**Sample Calorie Goal Plan:**

Here is an example weight loss, calorie plan.  First you want to figure out the current weight of the individual that you are caring for, then you need to figure out what the motive is, in this case it is to lose weight, lastly, you want to figure out the goal weight that you hope to have them achieve.

For example:

Current Weight:             215lbs.

Goal:                                Lose Weight

Goal Weight:                   175

Slimming Down- I recommend creating smaller goals of weight loss so that you can attain them more quickly while staying healthy and motivated.  At a starting weight of 215lbs, I recommend making weight loss goals in 10lb increments.  I would give you between 3 to 4 weeks to achieve each goal.  The weight will fall off more quickly in the beginning as there may be more to lose, but it is important to remember the less you weigh, the less you have to lose so do not get discouraged if it starts to take longer.

Diet- Your caloric intake will be based on your smaller goals.  Once your caloric intake has been calculated, your suggested intake of calories from fat, carbohydrates and protein will be calculated.

Goals:  (Goals are marked by months, however once you achieved a goal, you should move on to the next goal’s caloric plan)

Month 1- Goal Weight 205 lbs.

Month 2- Goal Weight 195 lbs.

Month 3- Goal Weight 185 lbs.

Month 4- Goal Weight 175 lbs.

Eating Healthy- Try to consumer no more than allotted calories per day in order to reach goal as quickly as possible.  Your body can run efficiently on fewer calories than listed, but don’t drop too low too quickly. Try to spread meals throughout the day and limit portions.  Consuming five to six meals a day helps to feed the body regularly, increases the metabolism and decreases cravings. Try to consume three meals and three snacks per day.

**Sample Calorie Breakdown**



For example, when it comes to month 1, you want to take your current weight, subtract 10, then multiply that number by 10, and that is how you figure out the necessary calories for weight loss.

Current weight 215
Goal weight 205
Total calories per day 2050

Once you calculate the number of calories needed, you will then need to figure out how many of those calories will need to come from fat, carbohydrates, and proteins.  You want 30% of your calories from fat and carbohydrates and 40% of your calories from protein.

For example, if you were on a 2050 calorie diet, you would want 615 of those calories from fat and carbohydrates, and 820 from protein.  In order to do that , you should not consume more than 68grams of fat, 154 grams of carbohydrates, and 205 grams of protein.  Each gram of fat is equal to 9 calories, each gram of carbohydrate is equal to 4 calories, and each gram of protein is equal to 4 calories.

                        Calories            Grams

Calories             2050
Fat                      615                  68 Max
Carbohydrates    615                 154 Max
Proteins               820                 205 Max

There are a lot of struggles one may face as a caregiver to an individual with DS, such as trying to motivate them to exercise or eat well.  Some individuals with DS are set in their ways and motivating them to change can be hard.  One way to motivate them is to make diet and exercise fun and rewarding.  Another way to overcome this struggle is to remember that when it comes to diet and exercise, it is important for you to be supportive and help them overcome their struggles.  One way to be supportive is to do the program with them.  You are the one the individual looks up to and it is up to you to guide them.  If you eat well, it will be easier to help them to eat well. If you participate in exercising with them, they are more than likely to do exercise.  Working together with the individual that you are caring for will lead to greater success with this program.  It is always easier to do a program when you have a buddy doing it with you.  In a sense, you both will be helping each other reach your health and wellness goals.