

Achieving a Healthy Weight

Weight management and exercise advice for people with Chronic Kidney Disease

Achieving a healthy weight can lead to a healthier and longer life. With hard work, a good attitude, and lifestyle changes, you can reach your goal weight. As you make progress, you will feel better and have more energy. You will also be more confident in reaching other goals. Even a 5–10% weight loss can improve your health.

What is your weight loss goal?

Your waist circumference can help determine a healthy weight, and is a better measure of weight loss than just the numbers on your scale. It can be measured at home or at your doctor's office. Waist circumference goals are 40 inches or less for men and 35 inches or less for non-pregnant women. To measure, first stand up straight. Then wrap a measuring tape around your waist above the hip bones. Make sure the tape feels snug. If you receive peritoneal dialysis speak with your registered dietitian and physician about the right waist circumference for you.

What is your waist circumference?



Key Ingredients for a Healthy Weight

- Meal planning
- Grocery shopping
- Healthy food preparation & eating
- Daily exercise

Meal Planning

Try not to delay or skip meals. Spacing meals out evenly over the day will help you avoid overeating. It will also keep you energized.

Fill half your plate with vegetables and fruit. Fill the other half with a lean protein and whole grains.

Choose a smaller plate to help you eat the right portion sizes.

Keep foods in the kitchen. Avoid having candy or snack dishes sitting out on tables or counters. Instead, keep fruits and vegetables within easy reach.

Limit fast foods. Research shows that people who consume fast food meals more than once per week are at risk for weight gain.

I plan to eat ___ meals per day.

Grocery Shopping

Plan meals for the week. This can limit trips to the store and help you stay on track.

Avoid going grocery shopping when hungry!

Eat your meal or snack before heading to the store to reduce impulse buys.

Make a grocery list and stick to it. This can help you make better meal choices and spend less money!

Choose fresh foods like lean meat, fish, reduced fat dairy products, and produce such as apples, pears, grapes, peas, peppers, and carrots. Ready-to-eat foods such as lunch meats, casseroles, desserts, and snack items are often high in fat and calories.

What meals will you plan for next week?

Preparing Meals

Use a non-stick oil spray instead of frying in oil.

Trim the fat from meats, remove skin from poultry, and drain grease from cooked meats.

Use herbs and spices to flavor foods.

Use fat-free or reduced-fat dairy products.

Swap sweet beverages with **fresh fruit or vegetable–infused water**.

Instead of plain sugar or sugar substitutes **use natural sweeteners in moderation** like agave, honey and maple syrup to sweeten foods.

What changes will you make with your next meal?

Eating Meals

Eat slowly. The brain needs about 20 minutes to register that you've had enough food.

Take small bites and chew them well. Savor and enjoy every bite of food. This will help you eat mindfully.

Eating at the dining table and not in front of the television. This allows you to focus on your meal.

For portion control, plate your meals before serving instead of helping yourself family-style at the table.

Pack up leftovers and refrigerate before eating your meal.

Hungry late at night? **Plan a small bedtime snack** such as a piece of fruit, vegetable sticks, or yogurt.

Avoid alcohol. Alcohol such as wine, beer, and other liquors contain extra calories that are more easily stored as fat in the body.

How often do you eat at the table?



Physical Activity

Daily exercise helps you reach and maintain a healthy weight. Try to get at least 30 minutes of physical activity each day.

Choose an activity you enjoy such as walking, biking, water aerobics, yoga, or playing sports.

Be active at work or home by using the stairs or taking a few short walks.

What physical activities do you enjoy?

Summary

- Set small, realistic goals on the way to your larger goal.
- Plan meals for the week.
- Prepare healthy meals at home.
- Limit dining out.
- Exercise daily.