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.

### 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.