

- The choices you make each day can lead you to a healthier lifestyle
- Eating right and exercising can make you feel good about yourself and reduce the risk of more serious illness
- Maintaining a healthy body weight is important to your overall well-being

**1 Here are a few things you should know:**

- It is very important to stick with your therapy.
- Weight gain can be linked to an increased appetite, so it is important to be aware of how much you're eating.
- If you start to gain weight, talk to your doctor about ways to manage it.

**2 There are things you can do to manage your weight:**

- Drink plenty of water — six to eight 8-oz glasses each day.
- Choose water or diet soda instead of regular soda.
- Exercise at least 3 times a week. You can start by walking 15 minutes each time.
- Make healthy food choices:
  - Eat smaller portions more often (as many as 6 times a day) to help control your feelings of hunger and decrease the total amount of food you eat each day
  - Snack on crunchy fruits and vegetables (carrots, celery, apples, broccoli), or low-fat crackers and rice cakes
  - Try not to eat high-calorie “junk food” (potato chips, cookies, candy, cake)
  - Control “sweet” cravings by eating fruit such as grapes, peaches, berries, and melon
  - Eat less red meat and more white meat (choose broiled chicken breasts instead of hamburgers)
  - Stay away from fast food and fatty/greasy foods
  - Avoid sugars and starches (cakes, cookies, sugary sodas, pasta) and high-fat foods (potato chips, french fries, ice cream)

**3 The checklist on the reverse side can help you:**

- take note of any changes in your appetite
- drink enough water, and choose water instead of sugary sodas or juices
- exercise, including walking
- eat smaller portions, but eat more often
- choose fruits and vegetables instead of junk food
- eat fewer sugary/starchy foods

	Start	Week ___	Week ___	Week ___	Week ___	Week ___
Date						
Weight						
Appetite (circle increase: ↑, decrease: ↓, no change: n/c)	↑ ↓ n/c	↑ ↓ n/c	↑ ↓ n/c	↑ ↓ n/c	↑ ↓ n/c	↑ ↓ n/c
Water Intake (glasses per day)						
Chose water instead of sugary sodas or juices (check where applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking (times per week)						
Other Exercise						
Food Choices (check where applicable)	Current Habits					
- ate smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- ate more often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- chose healthier snacks (fruits, vegetables)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- avoided fast food (french fries)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- ate less sugary/starchy foods (cookies, cakes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- ate less high-fat foods (ice cream, hot dogs, potato chips)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sources: Nguyen CT, et al. Nutritional education in minimizing weight gain associated with antipsychotic therapy. Presented at: APA Annual Meeting, May, 2001.  
 Wirshing DA, et al. Novel antipsychotics: comparison of weight gain liabilities. *J Clin Psychiatry*. 1999;60:358-363.

