

# Maintaining Weight



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Weight Maintenance



Macronutrients



Monitoring Weight

## Key ideas:

Calories come from three components of our food: protein, carbohydrates, and fats. Protein is needed for your muscles, while carbs and fats provide energy. It is important to eat a variety of these foods. However, balance is key. For example, eating too many carbohydrates or fat while increasing protein intake will lead to weight gain.



Maintaining your weight is good for your brain. Changes in weight, especially unintentional weight loss, can signal other health problems. Weight loss has been associated with progression of dementia and loss of muscle. Weight gain also can adversely affect your health. Weight maintenance is about balancing the calories you consume with the calories you use, or “burn off”.

Monitor your weight weekly to keep track of your health.  
Weigh yourself to make sure you aren't losing any weight.

# Maintaining your weight

- If you are concerned about weight loss, choose healthy foods rich in calories and protein (e.g., nut butters, nuts, cheese, higher fat milk products).
- If you are concerned about weight gain, choose lower-calorie foods more often (e.g., fruits and vegetables).
- Limit high-fat foods, as these provide more calories than proteins and carbohydrates.
- Choose low-fat dairy products, lean meats, and limit fat spreads such as margarine, butter, mayonnaise and cream cheese.



## How can I get started?

- If you're concerned about your appetite and weight loss, weigh yourself every week.
- Consider your food choices to maintain your weight.

## My notes, reflections, and goals:

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