making half your grains whole grains, and switch to low-fat (1%) or fat-free milk.

Swap This for That

Review the chart below. If you find that you're eating a lot of unhealthy foods, replace them with healthier options.

	Unhealthy Foods	Healthy Foods
Breakfast	Muffin	Fresh fruit
	Donut	Fat-free yogurt
	Sugary cereal	Whole-grain cereal
Lunch	Cold cuts (ham, bologna, roast beef)	Turkey or tunafish
	Fried chicken and potatoes	Salad with low-sodium soup
	Soda or sugary energy drink	Water
Dinner	Cheeseburger and fries	Grilled chicken and steamed vegetables
	Macaroni and cheese and meat loaf	Whole grain pasta and grilled salmon
	Pizza and breadsticks	Green salad with fresh vegetables and whole grain croutons

Next Steps

1. Read "Keep A Food Journal"
2. Read "Let's Eat"
3. Take the Chapter 2 quiz

▶ **Remember** Stay away from foods high in solid fats, added sugars, and salt.