

Weight Management Nutrition



As you set health or weight-related goals, consider these strategies for more lasting results:

1. Focus on behaviors, not outcomes

Set goals around actions you can consistently practice, rather than end results you can't fully control.

- Example: Walking on the treadmill for 20 minutes, 2-3 days per week instead of running a half marathon

2. Build habits gradually

Identify the health behaviors you want to incorporate and add one at a time, every 2–3 weeks, rather than changing everything at once.

Examples of behavior-based goals:

- Drink X oz of water per day
- Eat a meal or snack every 3–4 hours during your day
- Do 20 minutes of cardio, 2–3 days per week
- Aim to hit your fiber goal most days of the week (~25 g/day for women, 38 g/day for men, 5 out of 7 days)
- Get 6–8 hours of sleep, including naps, 3–4 days per week

3. Use meaningful ways to track progress

The scale is often the default tool, but for many people it's a poor indicator of true progress. Other methods can better reflect the impact of consistent health behaviors, such as:

- Body composition measures (e.g., InBody)
- Smartwatch or fitness tracker data
- Paper or digital habit trackers
- Quarterly check-ins and goal adjustments—on your own or with a health professional

Small, consistent behaviors—practiced over time—lead to meaningful and sustainable change.



Weight status is influenced by many factors, including:

Genetics, age, metabolism, hormones, environment, and lifestyle and health behaviors.

While lifestyle and health behaviors are often described as the most modifiable, they are not always fully within our control. For many people, limited time for movement and meal preparation is one of the biggest barriers. Rather than aiming for perfection, focus on what's realistic and supportive for you in this season of life.

Should you be counting calories?

Counting calories is rarely recommended by nutrition professionals. While it can be helpful as a short-term learning tool, it often becomes overwhelming and distracts from the habits that truly support health. Balanced eating can be achieved without tracking by using the plate method. Focusing on eating regular meals and getting enough fiber is often a more sustainable and effective use of your energy.

Calories don't tell the whole story:

calories ≠ satiety

calories ≠ weight changes

calories ≠ absorption

Health thrives with consistency, not restriction.

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.

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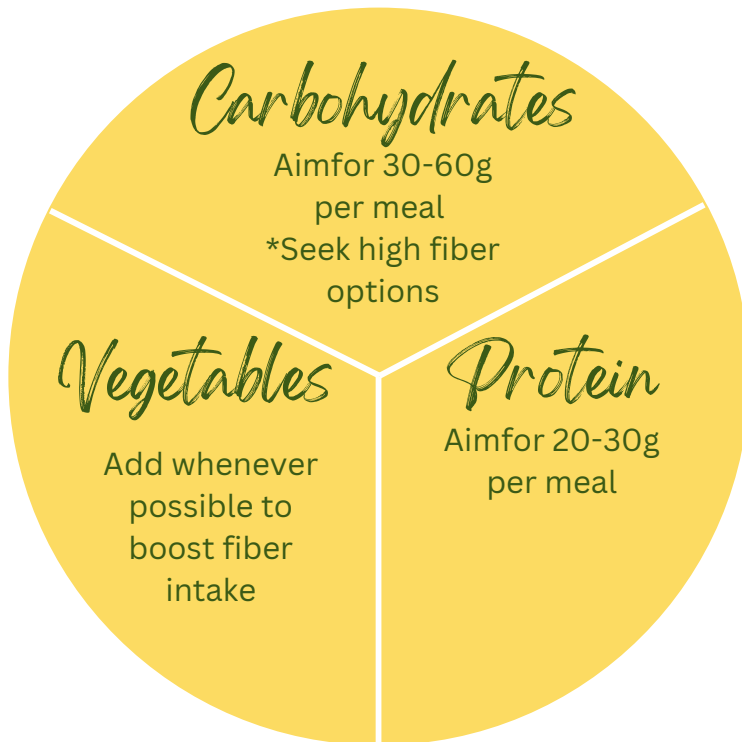
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Plate Method Basics



Lower Carb Fiber Choices

Vegetables

(has carbs w/ more fiber)

Lentils & Beans

(has carbs w/ more fiber + protein)

Nuts

(has carbs w/ more fiber + protein)

Moderate Carb Fiber Choices

Fruit

(has carbs w/ fiber)

Whole Grains

(has carbs w/ some fiber + protein)

Corn, Peas & Potatoes

(has carbs w/ some fiber + protein)

Sample Menu:

Breakfast

Chobani drinkable yogurt with 1 Tbsp chia seeds
+

Banana OR
2 slices Dave's Killer Bread (whole wheat)

Fiber= 8-13g

Lunch

3oz lunch meat
1oz cheese
1 mini cucumber
½ cup cherry tomatoes
12 Triscuits

9g

Snack

Beef stick
+
Apple

4.5g

Dinner

1 ½ cups beef chili
+
2 corn tortillas (better fiber than box cornbread)

15g

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