

Dr. Shah Patel's Diet and Activity Handout

ACTIVITY GUIDELINES:

For maintenance:

2.5 hours of moderate intensity aerobic activity per week + strength training 2 times per week

For prevention of weight gain:

2.5-4 hours of moderate intensity aerobic activity per week + strength training 2 times per week

For prevention of weight regain:

2.5-5 hours of moderate intensity aerobic activity per week + strength training 2 times per week

DIET GUIDELINES:

- Carbs: 45%
- Protein: 25%
- Fat: 30%

For a weight loss plan of 1200 cal this might be:

- Carb: 50-120 gm
- Protein: 50 gm
- Fat: 45 gm

Use this calories counter to determine how many calories you should eat:

<https://www.calculator.net/calorie-calculator.html>

Some general rules to follow:

- ❖ Weigh yourself regularly in the morning before eating, without clothes on
- ❖ Track your water intake. The goal is to drink in ounces 1/2 your current weight in pounds
- ❖ Stick to complex carbs, lean proteins, and omega 3 rich fats as much as possible.
- ❖ Limit caffeine to 1-2 cup coffee per day no sugar/cream
- ❖ Cut down on sugar and starches
- ❖ Load up on low carb veggies to fill you up
- ❖ Do not skip meals. Multiple small meals is best
- ❖ Do not eat 2 hrs prior to sleeping
- ❖ Drink water 30 minutes before meals
- ❖ Have a high protein breakfast
- ❖ Eat slowly
- ❖ Choose unprocessed food
- ❖ Avoid juice and soda
- ❖ Eat weight loss friendly foods: cruciferous veggies, leafy greens, eggs, Greek yogurt (not low fat), cottage cheese, chia seeds, grapefruit, berries, nuts in correct portions, whole grains like brown rice and quinoa, avocados, legumes like black beans, kidney beans, lean meats, salmon, tuna