

Weight Loss Diets (Low-Calorie Diet)

Patient name: _____

Admission: _____

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I. The client/caregiver can state importance of a low-calorie diet to reduce body weight and maintain a healthy percentage of fat mass versus lean mass.

- A. To promote physical health and decrease risks for diabetes and cardiovascular disease
- B. To promote positive self-esteem
- C. To reduce body weight by 10% at a rate of 1 to 2 pounds per week
- D. To recognize three components of weight loss: diet therapy, increased physical activity, and behavioral therapy.

II. The client/caregiver can list ways to limit caloric intake.

- A. Drink skim milk and use low-fat dairy products.
- B. Eat low-calorie snacks such as celery and carrots.
- C. Prepare foods by steaming, broiling, or baking.
- D. Use nonstick cooking spray, and trim all visible fat before cooking.
- E. Eat sensible portions of food.
- F. Eat carbohydrates that are high in fiber to promote a sense of fullness.
- G. Substitute polyunsaturated fats (vegetable oils) for saturated fats (lard, butter, and shortening).
- H. Use lean meat or skinless poultry.
- I. Eat plenty of fruits and vegetables.
- J. Eat a well-balanced diet from all food groups.

III. The client/caregiver can list foods to limit or avoid to decrease calories.

- A. Avoid concentrated sweets (empty calories) such as sugar, candy, honey, pies, cakes, cookies, and regular sodas.
- B. Avoid alcohol.
- C. Avoid fried foods.

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- D. Avoid foods high in fat, cholesterol, and sodium.
- E. Avoid foods in cream or cheese sauce.

IV. The client/caregiver can list behavior techniques to limit caloric intake.

- A. Keep a food diary that lists all food intake. Keep an exercise diary also.
- B. Plan ahead for daily food intake. This includes a packed lunch and eating out.
- C. Drink a glass of water before each meal. Drink sips between bits of food.
- D. Eat slowly, taking small bites. Swallow food before putting more food on the utensil or taking next bit.
- E. Use small plates to make the portions appear larger.
- F. Eat only at the table.
- G. Measure food portions.
- H. Do not skip meals.
- I. Plan for occasional treats.
- J. Plan menus and shopping list for the week to prevent impulse buying.
- K. Do not keep high-calorie foods in the house.
- L. Reward yourself for weight loss, but not with food.
- M. Order smaller portions when dining out. Ask for container for half of the food for later use.

V. The client/caregiver can list general rules when choosing a diet plan.

- A. Consult physician for diet and exercise plan.
- B. Avoid fad diets and rapid weight-reduction plans.
- C. Set realistic goals, and plan to lose only 1 to 2 pounds per week.
- D. Eat a well-balanced diet and a variety of foods to promote good nutrition.
- E. Avoid fasting, which slows the metabolic rate.

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- F. Plan a practical diet that you can follow for the rest of your life.
- G. Read food labels on all packaged items.
- H. Incorporate an exercise program.

- Weight-loss clinics
- Low-calorie cookbooks
- Nutritionist

RESOURCES

National Institutes of Health
www.nih.gov

The Office of the Surgeon General
www.surgeongeneral.gov/sgoffice

My Pyramid—United States Department of Agriculture
www.mypyramid.gov

Health clubs

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