

# Ways to Manage Your Weight

Being overweight puts you at greater risk for health problems such as high blood pressure, diabetes and heart disease. Make healthy choices each day instead of going on and off of diets. A slow loss of ½-2 pounds per week is best. If you lose too much too fast, you often gain the weight back.

- **Do not skip meals.** Start the day with a healthy breakfast. Eating at least 3 meals each day helps your body have the energy it needs and prevents hunger.
- **Control your portion size.** Use a small plate and take small amounts of a variety of foods. Do not go back for seconds.
- **Eat when you are hungry.** Avoid eating to relax, or because you are bored or depressed. Take a walk or do something you enjoy instead.
- **Write down all of the food you eat.** Include the type of food, the amount and the time you ate. This helps you become more aware so that you can better manage your eating.
- **Exercise.** Check with your doctor before starting a new exercise routine. Be more active by taking the stairs or parking your car farther away. Aim to exercise 1 hour each day, at least 5 days a week by doing activities such as walking, bike riding, swimming, running and hiking. Exercise classes may be helpful.
- **Limit sugar and sweets.** Limit food that contains added sugars such as desserts, doughnuts, cookies and candies. These have many calories and few nutrients. Use an artificial sweetener in drinks instead of sugar or drink diet soda.

# 控制体重的方法

体重过量使您在罹患健康疾病方面有更大风险，如高血压、糖尿病和心脏病。请每天都作出健康的选择，而不要时常节食，时常又停止节食。一星期慢慢地减重 250 克至 1 公斤( $\frac{1}{2}$ -2 磅)是最好的。如果你减重太多太快，体重时常又会回复。

- **不要跳过进餐。**以一份健康早餐开始您的一天。每日至少 3 餐有助于您的身体得到所需能量并能防止饥饿。
- **控制每餐所食的份量。**使用一个小盘，取少量多种食物。不要再取第二盘。
- **在饿的时候吃东西。**避免用吃使自己放松，或因为您觉得无聊或情绪低落而吃东西。改为散步或做您有兴趣做的事。
- **写下您吃的所有食物。**包括食物的类型、数量和进食时间。这有助于您提高意识，以便更好地控制饮食。
- **锻炼。**在开始一项新的锻炼常规之前先和您的医生商量一下。爬楼梯或将车停较远处，以增加活动。每天计划锻炼 1 个小时，一星期至少 5 天进行如走路、骑自行车、游泳、跑步和步行的活动。锻炼班可能会有益。
- **限制糖和甜食。**限制含添加糖的食物，如甜点、油炸面圈、饼干和糖果。这些食物含高卡路里但没有什么营养。请在饮料中用人造甜料，而不用糖或饮用节食型软饮料。

- **Drink water.** People who drink plenty of water are more likely to lose weight. Drink 6-8 glasses of water each day.
- **Be careful when eating out.** When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask for healthy menu choices.
- **Snack for better health.** Enjoy fresh fruit, vegetables, or fat free light yogurt instead of packaged snacks. Low fat crackers, whole grain cereals and oatmeal also make great snacks.
- **Use less fat when cooking.** Bake, broil, grill, roast or steam food instead of frying. Trim fat and skin from meat. Drain fat.
- **Be a smart shopper.** Plan ahead for meals. Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.

Small changes can lead to good results. Talk to your doctor, nurse or dietitian if you have any questions or concerns.

- **请喝水。**大量喝水的人更有可能减轻体重。每天喝 6-8 杯水。
- **在外吃东西时要小心。**当您在外吃东西时，请选择汤和沙拉或含低脂肪的小盘食物。要求将调料和沙拉酱放在一边。如果是大份量，分享一个盘中的食物或带一半回家。要健康的菜单选项。
- **为更加健康而吃零食。**享用新鲜水果、蔬菜或无脂肪的清淡型酸奶，而不要吃袋装小吃。低脂饼干、全麦麦片和燕麦片也是很好的小吃。
- **烹饪时少用脂肪。**烘、烤、烧烤、烘烤或蒸食物而不要油炸食物。除去脂肪并给肉去皮。排掉脂肪。
- **做聪明的购物者。**餐前作计划。使用一份清单并在饥饿时避免购物。请买水果、全麦、蔬菜、海鲜、鸡肉和瘦肉。如果您吃乳制品，请购买脱脂或低脂类型。

小小的变化可导致良好结果。如有任何疑问或关注事宜，请告知你的医生、护士或营养师。

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