

MEMBER HANDOUT • GUIDANCE

Helpful Hints

Small daily habits that make the biggest difference.

1 THE PROTEIN / CALORIE RULE

QUICK RULE

For every **10 calories**, aim for at least **1 gram of protein**. Add a “0” to the protein number and compare it to the calories: your **total calories should be equal to or less than** protein × 10.

GOOD RATIO

½ cup of liquid egg whites

13 g protein · 63 calories

$13 \times 10 = 130 > 63 \checkmark$

POOR RATIO

KIND protein bar (dark chocolate nut)

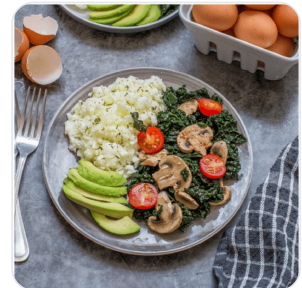
12 g protein · 240 calories

$12 \times 10 = 120 < 240 \times$

2 BUILD YOUR DAY AROUND PROTEIN

1 Focus on protein before carbs

Eating protein first helps reduce glucose spikes, which means fewer cravings, feeling fuller longer, and steadier energy.



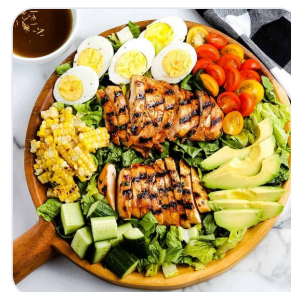
2 80 – 100 g protein daily

Start your day with at least **30 grams of protein** to help you feel fuller through the morning. If your appetite is decreased from your medication, smaller and more frequent protein-packed snacks may work better than the typical 3 meals a day.



3 Order your plate

Protein first, then **vegetables**, then **carbs**. That single habit changes how the whole meal is absorbed.



3 HYDRATION & FIBER

4 At least 64 oz of water daily

Aim for at least 64 oz of water each day. Avoid drinking large amounts of water *with* meals if it makes you feel overly full.



5 Focus on fiber, too

Aim for **25 – 30 grams a day** from vegetables, whole grains, and fruits. Fiber helps digestion, keeps you full, and supports steady blood sugar.



4 EVERYDAY EATING HABITS

6 Eat slowly and stop when full

Chew your food thoroughly and put your fork down between bites. This gives your body time to register fullness before you overeat.

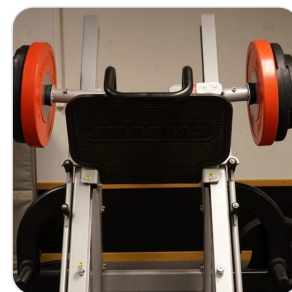
7 Limit high-fat foods and added sugars

These are the two food categories that most often stall weight loss. Read labels, especially on drinks, sauces, and packaged snacks.

5 MOVE YOUR BODY

8 Strength train 2 – 3 days a week

If approved by your provider, add 2 – 3 days of strength training weekly to help maintain muscle mass while losing weight.



9 30 minutes of movement daily

Aim for **30 minutes daily** (or 150 minutes weekly) of moderate exercise — walking, biking, or swimming. A walk right after eating helps improve digestion.



NEXT STEP

Coach tip. Pick one hint from this page each week and practice it until it feels automatic. Nine small habits stacked over time is what changes the trajectory.