



AT THE FOREFRONT  
**UChicago**  
**Medicine**

Dear Patient,

Please find enclosed the guide to My Fitness Pal , “Using a Pedometer” and the “Healthy Snacking” list Please just familiarize yourself with these tools, as the team may further discuss them during the visit.

Sincerely,

The University of Chicago Medicine Weight Management Team



# AT THE FOREFRONT UChicago Medicine

If you have a smart phone, please set up the MyFitnessPal App before your visit

MyFitnessPal is a tool that Dr. Pannain asks patients to use to track food intake. Please follow these three steps before your appointment with Dr. Pannain:

1. Download the free MyFitnessPal App using your “smart” mobile device.
2. Open the app and login using your Facebook, Gmail, or Twitter account, or create an account using a valid email address.
3. MyFitnessPal will then ask you to enter some information. Please enter only your height and weight at this time.

After your appointment, enter the calorie and macronutrient goals given to you by Dr. Pannain.

1. From the home screen, click on the “More” button at the bottom of the screen.
2. Then click on the “Goals” heading.
3. Under Nutrition Goals, enter the calorie, carbohydrate, protein, and fat amount given to you by Dr. Pannain.

More	Goals	Goals
LOST 0 lbs	STREAK 8 days	
My Profile	Current Weight 172.4 lbs	Current Weight 172.4 lbs
Goals	Goal Weight 167 lbs	Goal Weight 167 lbs
Coach	Weekly Goal Lose 1 lb per week	Weekly Goal Lose 1 lb per week
Nutrition	Activity Level Sedentary	Activity Level Sedentary
My Recipes & Foods	Nutrition Goals	Nutrition Goals
Reminders	Calories 1,618	Macronutrients
Steps	Carbohydrates 162g 40%	Carbs 162 g
Blog	Protein 141g 35%	Protein 142 g
Community	Fat 45g 25%	Fat 45 g
Friends	Advanced Nutrition Goals	
Macros	Fitness Goals	
Home	Workouts/Week 5	
Diary	Minutes/Workout 60	
+		% Total 100%
Progress		Macronutrients must equal 100%
More		

## How To Add A Food To “MY Food Diary”

1. Click on the “Add to Diary” tab to go to your diary, then click on breakfast, lunch, or dinner to select the meal you’d like to log.
2. Type in the name of the food you’d like to add into the search box and click “Search.”
  - Clicking the barcode icon will allow you to scan barcodes to find the foods you’ve eaten. Simply take a picture of the barcode located on the food packaging
  - The frequent icon will show you a summary of foods you eat often so you can quickly add your favorite foods to your diary.
  - If you cook your own meals then you will want to use the recipes tab to calculate the nutritional content of those homemade meals. After you have inputted the recipe, the “meal” can be saved for later use.
  - Sometimes you may find that you chose/scanned a barcode of an item outside of the 2,000,000 catalog items. If so, touch the “create a new food” icon. This will add the item to my fitness pals data base as well as your nutritional log.
3. You’ll be shown a list of foods in our database that match your query. Click on the item you’d like to add, and that food should appear in the grey box to the right.
4. Enter in the number of servings you ate and the serving size, then click “Add Food to Diary.”

## A Patient's Guide to Using Your Pedometer

**Getting Started:** Wear your pedometer from morning until night every night for one week. Record your steps daily and at the end of the week calculate your daily average. You don't need to increase your activity level the first week. Simply observe how many steps you take. You will build from there!

**How many steps per day should I take?** The current recommendation to meet public health guidelines is 10,000 steps per day. Taking 12,000 - 15,000 steps per day may be more appropriate for weight loss and weight loss maintenance. Don't get discouraged if you currently take less than 10,000 steps. Any activity is better than none, and you can work slowly towards achieving this goal.

**Increasing Your Steps:** Try increasing your steps by 500 steps per day per week. For example, if you average 3,000 steps per day, set a goal to increase to 3,500 steps per day the next week and 4,000 steps per day the week after that.

**How do I wear my pedometer?** Place your pedometer on the waistband of your clothing or belt. Place it close to the midline of your thigh rather than to the side by your hip bone. Make sure it is straight and not at an angle. Do not get the pedometer wet.

Suggestions for increasing steps:

- Take several short 10 minute walks during lunch and breaks at work
- Take the stairs instead of the elevators
- Park at the far corner of the parking lot
- Get off the bus a few blocks before your stop
- Walk during the commercials on television
- Walk your dog
- Mow your lawn
- Vacuum your carpet
- Walk between terminals at the airport
- Walk instead of driving your car short distances
- Plan active weekends (long walks, hiking, go to the park)
- Take the "long way" when walking to meetings
- Take a 10 minute walk after dinner
- Park at the opposite end of where you need to go at a shopping mall

## Keeping Track of Your Steps

### Week 1

During this week write down the number of steps that you take each day. Do not worry about increasing your activity level this week. You are using this week to see what your “normal” activity level is.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average
Steps								

Get your average by adding your steps for the week and then dividing by 7

### Weeks 2 - 6

Now that you have your average for week one, use that to decide your goal for week two. If your average is under 10,000 steps, then you will want to increase the number of steps that you take each day. Do this by adding 500 steps to your average from week one. This number is now your goal for each day of week two. For example, your average for week one was 3,000 steps. Each day of week two you will try for 3,500 steps a day. Once you have achieved that, you will add 500 steps for each day of the next week. Do this until you reach a minimum for 10,000 steps a day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average
Week 2 Goal								
Week 3 Goal								
Week 4 Goal								
Week 5 Goal								
Week 6 Goal								

## HEALTHY SNACKING

### How to do it and do it right

- Pre-plan for your “snack attack” so you have healthy snacks handy
- Make it a mini – try to keep snacks to less than 150 calories
- Try not to skip meals or snacks to prevent “uncontrolled” eating
- Check labels to avoid trans fats, high sodium and saturated fat in your snacks
- Try calorie controlled snack packs that fit fat and sodium guidelines\*
- Make snacks work for you – include snacks with vitamins, fiber, minerals
- Serve snack on plate or dish – portion out your snack and put the rest away
- Practice “mindful eating and snacking” – slow down your eating and taste each bite
- Keep treats out of sight or out of the house and keep healthy snacks in view



### SNACK IDEAS

#### Crisp and Crunchy:

- Popcorn – air-popped or light – sprinkle with butter buds, lightly sprayed olive oil, parmesan, or spices like chili or curry powder
- Pretzels – try these dipped in gourmet mustard
- Low-fat crackers – breadsticks, melba toast, TLC, AkMak, Wasa
- Flavored rice cakes
- Raw veggies – baby carrots, celery, peppers, broccoli, jicama
- Baked tortilla chips or pita bread with salsa or bean dip
- Soy nuts or edame
- 100-calorie snack pack (look for zero trans fats, less than 1 gram saturated fat, and less than 250 mg sodium)
- Almonds, walnuts, peanuts – ¼ cup serving size – helps to lower cholesterol – mix with low calorie cereal for “trail mix”

#### Cold and Frosty:

- Fruit and juice bars – contain natural sugar but are low in fat
- Fudgesicles – contain sugar but are generally low in fat
- Sherbet and sorbets

#### Pure and Sweet:

- Fresh fruit – sweet and juicy
- Dried fruits such as raisins, apricots, raisins (golf-ball sized portions!)
- Pudding, sugar-free, made with skim milk
- Graham crackers, ginger-snaps, fig bars, or angel cake with berries
- Frozen grapes

### **Smooth and Creamy:**

- Low-fat yogurt, cottage cheese or sour cream with herb mixes
  - Curry, ginger and garlic powder
  - Horseradish and hot pepper sauce
  - Chili powder, chili sauce and onion powder
  - Curry powder, lemon juice, dill weed and garlic
  - Vermont-made dried herb mixtures
- Try dipping veggies or crackers in hummus, fat-free salad dressing, or salsa
- Plain non-fat yogurt – add your own fruit and a few nuts for crunch

### **Hearty and Healthy:**

- Baked potato half or sweet potato half with fat free cottage cheese or salsa
- Bowl of soup
- Sandwich half with small skim milk
- English muffin pizzas with part-skim mozzarella, tomato slices and oregano
- Whole-wheat tortilla roll-up with skim ricotta cheese and chopped veggies

### **Light and Liquid**

- Chocolate soda – try chocolate-flavored soy milk plus seltzer
- Seltzer with splash of fruit juice or twist of lemon
- Smoothie: 1 cup skim milk or soy milk with 1 cup of fruit plus ice
- Vegetable juice – Tomato or V-8
- Simmered 1 cup of cider with cinnamon stick and cloves
- Sugar-free hot cocoa

### **Free and Easy**

- Diet Jell-O, bullion, coffee, tea, diet soda, crystal light, sugar-free beverages

REMEMBER: Low fat does not equal calorie free!

REMEMBER: Sugar free does not equal calorie free or fat free!