

Creating Health & Nutrition Fact Sheets

Feel You Are Overweight?

Excess weight can put you at greater risk for heart disease, high blood pressure, diabetes, and some forms of cancer. To achieve and maintain a healthy weight, avoid fad diets. Instead, follow the guidelines below.

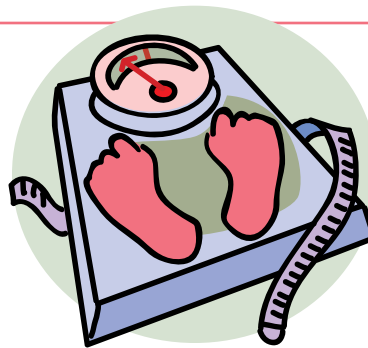
Tips for Weight Management

Eat according to www.ChooseMyPlate.gov. Choose items with the least added sugar, salt, and fat.

Choose beverages wisely. Many beverages do not fill you up and may add lots of calories. Drink water or other noncaloric beverages to help control your weight. Low-fat milk is a good, nutritious option with meals. Limit juice to one six-ounce serving daily.

Tip
Reducing food intake by just 100 calories a day could result in a 10-pound weight loss in 1 year.

Weight Management



Downsize. When you are eating out, order the smallest portion or take home half the meal in a doggie bag.

Never skip meals. Always eat breakfast. Skipping meals slows your metabolism. You may end up overeating at the next meal.

Eat smaller portions. Use smaller plates and glasses to make your portions look satisfying even if smaller.

Eat higher-fiber foods. High-fiber foods make you feel full longer and also have health benefits. Eat lots of high-fiber foods like fruits, vegetables, and whole grains.

Use less fat and sugar. You can usually reduce the amount of fat or sugar or use sugar substitutes for some sugar in recipes. This saves calories.

Use low-fat cooking methods. Steam, bake, broil, microwave, or grill foods instead of frying.

Shopping Tips
Preplan meals. Use a grocery list to ensure you purchase health-promoting foods from

all the food groups. To avoid buying extra high-calorie foods, never grocery shop when you are hungry.

Skip highly processed foods. Convenience foods, such as many commercially prepared meals and snacks, usually contain more sugar, fat, and sodium than we need.

Read labels. Choose foods with fewer calories (e.g., than 30 percent less of calories from fat) and check listed serving size to compare to what you eat.

Stock up.

- Whole grains without added sugar and fat, such as whole wheat products, oats, and brown rice
- Fruits—fresh, frozen, or canned/packed in water or juice
- Vegetables—fresh, frozen, or low-sodium canned

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- Low-fat dairy—milk, yogurt, cheese
- Lean proteins—fish, skinless chicken, lean meats, beans

As we age, our metabolism slows. We burn fewer calories and therefore need less food. Decrease your portions. Physical activity speeds up calorie burning. Find your suggested calorie level and sample meal plan by visiting www.ChooseMyPlate.gov.

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Examine Your Choices

Food	Source	What I buy	What I plan to buy
<i>Example:</i> Fruit	Fruit contains fiber to help you feel full	Apple juice	Apples

My Goal:
