

# Weight Management Resources



## STARTER PROGRAM—Part I

### INITIAL DIETARY INTERVENTIONS—REVIEWED AT YOUR INITIAL CONSULT

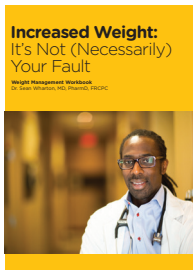
- 1) Maintain proteins and decrease refined carbohydrates (bread, pasta, rice, potatoes, corn).
- 2) Eat 3 meals and 3 snacks. Do not skip meals!
- 3) Decrease portion sizes. Eat slowly (15-20 minutes).
- 4) Increase fibre and vegetables.
- 5) Aim for 2 fruits per day (Limit to 200 calories from fruit per day).
- 6) Beverages: Water, tea, coffee, low-fat milk. No regular pop, fruit drinks or smoothies.
- 7) Weigh yourself daily or weekly. This can be done at the WMC.



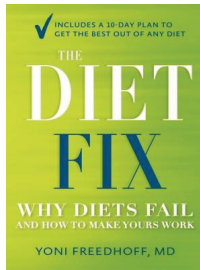
### Education

Books ✦ Blogs

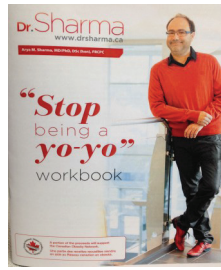
[www.drsharma.caw](http://www.drsharma.caw) • [www.weightmatters.ca](http://www.weightmatters.ca) • [www.obesitynetwork.ca](http://www.obesitynetwork.ca)



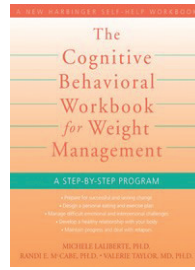
Increased Weight: It's Not (necessarily) Your Fault by Sean Wharton, MD



The Diet Fix by Yoni Freedhoff, MD



"Stop Being a Yo Yo" Workbook by Arya Sharma, MD



Cognitive Behavioural Workbook for Weight Management

### Exercise

Walking ✦ Activity Monitors ✦ Aqua Fitness ✦ Gyms ✦ Resistance bands



### Nutritional Accuracy

- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- [www.caloriecount.com](http://www.caloriecount.com)
- Calorie Counting Books
- Calorie and Nutritional Assessment Food Scales

### EXERCISE

**Walk more:** 1/2 hour per day. Use a pedometer (step counter) or activity monitor throughout the day. Gradually build up to 5,000-10,000 steps/day. A good starting point is 2,000 steps.

**Aqua Fit:** Works well if you have mobility concerns.

**Resistance/Strength:** Resistance bands can help build muscle (increases your metabolic rate).

*Resistance bands, pedometers and accelerometers can be purchased at Canadian Tire, Sports Chek, Walmart, Amazon, [diabetesexpress.com](http://diabetesexpress.com)*

# Weight Management Resources



## STARTER PROGRAM—Part II

### PROTEIN SNACKS

Cheese ✧ Yogurt ✧ Nuts/Seeds ✧ Protein Bars / Shakes



**What to look for in a protein shake/snack:**

**Calories:** 75-120  
**Protein:** 7-10 grams  
Minimal carbohydrate and fat

**(Follow these recommendations until you are provided with your meal plan goals)**

### BREAKFAST:

\_\_\_\_\_ CALORIES  
Approx: 10-15 grams of protein and 5 grams of fiber or meal replacement . Patients who have diabetes and are on diabetes medication need 2 carb servings=30grams of carbohydrates.

### OPTIONAL:

Use 1 Meal Replacement per day for breakfast or lunch.

### LUNCH AND DINNER:

As per usual until meal plan goals are provided.

### SNACKS:

Small nutritious snacks during the day. Some should be protein/fiber snacks (eg. protein bar, yogurt, soy nuts).

### MEAL REPLACEMENTS

SHAKES ✧ BARS



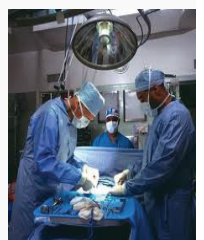
**What to look for in a Meal Replacement:**

**Calories:** 225-250  
**Protein:** 20-30grams  
**Vitamins & Minerals added**  
Should contain **fiber** and **carbohydrates**

**Reference:**  
[www.drsharma.ca](http://www.drsharma.ca) and search "replacing meals beats skipping them"

### Bariatric Surgery:

Bariatric Surgery can be beneficial for patients that qualify. If you are interested talk to the WMC MD about this.



### FIBER

Natural Foods ✧ Supplemental



### SUPPLEMENTAL FIBER:

1 TBSP (Metamucil/ Benefiber, approximately 3 grams 2x per day or PGX granules—start slowly).

### VITAMINS

VITAMIN D (1000-2000IU/day) ✧ FISH OIL/OMEGA-3 (3.0-4.5grams/day)



**All products and programs are presented here as examples and are not endorsements.**