

Table 1. Evidence-Based Strategies for Weight Maintenance Utilized in the Advantage List and References for Supporting Research

STRATEGY	ADVANTAGE LIST QUESTION	REFERENCES
Prepares own meals	Do you prepare most of your own meals?	Jacobs (2006) Zoumas-Morse, Rock, Sobo, Neuhouser (2001) Milsom, Middleton, Perri (2011) Wansink & van Kleef (2014)
Eats with family at least 4 times a week	Does your family eat a meal together at least 4 times a week?	Hammons, Fiese (2011) Taveras, et al. (2012) Wansink & van Kleef (2014)
Eats intentionally with TV turned off	Do you eat meals in front your TV or computer?	Fitzpatrick, Edmunds, & Dennison (2007) Brunstrom & Mitchell (2006)
Loses or maintains weight by reducing intake	Have you ever lost weight by decreasing the food you eat?	Weiss, et al. (2015) Andreyeva, Long, Henderson, Grode (2010) Juanola-Falgarona, et al. (2014)
Loses or maintains weight by using low glycemic index foods	Have you ever followed a low glycemic diet? Have you ever followed a high fiber diet?	Boden, Sargrad, Homko, Mozzoli, Stein (2005) McGowan CA, McAuliffe FM. (2010) Horan, McGowan, Gibney, Donnelly, McAuliff (2014). Juanola-Falgarona, et al. (2014)
Loses or maintains weight by eating high fiber foods	Have you ever followed a low glycemic diet? Have you ever followed a high fiber diet?	Stein (2005). Horan, McGowan, Gibney, Donnelly, McAuliff (2014).
Loses or maintains weight by following ADA or My Plate diet	Have you ever used the American Diabetes Association (ADA) My Plate Diet?	Boden, Sargrad, Homko, Mozzoli, Stein (2005).

	Have you ever followed a diabetic diet?	Horan, McGowan, Gibney, Donnelly, McAuliff (2014).
Loses or maintains weight by eating low fat foods		Tobias, Chen, Manson, Ludwig, Willett, Hu (2015) Juanola-Falgarona, et al. (2014)
Eats canned or frozen low calorie, portion controlled meals	Do you use frozen or canned low calorie meals often?	Gudzune, et al. (2015) Foster, et al. (2013)
Drinks water instead of sugared beverages	Do you usually drink water, milk or unsweetened drinks instead of sodas or sweetened drinks?	Malik, Schulze, Hu (2006) Schulze, Manson, Ludwig, et al. (2004)
Uses a smart phone or computer program to support weight management program	Do you ever use a phone or computer to help you decide what to eat?	Steinberg, Tatea, Bennett, Ennett, Samuel-Hodge, Warda (2013). Archarya, Elci, Sereika, Styn, Burke (2011)
Eats 5 fruit or vegetable servings daily	Do you usually eat at least 5 servings of fruits or vegetables a day?	Byrd-Bredbenner, Abbot, Cussler (2011) de Jong, Visscher, HiraSing, Seidell, Renders (2014)
Counts calories to plan intake	Do you ever count calories or portions to decide how much to eat?	Weiss, et al. (2015) Andreyeva, Long, Henderson, Grode (2010) Joyner (2014)
Weighs self regularly	Do you ever weigh yourself on a scale at home? Do you ever weigh yourself on a public scale?	Steinberg, Tatea, Bennett, Ennett, Samuel-Hodge, Warda (2013). Milsom, Middleton, Perri (2011) Joyner (2014)
Remained within Institute of Medicine 2009 Guidelines for weight gain during a prior pregnancy		Waring, Simas, Liao (2013)

Returned to pregestational weight following the birth of a baby		Nehring, Schmoll, Beyerlein, Hauner, von Kries (2011). Jain, Gavard, Rice, Catanzaro, Artal, Hopkins (2013)
Breastfed a baby at least months (exclusively)		Lopez-Olmedo, Hernandez-Cordero, Neufeld, Garcia-Guerra, Meijia-Rodriguez, Mendez Gomez-Humaran (2015) Ruiz, Perales, Pelaez, Lopez, Barakat (2013)
Sleeps at least 7 hours each night	Do you usually get 7 hours of sleep a night?	Patel, S. R. (2009) Chaput, J. P., Klingenberg I., Sjodin, A. M. (2010)
Does planned physical activity at least 30 minutes a day five days a week	Do you do some sort of physical activity, like walking or bicycling, for 30 minutes at least 5 days a week?	Centers for Disease Control (2015) Joyner (2014)