

## Participant Guide

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### When Weight Loss Stalls

Taking action when your weight loss stalls can help you prevent or delay type 2 diabetes.

**Tips:**

- ▶ Meet your eating and fitness goals.
- ▶ Set new goals that match your lower weight, if needed.
- ▶ Build muscle.

### Roxanne's Story

Roxanne is at risk for type 2 diabetes. Her goal is to lose 22 pounds. So she starts eating well and being active.

During the first six weeks, Roxanne loses 12 pounds. That's an average of two pounds each week. But she loses just half a pound during week seven. And she doesn't lose any weight during week eight.

Before she lost weight, Roxanne weighed 168 pounds. She needed 1,750 calories a day to stay at the same weight. Now that Roxanne weighs 156 pounds, she needs just 1,650

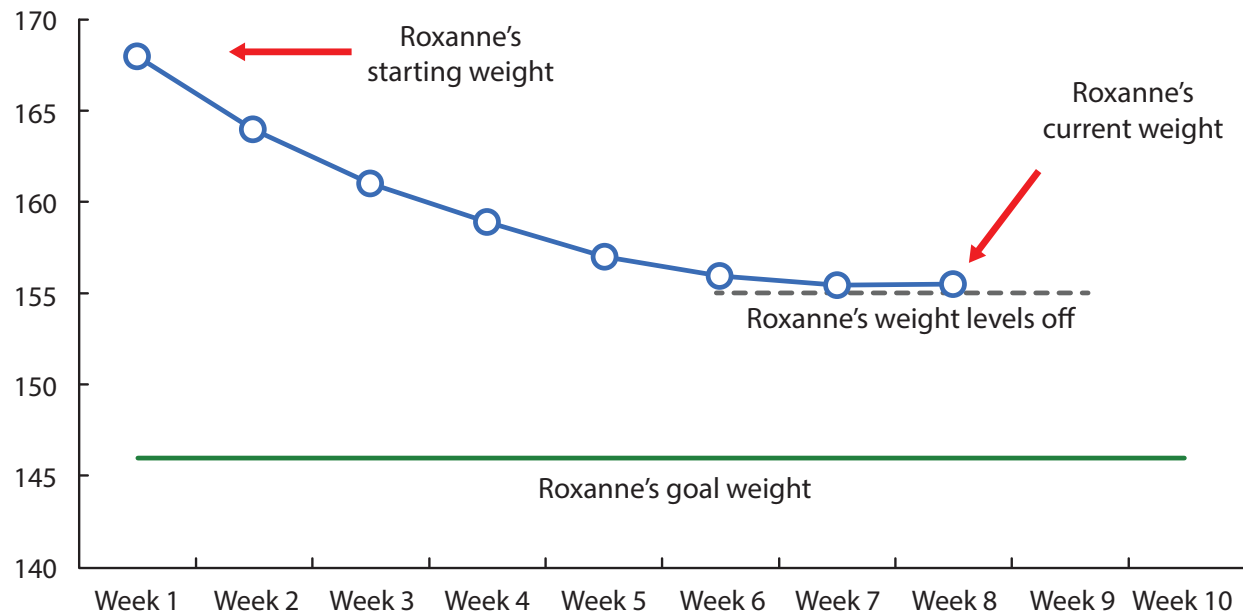
calories a day to maintain her weight. That means her daily calorie needs have dropped by 100 calories.

Since Roxanne's daily calorie needs have changed, she decides to set new eating and fitness goals. She makes small changes in her lifestyle to cut 100 calories each day.

These days, instead of drinking a 16-ounce coffee with whole milk with breakfast, she has a 12-ounce coffee with skim milk. Plus, she now uses resistance bands while she watches TV. This burns calories and builds muscle.

These small changes add up. Roxanne is now losing one to two pounds each week.

## Roxanne's Weight Loss



### Roxanne's Daily Calorie Needs

**Before Roxanne lost weight:**

**Weight: 168 pounds**

**Daily calorie needs: 1,750 calories**

**Now:**

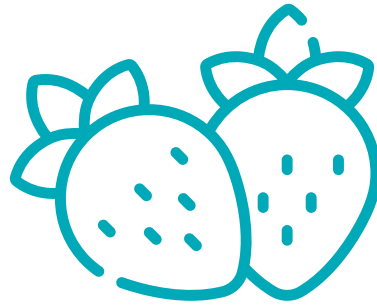
**Weight: 156 pounds**

**Daily calorie needs: 1,650 calories**

**Change in daily calorie needs: -100**

## 25 Snacks Under 100 Calories

1. 13 whole almonds
2. 1 small oatmeal cookie
3. 2 medium kiwis
4. 3 tablespoons hummus
5.  $\frac{1}{2}$  cup fat-free yogurt
6. 1 slice raisin bread
7. 1 medium apple
8. 1 orange
9. 1 cup strawberries
10. 1 stick low-fat string cheese
11. 8 baby carrots with one tablespoon dip
12. 1 mini can of cola
13. 1 cup blueberries with 2 tablespoons whipped topping
14. 1 block dark chocolate, or three squares
15.  $\frac{1}{2}$  frozen banana dipped in two squares melted dark chocolate
16. 1 cup oat cereal
17.  $\frac{1}{2}$  cup of sunflower seeds
18. 20 pistachios
19. 1 small latte with skim milk
20. 6 cups microwave popcorn
21. 1 small nonfat blueberry smoothie
22. 1 cup tomato soup
23. 10 baked pita chips with  $\frac{1}{4}$  cup salsa
24.  $\frac{1}{2}$  apple (sliced) with 1 teaspoon natural peanut butter
25. 1 small sliced avocado



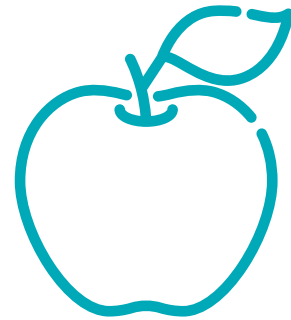
## Ways to Take in Fewer Calories

Here are some ways to take in fewer calories. Check off each idea you try.

### Use less fat

#### To keep food from sticking, use:

- Cooking sprays
- Nonstick cookware
- Water or stock



#### To replace butter and oil in baked goods, use:

- Ground-up veggies or fruit with no added sugar
- Nonfat plain yogurt
- Veggie or fruit juice with no added sugar

#### Replace fatty sauces with:

- Hot sauce
- Hummus
- Lemon juice
- Low-fat gravy
- Low-fat salad dressing
- Mustard
- Nonfat plain yogurt
- Salsa
- Vinegar



#### Replace sweet drinks with:

- Low-fat soy milk
- Smoothie made with nonfat plain yogurt, skim milk, and frozen fruit
- Sparkling water with a splash of 100% fruit juice
- Tea or coffee with no cream or sugar
- Veggie juice with no added sugar
- Water with lemon, lime, or mint

#### Control portion sizes

- Don't skip meals.
- Measure food.
- Pay attention to serving sizes.
- Plan your snacks and meals.
- Start with non-starchy veggies or a broth-based soup.
- Use small plates.



# Ways to Burn 100 Calories

Each of these activities burns at least 100 calories. Check off each idea you try.

## Household Chores

- Garden for 30 to 45 minutes.
- Rake leaves for 30 minutes.
- Shovel snow for 15 minutes.
- Wash and wax a car for 45 to 60 minutes.
- Wash windows or floors for 45 to 60 minutes.

## Sports

- Bike 5 miles in 30 minutes (6 minutes/mile).
- Dance fast for 30 minutes.
- Do water aerobics for 30 minutes.
- Jump rope for 15 minutes.
- Play basketball for 15 to 20 minutes.
- Play touch football for 45 minutes.
- Play volleyball for 45 to 60 minutes.
- Push a stroller 1.5 miles in 30 minutes (20 minutes/mile).
- Run 1.5 miles in 15 minutes (10 minutes/mile).
- Shoot baskets for 30 minutes.
- Swim laps for 20 minutes.
- Walk 1.75 miles in 35 minutes (20 minutes/mile).
- Wheel self in wheelchair for 30 to 40 minutes.

