
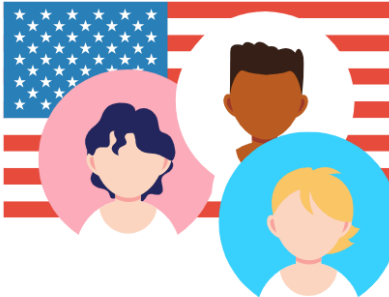

Nutrition for Transgender Veterans

Gender affirming hormone therapy may increase weight for transgender individuals. Hormone therapy has a different effect on everyone. One of the most common and expected side effects is weight gain, especially in the first two years.



Effects of hormone therapy on body composition		
	Transgender Women	Transgender Men
Lean body mass	↓	↑
Fat mass	↑	↓
Weight	↑	↑



Tips for maintaining a healthy weight

Maintain a balanced dietary pattern like MyPlate

- See the back for more details.

Maintain an energy balance

- If you are trying to lose weight, try to burn more calories than you eat.
- If you are trying to gain weight, try to eat more calories than you burn.
- If a calorie tracking app or fitness tracker helps you, use it.
- Try to get at least 150 minutes of moderate-intensity physical activity each week.

Take care of you

- If getting on the scale makes you feel uncomfortable, measure your progress in another way. How do your clothes fit? How do you feel?
- Be kind to your body as it adjusts to more outwardly reflect who you are on the inside, the number on the scale is only one aspect of your health.

Avoid Fad Diets

- Fad diets tend to promise rapid weight change, demonize certain food or food groups, contain a magical" ingredient, and often sound too good to be true.
- Often, these types of diets don't give your body all the nutrients it needs to create the best you.

The MyPlate Method

Fill half your plate with fruits and non-starchy vegetables

- Focus on whole fruits.
- Try to eat veggies from every color of the rainbow.

Fill ¼ of your plate with starchy vegetables and grains.

- Try to make at least half of your grains whole grains. These are grains that say whole wheat or whole [other grain] in the first ingredient.
- Brown rice, oats, and popcorn are other examples of whole grains.

Choose lean proteins

- Chicken, turkey, and tofu are lean proteins.
- Try to include fish at least twice a week.

Select low-fat, fat free milk or milk alternatives

- The nutrients in dairy are important at every stage of life.
- Look for milk alternatives with added calcium and vitamins.

Choose foods and beverages with less added sugars, saturated fat, and sodium

- Watch out for hidden sugar in your drinks.
- When using canned or frozen fruits, look for products without added sugars.
- When using canned or frozen vegetables, look for products with less than 140 mg of sodium per serving.

