



Nutrition and Health Checklist – Tip #9

“Without wanting to, I have lost or gained 10 pounds in the last six months.”

When your weight stays about the same, it is a sign of good health. If your weight changes without you trying, then you may have a health problem.

When your weight goes up too fast, it is a sign you may be eating too much. When your weight goes down too fast, it is a sign you may not be eating enough. Tell your doctor about the change in your weight. There may be a medical reason for your weight change. Ask your doctor if you should talk to a Registered Dietitian about planning meals to meet your needs.

Here are some tips that might help.

If you are **losing weight** too fast:

- Plan and eat three healthy meals each day.
- Add snacks between meals. Try half a sandwich, peanut butter or cheese and crackers or a bowl of cereal, pudding, yogurt, and ice cream.
- Add sauces and gravies to meals.

If you are **gaining weight** too fast:

- Cut back on the amount of food you eat at each meal.
- Eat fewer snacks.
- If you do snack, choose apples, carrot or celery sticks, or other crunchy fruits and vegetables.
- Choose baked or broiled foods instead of fried foods.
- Choose fresh fruit for dessert instead of pies, cakes or cookies.
- Exercise about 30 minutes each day. Walking, light gardening, dancing or chasing your grandchildren around the house are all great ways to exercise.

