

**Auria Medical Clinics, LLC: Weight Management outlook**

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Date:

Name: DOB

Current Weight: Height: Current BMI:

Adjusted body weight:

Weight for High normal BMI (25):

General instructions:

- 1- Download Mynetdiary app and track your daily weight, exercise and food intake.
- 2- Track your steps:
- 3- Sleep for an average of 7 hours a night

Targets:

- 1- To lose 1 LB/week, 4 LB/month
- 2- Restrict calorie intake to:
- 3- Restrict carbohydrate intake to: Gr/day.
- 4- Protein intake: Gr/kg , equal to Gr/day.
- 5- Restrict Fat intake to: % of total daily calories which is equivalent to Gr of fat/day.

**Saturated fats** are those that are solid at room temperature. Examples include margarine, butter, whole fat dairy products, the fat marbling in meats, and coconut oil. The American Heart Association recommends that saturated fats only make up 5-6% of total fat consumption.

. **Unsaturated fats** are those that are liquid at room temperature. Examples include olive, peanut, and canola oils. We want to include as many unsaturated fats in our diet because they can decrease bad cholesterol, contain high amounts of antioxidants such as Vitamin E, and contain essential omega-three and omega-six fatty acids. Unsaturated fats are typically classified by how many hydrogen bonds they have in their structure: either 1 (mono) or two or more (poly).

**MONOUNSATURATED AND POLYUNSATURATED FATS EXAMPLES**

Examples of **monounsaturated fatty acids** include:

- avocados

- nuts
- olives
- olive oils

**Polyunsaturated fats** are mainly found in

- vegetable oils such as safflower
- sunflower
- sesame
- soybean
- corn oils
- **TRANS FAT: AVOID IT IF YOU WANT TO LOSE WEIGHT!**
- One fat you want to altogether avoid in your diet is trans fats. Trans fats are unsaturated fats that are artificially turned into saturated fats and increase heart disease and stroke risk by raising bad cholesterol and decreasing good cholesterol.
- They have also been known to increase the risk of developing type 2 diabetes. Trans fats are most commonly found in fried foods, frozen baked products such as pizza, non-dairy coffee creamers, and shortening.

**Exercise:**

Your current status:

Sedentary: <5000 steps/day,  Low active: 5000-7500 steps/day,  Active: 7500-10,000 steps/day ,

Your goal:                      steps/day, ( You roughly burn 1 Cal/20 steps)

**Exercise FITTE:**

**Frequency:**

**Intensity:**

**Time:**

**Type:**

**Enjoyment:**