
Nutrition for Weight Loss

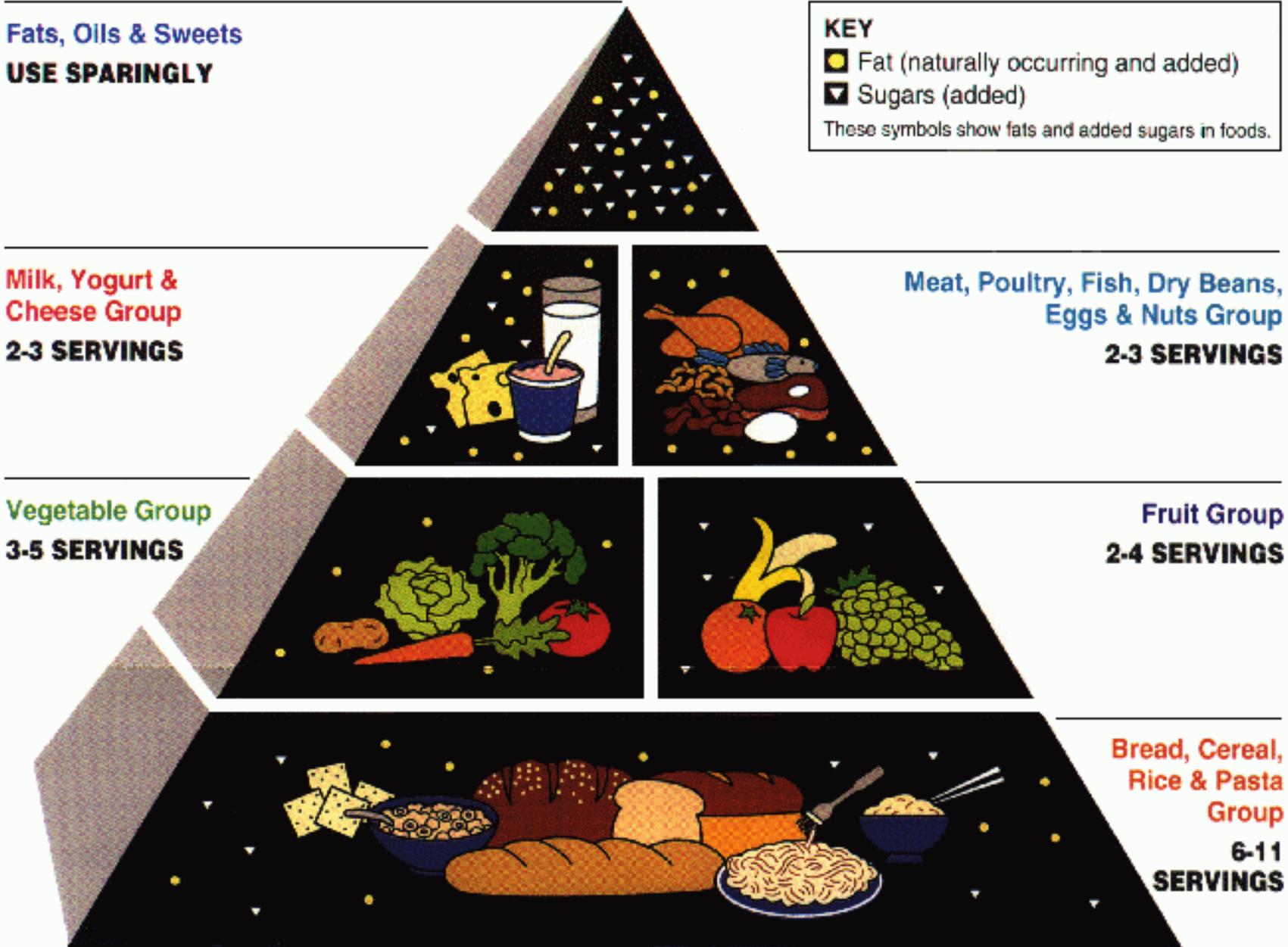
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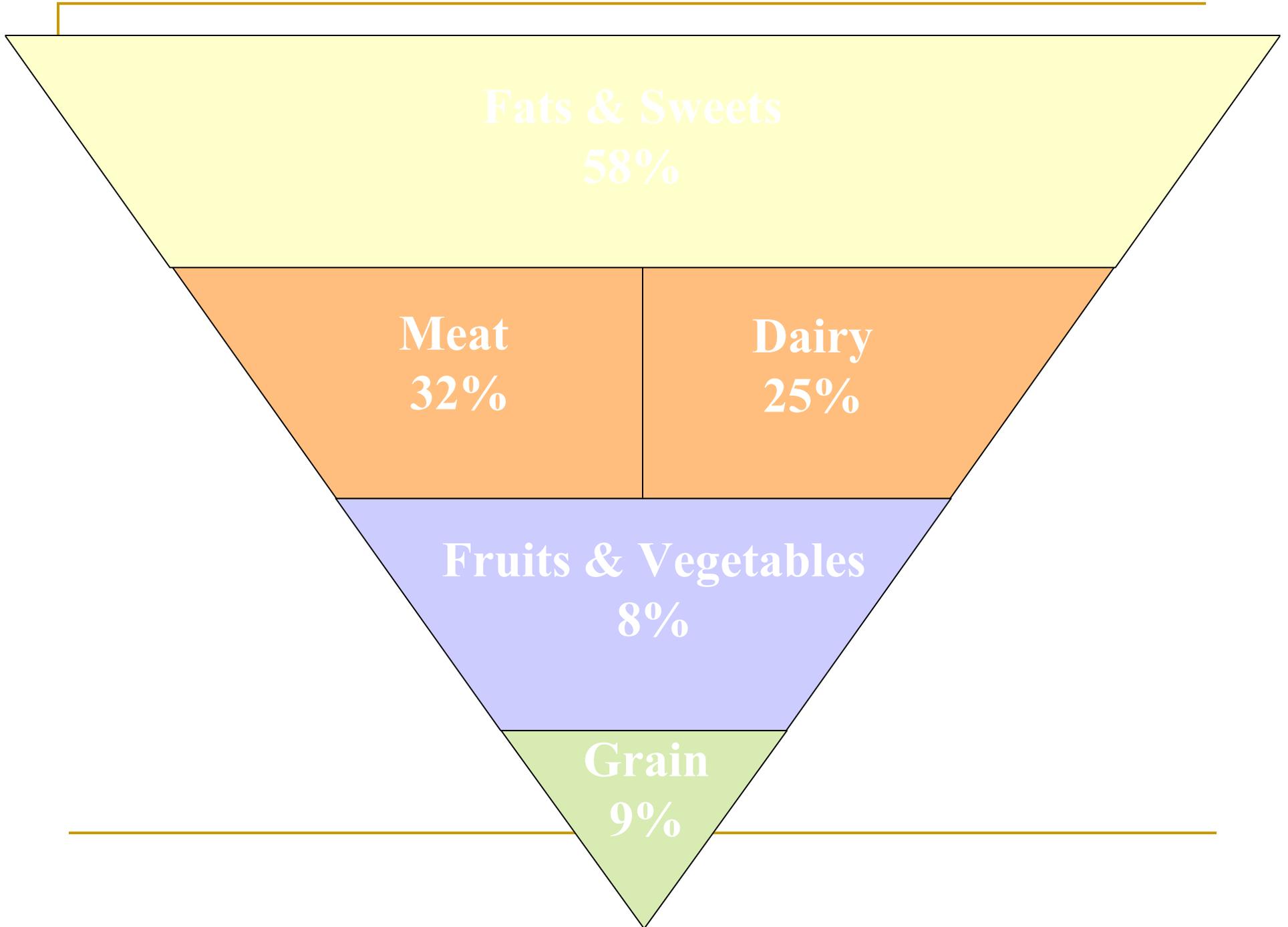
Health Education Administrator

KSC/CCAFS

Weight Loss Strategies

- **An individually planned diet based on the overweight status to create a deficit of 500 to 1,000 kcal/day should be an integral part of any weight loss program**
 - **Besides decreasing saturated fat, total fats should be 30 percent or less of total calories**
 - **Reducing dietary fat, along with reducing refined carbohydrates, is usually needed to produce the caloric deficit needed for desired weight loss**
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Nutrition for Weight Loss Basics

- 1. Eat high-fiber foods such as fruits, vegetables, whole grains and beans**
 - ❑ Load up on veggies!
 - ❑ Go for more high fiber fruits – apples, pears, plums, berries
 - ❑ Check the fiber content
 - ❑ Want fiber grams to constitute most of carbohydrate grams
- 2. Go low fat!**
 - ❑ Check the fat grams of food – want less than 4 grams of fat/serving
 - ❑ If eating out, avoid foods with cream or butter sauces and foods that are fried and/or battered.
- 3. Look out for simple sugars**
 - ❑ Sugary foods provide a bunch of calories with little or no nutrients.
 - ❑ Foods high in refined sugars: cakes, cookies, pies, candy, syrup, honey, etc
 - ❑ Refined starches: white potatoes, rice, and bread and regular pasta
- 4. Use less added salt and sodium**

N.E.W.S Website

<http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/occmed/home/index.cfm?page=NEWS>
Program
