

Regional Weight Management Center

May 2010 Newsletter

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Note: Support Group will be held on May 24, 2010, at 7 p.m. in the West Auditorium due to Memorial Day. We will not be having the clothing exchange this year. Topic for the 24th to be announced. See you there!

Food for Success

Now that you have the band it is not enough to fill up on just any food. You need to select your food so that you maximize your intake of vitamins, minerals, trace elements and protective nutrients. Use the guide that follows to choose foods to satisfy your taste buds and also get top nutrition. The list is meant to help you not restrict you. It is designed to help you eat enough – but not too much – and re-learn how much food your body needs.

How much can I eat?

Calories still count. The band is designed to dim you appetite and help you feel full on a smaller amount of food. How much you eat depends on your age, gender, activity level, metabolic rate, and many other things. Let the dietician help you select the caloric intake that is best for you.

Your body has a built in, perfectly calibrated calorie counter. If you are gaining weight then you are eating more calories than your body need. If your weight is stable then you are eating as many calories as you are burning in a day. If you are losing weight you are eating fewer calories than you are burning. Most women can lose weight eating 1,000 or 1,200 calories a day. Most men can lose with 1,200 to 1,500 calories a day. The idea is that if you want to weigh 150 pounds you have to eat like a person that weighs 150 pounds.

Servings per Calorie Level

Calories Per Day	Grains	Lean Protein	Vegetables	Fruit	Dairy	Fat
	80 Cal	35-75 Cal	20-30 Cal	60 Cal	90 Cal	45 Cal
1,000	4	4	2	2	2	2
2,000	5	4	3	3	2	3
1,500	8	5	3	3	2	3
1,800	9	6	4	3	3	4
2,000	10	7	4	4	3	4

Terry Anderson, Supervisor, Regional Weight Management