

Healthy Weight for Life

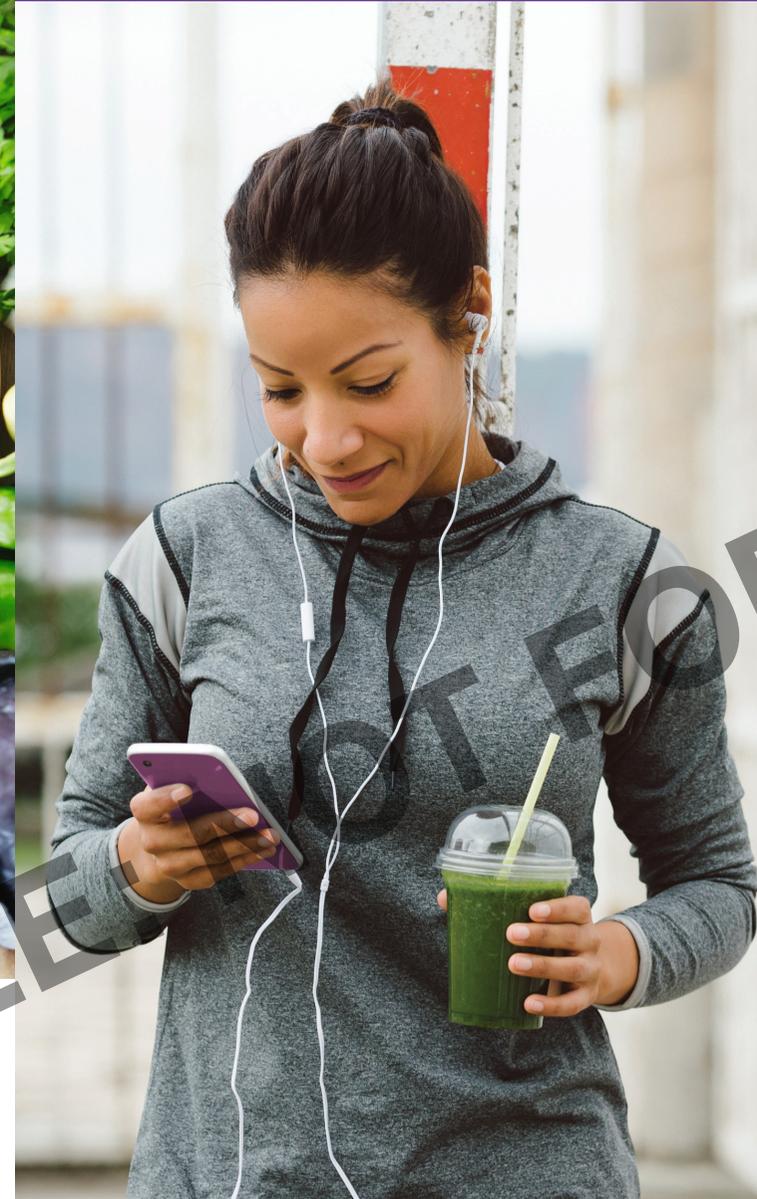
A registered dietitian nutritionist (RDN) can help you set specific nutrition goals and guide you in planning a personalized healthy eating pattern.

To find an RDN in your area, visit "Find an Expert" at www.eatright.org



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A healthy weight is important for overall wellness. Carrying excess weight, especially around your midsection, can be harmful to your health. This may increase your chances of developing type 2 diabetes, heart disease, cancer, osteoarthritis, and sleep problems. Eating right and moving more can make a big difference in reaching and staying at a weight that's healthy for life.



Weight Loss Check-In

Before you begin your weight loss journey, ask yourself these three questions:

- 1 Why do I want to lose weight?
- 2 Am I ready to make changes in my food choices and my lifestyle?
- 3 Do I understand that change is a gradual process that takes time, patience, and daily action?

Your answers will help you assess whether you're ready to commit to changes that you can maintain for lifelong health.

What's Your Healthy Weight?

Your doctor or a registered dietitian nutritionist (RDN) can help determine a healthy weight range that's right for you based on your height, age, gender, and health history. Your weight goal should also consider the location and amount of body fat you carry and your weight-related risk factors, including your family history of health problems.

It's important to set a goal for weight loss that's realistic, such as losing 10% of your current weight. Even a small weight loss of 3% to 5% of your current weight can make a big difference in your health.

Balance Calories from Eating and Activity

Losing weight and keeping it off is about balancing how much you eat with how much you move every day. Your body requires a certain number of calories to function and to carry out daily activities. The best way to lose weight is to make simple changes to cut back on calories from food and drinks and to burn more calories from physical activity. Your results may vary, but with the right changes, you can aim to lose up to 2 pounds a week.

