

控制体重的方法

Ways to Manage Your Weight

Being overweight puts you at greater risk for health problems, such as high blood pressure, diabetes, and heart disease. Make healthy choices each day instead of going on and off diets. A slow loss of ½ to 2 pounds per week is best. If you lose too much too fast, you often gain the weight back. The key is finding healthy lifestyle changes that you can maintain long term.

- **Do not skip meals.** Start the day with a healthy breakfast. Eat at least 3 meals and 1 or 2 snacks each day to help your body have the energy it needs and to prevent hunger.
- **Control your portion size.** Use a small plate and take small amounts of a variety of foods. Do not go back for seconds.
- **Eat when you are hungry.** Avoid eating to relax, or because you are bored or depressed. Take a walk or do something you enjoy instead.
- **Write down all the food you eat.** Include the type of food, the amount, and the time you ate. This helps you become more aware so that you can better manage your eating.
- **Exercise.** Check with your doctor before starting a new exercise routine. Be more active by taking the stairs or parking your car farther away. Do at least 150 minutes of moderate physical activity each week. Examples of moderate activity are brisk walking, bike riding, swimming, running, and hiking. It is also recommended to stretch and strengthen your muscles 2 to 3 days a week. Lifting weights in a supervised program is one way to strengthen muscles. Exercise classes may also be helpful.

超重会增加您面临健康问题的风险，如高血压、糖尿病和心脏病。您应该选择每天摄入健康食物而非断断续续地节食。最好每周缓慢减重 ½ 至 2 磅。如果减重太多太快，体重往往会反弹。控制体重的关键是找到可以长期保持的健康生活方式。

- **切勿减餐。**每天享用健康的早餐。每天至少保证三餐并享用 1-2 份加餐，以帮助身体获得所需的能量，并防止饥饿。
- **控制食物的份量。**进食时，用一个小盘盛装少量的多种食物。请勿几秒内再次加餐。
- **在饥饿时用餐。**避免以进食来放松或打发无聊或缓解沮丧。不妨代之以出外散步或做一些您喜欢的事情。
- **记录您享用的所有食物。**包括食物类型、数量和进食时间。这有助于您提高健康饮食的意识，以便更好地控制饮食。
- **锻炼。**在开始新的日常锻炼之前，请咨询医生。主动制造运动机会，例如走楼梯或将车停在更远的地方。每周至少进行 150 分钟的适度体力活动。适度活动包括快走、骑自行车、游泳、跑步和徒步旅行。另建议每周 2-3 天进行拉伸和加强肌肉的训练。监督下举重是增强肌肉的方法之一。锻炼班也可能有帮助。

- **Limit sugar and sweets.** Limit food that contains added sugars such as desserts, doughnuts, cookies, and candies. These have many calories, few nutrients, and leave you wanting more.
- **Drink water.** People who drink plenty of water are more likely to lose weight. Drink at least 6 to 8 glasses of water each day. If you are overweight, you may need to drink more water to stay hydrated. Drinking water helps to control your appetite and rid your body of waste.
- **Be careful when eating out.** When you eat out, preview the menu ahead of time. Choose soup and salad or smaller dishes that are low in fat and sodium. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask about healthy menu choices.
- **Snack for better health.** If you are hungry between meals, eat 1 or 2, 100 to 200 calorie snacks. Enjoy fresh fruit, vegetables, or fat free light yogurt instead of packaged snacks. Whole wheat crackers, whole grain cereals, and oatmeal also make great snacks. They are good sources of fiber that keep you feeling full longer.
- **Use less fat when cooking.** Bake, broil, grill, roast, or steam food instead of frying. Trim fat and skin from meat. Drain fat.
- **Be a smart shopper.** Plan your meals. Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken, and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.
- **限制糖和甜食。** 限制含有添加糖的食物，如甜点、甜甜圈、饼干和糖果。这些食物热量多且营养成分少，可能让您想要不停进食。
- **饮水。** 饮用大量水的个体减重难度更低。每日至少饮水 6-8 杯。如果超重，则可能需要进一步增加您的饮水量来确保摄入充分水量。饮水有助于控制食欲，并清除体内的废物。
- **外出就餐时务必谨慎。** 外出就餐时，提前预览菜单。选择低脂肪和低钠的汤和沙拉或小分量的菜肴。要求提供蘸酱和蘸料。如果食物分量很大，与人分享或打包半份回家。询问健康的菜单选择。
- **加餐有益健康。** 如果您在两餐之间感到饥饿，可享用 1-2 份卡路里介于 100-200 的加餐。加餐应选用新鲜水果、蔬菜或无脂肪酸奶而非包装零食。全麦饼干、全谷物主粮和燕麦粥也是不错的加餐选择。它们是很好的纤维来源，可以让您长时间保持饱腹感。
- **烹饪时少用油。** 食物烹饪时采用烘、烤、炙、焙或蒸的方式，尽量避免油炸。去除肉中的脂肪和皮。沥干油。
- **科学购置食物。** 计划三餐。列出购物清单，避免在饥饿时购物。购买水果、全谷物、蔬菜、海鲜、鸡肉和瘦肉。如果您食用乳制品，购买无脂或低脂的产品。

Small changes can lead to good results. Talk to your doctor, nurse, or dietitian if you have any questions or concerns.

小小改变即可为您的健康带来有利影响。如果您有任何疑问，请咨询医生、护士或营养师。