

Healthy Weight Basics

A Simple Guide from Your
Little Rivers Health Care Team



Q *What Is a Healthy Weight?*

- ✓ A healthy weight is not about being "skinny" or "perfect."
- ✓ It's about feeling good, moving better, taking care of your body and limiting disease.
- ✓ At Little Rivers Health Care, we care about your overall health, not just the number on the scale.

Energy Balance: What Does It Mean?



Your body needs energy (calories) to live, move, and think.



You get energy from food and drinks.



You use energy when you move, breathe, and even sleep!



To lose weight, we try to: Take in less energy than we use.

But that doesn't mean eating less of everything. It means **eating smarter, not just less.**

Not all calories are the same



100 calories of a donut

100 calories of vegetables



Same number of calories, but very different effects on your body.

Healthy foods like beans, veggies, fruits, and whole grains:

- ✓ Fill you up
- ✓ Give your body nutrients
- ✓ Help with energy and mood

Sugary or highly processed foods:

- ✗ Can make you feel hungry again quickly
- ✗ Often don't give your body what it needs

So yes, calories matter — **but quality matters more.**

Why Meal Timing Matters

Eating at regular times helps your body:

- Keep blood sugar steady
- Control hunger
- Avoid overeating later



Try this simple plan:

Breakfast within 1 hour of waking

Lunch about 4–5 hours later

Dinner before 8 p.m. (earlier is preferable)

Small Snack if you're truly hungry
(and try to avoid eating anything after dinner)

Simple Habits That Help

- ✓ Eat slowly and stop when you're satisfied
- ✓ Drink water during the day
- ✓ Include protein and fiber in each meal
- ✓ Don't skip meals — it can lead to overeating later
- ✓ Be kind to yourself — every step counts

You're Doing Great

At Little Rivers Health Care, we know change takes time.

You don't need to be perfect — you just need to keep going.

Every small, healthy choice is a win.

We're here to support you every step of the way.



Questions? Need help with meal ideas?

Talk to your Little Rivers Health Care Team — we're always happy to help.