



HEALTH PROMOTION & WELLNESS DEPARTMENT



Achieve a Healthy Weight

Wounded, Ill, and Injured (WII) Sailors and Marines encounter many challenges that may contribute to weight gain. It is important for members to avoid dependence on food while recuperating, whether from boredom, stress, having difficulty sleeping, being tired or anxious. Consuming additional calories may lead to overweight and obesity, which makes it difficult to return to their pre -injury weight status. Sailors and Marines can avoid this trap by consuming the right amount of calories each day. Staying active, eating scheduled meals, avoiding high calorie snacks and beverages, and limiting foods that are high in fat, sugar, and sodium are some of the primary ways to achieve a healthy weight and limiting calorie intake.

Tips to Avoid Overeating

- Check your portion sizes prior to eating.
- Try eating from smaller bowls, cups, glasses, and plates.
- Eat slowly and take time to enjoy your food.
- Stop eating when comfortably full, even if the plate is not empty.
- Avoid waiting too long between meals; this can lead to overeating during the next meal.



Tips for Portion Control

- Choose your food portion size prior to watching television and eating. Watching television while eating tends to distract individuals from the amount of food being consumed.
- When eating out it is important not to overeat due to the large amounts of food servings given at restaurants. Making half of your plate a to-go serving is a fantastic idea. In addition limiting appetizers, deserts, free beverage refills, and alcohol can also aid in portion control.
- Keep excess food out of reach while eating at home. This will reduce the chances of overeating.

References:

Weight Control Information Network: <http://win.niddk.nih.gov/statistics/index.htm#overweight>

Academy of Nutrition and Dietetics: <http://www.eatright.org/default.aspx>

Center for Disease Control and Prevention: http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html