

Nutritional Recommendations for Weight Management



Committing to a Healthy Eating Pattern

Healthy eating involves consuming the recommended number of calories from the main food groups (dairy, fruits and vegetables, grains, and protein) in appropriate proportions and diversity to provide essential nutrients, promote good health, prevent diseases, and sustain energy levels throughout the day.¹



Energy requirements will vary depending on age, sex, body weight, and activity level, among other factors.²



During weight reduction, recommended safe calorie requirements are 1200-1500 kcal/day for women and 1500-1800 kcal/day for men.¹

Follow the 85/15 Calorie Rule²



85%

of calories should come from the main food groups



15%

of calories are available for other foods

Limit foods and drinks with added sugars, saturated fat, and salt.

Daily Recommended Amounts for Each Food Group^{3,*}

Dairy (3 cups per day)

- Low-fat
- Non-fat
- Lactose-free

Fruits (1.5 cups per day) and vegetables (2 cups per day)

- Fresh
- Frozen
- Canned
- Dried
- Peas, beans, and lentils can count as vegetables or proteins

WATER



Grains (5 oz per day)

- Aim for whole grains
- 1 oz of grains is equal to 1 slice of bread or 1/2 cup of cooked rice or pasta

Protein (5 oz per day)

- Lean red meat
- Poultry
- Seafood
- Eggs
- Lentils (also a vegetable)
- 1 oz of protein is equal to 1 egg or 1 tablespoon of peanut butter

Online Resources Can Provide Helpful Guidance to Build Balanced, Nutritionally Complete Meals³⁻⁵



MyPlate



Harvard Healthy Eating Plate



DASH Eating Plan

^{*}Based on a diet of 1600 calories per day. Adjust calories and macronutrient content as needed to meet patients' specific needs.

Tips and Tricks for Healthy Eating to Try Today



You can still eat healthy foods that satisfy by making some of the following choices^{2,6}:

- Choose low-fat or non-fat dairy options
- Opt for leaner cuts of meat
- Flavor with dry seasonings vs sauces with added fat and sugar
- Limit the use of fats, such as butter or lard, when cooking
- Choose water, low-calorie, or nutrient-dense beverages over soda or sugary drinks
- Have less than a serving size of condiments, spreads, and processed foods



Added calories can also come from the way food is prepared (eg, fried vs sauteed).



Eat more meals at home by trying these tips⁷:

- Keep basics on hand
- Shop once, and pick a prep day
- Pick easy-to-prepare meals
- Make extras, and portion out meals
- Freeze prepared food for later



If you are eating out, try to be mindful of portion sizes and ingredients.⁸

Key Takeaways

- Following the 85/15 calorie rule may ensure a more balanced, nutritious diet by focusing on whole food sources²
- Making low-calorie substitutions when cooking can still be satisfying and healthy^{2,6}
- Preparing meals and ingredients ahead of time can enable eating more home-cooked meals⁷
- Using online resources, such as MyPlate, Harvard Healthy Eating Plate, and Dietary Approaches to Stop Hypertension (DASH) Eating Plan, can help individuals build balanced, nutritionally complete meals³⁻⁵

References

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