



simply healthy

from your Hannaford Dietitian

Proven Strategies for Weight-Loss Success

If you need to lose weight, or want to maintain a weight loss, try incorporating as many of these strategies as possible. They are proven strategies that have helped thousands maintain substantial weight loss.

1. Change the types of food you eat. Decrease intake of foods that are associated with weight gain, such as foods high in fat and sugar.
2. Count calories. It will help you assess your calorie intake and see where a majority of your calories are coming from.
3. Self-monitor. Weigh yourself regularly so you can take corrective actions sooner if weight gain occurs.
4. Don't be afraid to ask for help. Ask your Hannaford dietitian for weight-loss advice or find a local weight-loss program for support.
5. Eat breakfast. Seventy-eight percent (78%) of people who are able to lose weight and/ or maintain a healthy weight eat breakfast daily.
6. Prepare meals at home. Ask your Hannaford dietitian for quick, easy, and healthy meal ideas.
7. Limit TV. Those who watch 10 hours or less of TV each week tend to weigh less than those who watch more TV.
8. Engage in physical activity. Get moving and burn those calories.

Source: www.nwcr.ws



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



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Weight Loss Made Easier: Make a Switch to Lose Unwanted Pounds

Think about what foods you can realistically replace and what activities you can add. Jot your ideas down in the spaces below.

Foods I will replace to save calories:

1.

2.

3.

Activities I will add to burn calories:

1.

2.

3.



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Weight Loss Made Simple:

Energy balance (calories consumed = calories burned) allows us to maintain our weight. If you want to lose 2 to 4 pounds a month, try a few simple changes:

1. Replace some of your daily food choices with 2 or 3 alternatives, lower in calories.
2. Add 30 to 60 minutes of activity most days of the week (housecleaning counts!).

By cutting out 100 to 300 calories each day and adding activity that burns 100 to 300 additional calories, you can lose up to one pound each week.

Here are some examples of simple food swaps and daily energy burners:

Simple Food Swaps:

- Replace one tablespoon olive oil (120 calories) with one tablespoon I Can't Believe It's Not Butter® Olive Oil Light Spread (only 45 calories).
- Substitute a half-cup of nightly ice cream (150 calories) for a piece of fruit (60 calories).
- Change from regular mayonnaise (90 calories per Tbsp.) to Hellmann's® Canola Cholesterol Free Mayonnaise (40 calories per Tbsp.).
- Swap regular cheese (110 calories per ounce) for Cabot® 50% Light Cheddar (70 calories).
- Replace regular granola (250 calories per 1/2 cup) with Kashi® GOLEAN® Crisp!™ (120 calories).

Energy Burners

(based on a 200 lb. person, 30-minute duration):

- Bowling or dancing burns 110 calories.
- Shopping for groceries burns 120 calories.
- Walking a 20-minute mile burns 160 calories.
- Housework or gardening burns 180 calories.
- Doubles tennis burns 220 calories.
- Weight training with 90 seconds' rest between sets burns 250 calories.



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