



Lamont Health Care Centre

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2016 COMMUNITY NEWSLETTER – SUMMER EDITION 'MEDICAL CORNER' Healthy Lifestyle - WEIGHT LOSS

Your weight is a balancing act, and calories play a big role. Find out how calories determine your weight and ways you can best cut calories from your diet.

by Mayo Clinic Staff adapted by **Dr. Zainool Mohamed, Chief of Medical Staff – LHCC**

Despite all the diet strategies out there, weight management still comes down to the calories you take in versus those you burn off.

Fad diets may promise you that avoiding carbs or eating a mountain of grapefruit is the secret to weight loss, but it really comes down to eating fewer calories if you want to shed pounds.

Calories are the energy in food. Your body has a constant demand for energy and uses the calories from food to keep functioning. Energy from calories fuels your every action, from fidgeting to marathon running.

Carbohydrates, fats and proteins are the types of nutrients that contain calories and are the main energy sources for your body. Regardless of where they come from, the calories you eat are either converted to physical energy or stored within your body as fat.

These stored calories will remain in your body as fat unless you use them up, either by reducing calorie intake so that your body must draw on reserves for energy, or by increasing physical activity so that you burn more calories.

Your weight is a balancing act, but the equation is simple; If you eat more calories than you burn, you gain weight.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound.

So, in general, if you cut 500 calories from your typical diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories).

It isn't quite this simple; however, you usually lose a combination of fat, lean tissue and water. Also, because of changes that occur in the body as a result of weight loss, you may need to decrease calories further to continue weight loss.

Cutting calories doesn't have to be difficult. In fact, it can be as simple as:

- Skipping high-calorie, low-nutrition items
- Swapping high-calorie foods for lower calorie options
- Reducing portion sizes.

Skipping one or two high-calorie items is a good place to start when cutting calories. For example, you could skip your morning latte, soda at lunch or that bowl of ice cream you always have after dinner.

Think about what you eat and drink each day and identify items you could cut out. If you think that skipping your indulgence will leave you with a craving, try a low-calorie substitution.

Healthier options:

<i>Instead of this ..</i>	<i>Calories*</i>	<i>Try this ..</i>	<i>Calories*</i>
Flavored latte, 16 oz.	250	Black coffee, 16 oz.	0
Chocolate ice cream		Strawberries	
1 cup	285	1 ½ cups	70
Lemon-lime soda		Sparkling water	
16 oz.	200	16 oz.	0

**Actual calories may vary by brand.*

Simple substitutions can make a big difference when it comes to cutting calories. For example, you can save 60 calories a glass by drinking fat-free milk instead of whole milk. Instead of having a second slice of pizza, reach for some fresh fruit. Or snack on air-popped popcorn instead of chips.

Mission Statement

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health

and the provision of compassionate care to all persons.