

# Dietary Guideline #1: Weight Management



## Goals:

- To maintain body weight in a healthy range, balance calories from foods & beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

## What is a healthy weight range?

$$\text{BMI} = 19 - 25$$

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328



# Energy In = Energy Out

**1 pound of body fat = 3500 calories**

**This means that you need to burn an extra 500 calories per day in order to lose 1 pound per week! So don't expect fast weight loss and remember to eat sensibly.**

## Count your Calories

When it comes to counting calories, most people forget to count the calories they drink! Beverages like soda, juice, milk, and alcohol all contain calories.

### Alcohol

1 ½ oz shot (gin, rum, vodka, whiskey, etc.): 100-125 calories

Light beer: 100 calories (12 oz can or bottle)

Wine Coolers: 140-190 calories (6 ounce bottles)

Strawberry Daquiri/Margarita: 400-500 calories

Rum and Coke: 250 calories

Wine: 105 calories (5 oz glass)

Martini: 220 calories

### Other beverages

Non-diet soda: 150 calories (12 oz)

Juice: 170 calories (12 oz)

Fat-free milk: 90 calories (8 oz)

### Tips

\*Limit alcohol & regular soda to 1 drink per day

\*Drink diet instead of regular soda

\*Drink your milk (or get at least 2-3 dairy servings per day)

\*When drinking juice, pay attention to portion sizes!

## Calorie-Burn Calculator

Find out how many calories you are burning doing any activity by visiting this website. Just enter your activity, duration, age, sex, height, and weight, and it will tell you how many calories you burned!!

Remember to aim for 500 per day to ensure healthy weight loss.

[http://www.caloriesperhour.com/index\\_burn.html](http://www.caloriesperhour.com/index_burn.html)



# Low-Calorie Recipes

## Low-Calorie Recipes

### Orange-Glazed Cinnamon Rolls

Source: Better Homes & Gardens

#### Ingredients

Makes 12 rolls

Nonstick cooking spray

1 1-pound loaf frozen bread dough, thawed (try whole-wheat for added fiber)

1 tablespoon margarine or butter, melted

1 tablespoon granulated sugar

1 teaspoon ground cinnamon

1 recipe Orange Glaze (see recipe below)

- **Orange Glaze:** In a small bowl combine 1/2 cup sifted powdered sugar and 1/4 teaspoon finely shredded orange peel. Stir in enough orange juice (2 to 3 teaspoons) to make a glaze of drizzling consistency.

#### Directions

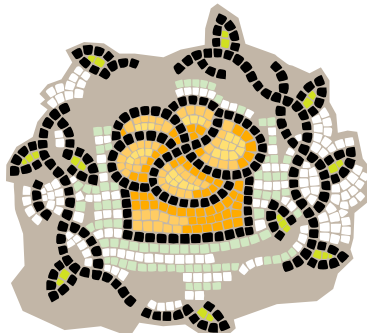
1. Lightly coat a 9x1-1/2-inch round baking pan with cooking spray; set aside. On a lightly floured surface, roll dough into a 12x8-inch rectangle. (If the dough is difficult to roll out, let it rest for a short time and roll again. Repeat as necessary.)

2. Brush dough with melted margarine; sprinkle evenly with granulated sugar and cinnamon.

3. Roll up dough, starting from a long side; seal seam. Cut into twelve 1-inch slices. Place rolls, cut sides down, in the prepared baking pan. Cover and let rise in a warm place until nearly double in size (about 30 minutes).

4. Bake in a 375 degree F oven for 20 to 25 minutes or until lightly browned. Cool slightly in pan on a wire rack. Remove from pan. Drizzle rolls with Orange Glaze. Serve warm. Makes 12 rolls.

**Nutritional Information:** Calories: 119, total fat: 1g, saturated fat: 0g, monounsaturated fat: 1g, cholesterol: 0mg, sodium: 11mg, carbohydrate: 21g, total sugar: 8g, fiber: 0g, protein: 3g, vitamin A: 0%, vitamin C: 1%, calcium: 4%, iron: 1%, starch: 1.5diabetic exchange



## Souper Creamy Veggie Soup

Source: NDSU Extension Service

### Ingredients

2 tsp. butter or margarine  
1 small onion, chopped  
1 can (14.5 oz) fat-free chicken broth  
1 large potato, cubed  
1 1/2 c. sliced carrots  
2 c. broccoli florets, green beans or asparagus  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 c. all-purpose flour  
2 1/2 c. reduced-fat or fat-free milk  
2 c. cooked, cubed chicken or turkey (optional)

Makes 4 servings



### Directions

Melt butter in large saucepan over medium heat. Add onion; cook 5 minutes, stirring occasionally. Add broth, potato and carrots; bring to a boil over high heat. Reduce heat; simmer uncovered 5 minutes. Add broccoli (or beans), salt and pepper. Cook 5 minutes. Place flour in a medium bowl. Gradually stir in milk, mixing well. Add milk mixture to soup; bring to a simmer. Simmer uncovered 5 minutes, until vegetables are tender and soup has thickened.

**Nutritional Information:** Each serving contains 230 calories, 5 grams fat, 34 grams carbohydrates, 20 % of the daily value for calcium.

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## Southwest Tortilla Wraps

Source: NDSU Extension Service

### Ingredients

4 10-inch flour tortillas (try whole-wheat for added fiber)  
2 Tbsp. low-fat salad dressing or mayonnaise  
1/2-cup chunky salsa  
4 oz. sliced turkey or roast beef  
1/3 cup shredded low-fat cheddar cheese  
1/2 cup thin strips red pepper  
1/4 cup sliced green onions  
2 Tbsp. sliced black olives  
pinch of cayenne pepper (optional)

Makes 4 servings



### Directions

Spread salad dressing on tortilla; spread salsa over salad dressing. Top with meat, cheese, vegetables and cayenne pepper as desired. Roll and serve or heat 45 seconds in microwave on medium power. Each tortilla can be wrapped in plastic wrap after rolling and then refrigerated.

**Nutritional Information:** Each serving contains 140 calories, 4 grams fat, 19 grams carbohydrate, 1gram fiber and 390 milligrams sodium.