

Simple Weight Loss Facts

- Unless you are currently losing weight, your current diet contains too many calories- no matter how “healthy” the food is, or how little you feel that you are eating.
- What is a good amount of food for some people may be too much for others.
- You need to burn about 3500 calories to lose one pound of fat.
- Walking one mile burns about 100 calories- therefore, you need to walk 35 miles to lose one pound of fat.
- Exercise has many benefits- it is good for your heart, flexibility and (with weight bearing exercise) your bone strength, but it is difficult to rely on just exercise for weight loss.
- Eliminating just over 100 calories per day will result in your losing 1 pound per month. This is just over 1/2 can of soft drink or 1 medium cookie.
- Eating 3-5 meals and snacks per day leads to your body burning more calories than eating just once or twice per day as long as you can control the calories in each meal so that they do not become excessive. If you eat only once or twice per day your body goes into the “starvation mode” and burns fewer calories, storing the rest as fat.
- It is sensible for most people to drink mostly things with no calories such as water and artificially sweetened drinks. This alone can save several hundred calories per day for most people.
- Making substitutions in your regular diet also is effective- reduced calorie margarine for butter, skim milk for regular milk, etc. Look at your current diet and see what substitutions you can make.
- Cutting serving size is another easy way to cut calories. When you have a meal, leave a little on the plate and see how you do.
- If none of these things are effective, you may need additional help- try Weight Watchers or contact us for a referral to a dietician.