

Zero Weight Gain

HOLIDAY CHALLENGE



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Keeping the Weight Off

Maintaining Weight Loss Requires Diligence

Many people are good at losing weight. The problem is keeping it off. What do people who have maintained their weight loss do differently? Let's look at the results of a long-term study of people who have kept at least 30 pounds off for over a year. This study is called the National Weight Control Registry.

Since 1994, over 5,000 people enrolled in the National Weight Control Registry have reported their strategies for maintaining their weight loss. Many have lost more than 60 pounds and kept it off five years or more. Here are some of their weight control practices and how they apply to the holidays:

Daily Exercise: Routinely people on the registry report that they are religious about doing physical activity. Most do 60 minutes or more per day. Individuals who become less careful about regular exercise over the holidays are more likely to regain weight.

Consistent intake of a low calorie, low fat diet: The women in the registry say that they consume an average of 1400 calories per day to maintain their weight. The men report an average of 1700 calories per day. They get about 24% of their calories from fat. They consistently follow these meal patterns



To keep the weight off, you must sustain the changes you made during weight loss.

even on weekends. During the holidays, they carefully monitor their food intake to keep on track.

Frequent weight checks: People in the registry weigh often – sometimes daily. They take quick action if they start to see the pounds creep back on. Unfortunately pounds regained are harder to get off again. One month after the holidays formerly overweight people who gain weight are less likely to be back to their pre-holiday weight than people who have never been overweight who put on some extra pounds.

Maintaining Weight Loss...

Not much TV: The study participants watch less than 10 hours of TV per week, while the typical American averages 28 hours per week. By not watching TV, registry participants have more time to be active and view fewer food commercials to stimulate their appetites.

Daily breakfast: These individuals eat breakfast every day. This may keep their metabolic rates up and protect them from over eating at holiday events.

Less food variety: Routinely registrants limit the variety of food they eat. They are especially careful about consuming higher fat foods. Research has shown that when people have more variety in food and drink, they consume more.



Peking Beans and Carrots (Adapted from www.birdseye.com)

1 tablespoon olive oil
1 tablespoon granulated
sugar substitute
1/4 teaspoon celery seed

1 ½ teaspoons rice wine vinegar
1 cup frozen green beans
1 cup frozen carrots
Salt and pepper to taste

1. In a saucepan, combine the oil, artificial sweetener, celery seed and other seasonings as desired. Heat on low for about 1 minute, stirring constantly. Remove from heat and stir in vinegar.
2. Put in small storage container and refrigerate one hour to blend flavors.
3. In clean saucepan, cook the vegetables according to package directions. Pour sauce over vegetables and mix well.
4. Transfer to serving dish.

4 servings

Nutrition Analysis:

Calories: 55

Carbohydrate: 5 grams

Protein: 1 gram

Fat: 5 grams

Saturated Fat: 0.5 grams

Cholesterol: 0 milligrams

Sodium: 154 milligrams

Dietary Fiber: 1 gram

Exchanges: 1 vegetable, 1 fat

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