

Q & A with FWSW Dietitians – 2017

Q: What is the most important nutrition tip to remember after the program?

A: There are two, the first being: Meal Planning! This helps you get in your minimum # of food groups & ultimately, all of your nutrients each day. If you get in a situation where planning did not happen, remember how your plate should look (My Plate guidelines). The other being: Portion Control! Another tip? Continue to track your intake!

Q: How can we learn to safely indulge?

A: First & foremost: Planning! Indulgences should be: planned, portion-controlled, & enjoyed mindfully – without guilt. When it is not planned, it is important to ask yourself if you are truly, physically hungry or having an emotional craving? How has your water intake been for the day – could you be thirsty? Drink 4-8 oz. of water & wait 20 minutes before the indulgence. During those 20 minutes utilize the information you worked through during Sonja’s sessions. Keep in mind: Nutrient Density. For example: you are craving potato chips; make some homemade kale chips. Another example: you are craving ice cream: make the ice cream from a mashed banana (recipe posted to website last week). Lastly, know your triggers. There will be some foods that you don’t feel you have control over; those you will need to avoid.

Q: What if our plan fell through & we are at the end of the day & have consumed the right amount of calories, but not enough nutrients. What do we do?

A: It can depend upon where a person is on their weight loss journey. However, it is encouraged to get right back on your plan. It is not a good idea think in terms of eating extra food one day & decreasing food the next (i.e. banking calories). It is more important to optimize your nutrient density the following day.

Q: What is a “sleeper”- type item to be aware of to prevent falling off track?

A: Lapses! They are normal; everyone will have one at some point! Be ready to get back on track immediately to prevent a string of lapses! Think about which habit was the hardest for you to change – that will be the habit that you will struggle with first.

Q: In your experience, who succeeds & who doesn’t after the program?

A: Those who are successful at weight maintenance have a few key traits:

- 1) They have made changes for the long term; they have the mindset that these changes are their new lifestyle – not just changes they were making for a 15-week contest.
- 2) Confidence level with their meal plan. Self-efficacy is crucial! Are you comfortable being on your own after the program or are you feeling anxious? If you are feeling anxious, reach out to Sonja – the sooner the better!
- 3) They stay in touch with their support persons – being in the FWSW family is for life!

Continued below:

Q & A with FWSW Dietitians, cont'd

Q: What kind of loss should the scale show to be considered a success?

A: It is very individual! It can depend on: where one is in their weight loss journey (do you have another 50# to lose or your last 10#?). It will also depend on your age, gender, & level of activity after the program. Abigail stated that the Weight Management doctors consider 4# in 4 weeks a success. A program Christy facilitates encourages participants that even a consistent ½#/week should be considered a success. Ultimately, the scale is just one measure of success. It is important to put the focus on **effort**, be patient, & let the results happen.

Q: How often should we weigh ourselves?

A: That is highly individual. Research shows consistent, regular weighing is helpful to prevent regain. However, the individual should choose how often. Does stepping on the scale each day motivate you? If so, go ahead. Does stepping on the scale give you anxiety or is it what “makes or breaks” your day? If so, don’t weigh daily!

Q: So, what are other measures of success beyond the scale – & beyond BMI?

A: Probably the best measure is how your clothes are fitting! Another would be waist circumference. However, there are lots of other measures: better sleep, better moods, increased energy, decrease in medications, etc. As Rick said: write down your non-scale victories & pull them out when you are struggling!

Q: Moving on after the program, what will participants’ calorie level be?

A: That will be different for everyone. Many things are taken into account: whether or not a participant still wants to lose weight or maintain; how many workouts during the week they will do, & individual metabolism. Now is the time to think about what your new goal will be. Please touch base with your team RD to make sure this is a realistic goal.

Q: What do we do about plateau’s?

A: Touch base with a Registered Dietitian! The RD will have you track your intake & the amount of cardio exercise you are getting. The RD will also look at your water intake & sodium intake. Once these are all on track, the RD may adjust your macronutrients.

Q: What about those of us who are interested in starting weight training, should be do something different nutritionally?

A: That would be highly individual. How much, how often, what type of weight training, etc. would need to be taken into account. There is a possibility of adjusting macronutrients, but we encourage you to get an individualized plan from an RD.

**Please, please, please don’t hesitate to contact any of us for questions or struggles you may have. The longer you wait to reach out, the harder it may be to get back on track! It has been wonderful getting to know you & be a part of your journey! We wish you all the best of health!*