

Adirondach Pediatrics, P.C.

PEDIATRIC AND ADOLESCENT MEDICINE

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TIPS TO HELP LOSE WEIGHT

You will need: the diet, a postage or food scale to weigh portions, a bathroom scale, a diet notebook and calorie book, lots of will power and family support.

Before you start:

1. It took months to years to gain all this weight, it will take months to years to lose it - do not get discouraged.
2. Get a "diet notebook" (a 3" X 5" spiral bound will do) and a calorie counter book and for 2 to 5 days before you start the diet, record everything you put in your mouth - total the calories for each day. Do not try to diet during this test period - eat what you usually do. This gives you an idea where all the excess calories come from and where you must cut back.
3. Be sure you (not just your parents) really wants to lose weight before you start.

The diet itself

1. When we examine you we will determine what degree of calorie restriction you need and how much weight you should aim to lose.
2. Most overweight people skip meals - especially breakfast. It is vital that you eat all three meals on this diet. None may ever be skipped. Weigh and measure all portions, do not estimate portion size.
3. Tailor the diet to your own food preferences within the exchanges listed. For instance, if you hate breakfast foods, you could possibly substitute 1/2 a peanut butter sandwich with low fat yogurt and fruit instead.
4. Eat only at a table with full place settings. Never read or watch TV while eating. Eat slowly and enjoy every mouthful! Try not to eat alone.
5. Be careful of fast-food places - A big Mac (580 calories) may be half of your daily allowance.
6. Do not eat fried foods - boil, broil or bake your food. Avoid fats such as butter, margarine or mayonaise except as specifically listed in your diet. Fat has more than twice the calories of sugar. Unfortunately most sweet foods are high in fat too. Reducing sugar but keeping a high fat diet is self defeating. Aim for less than 30% of your day's calories to come from fat.
7. Read the calorie count on "diet" foods - they may not be as low as you think. Trim all fat off meat.
8. Keep iced tea with lemon (no sugar), mineral water, or ice water in the refrigerator as a snack. Your diet also lists several appropriate snacks and "free foods" - use these.