Dear **FAN** Committee Members,

Welcome to Month 13.

FAN Goal of the month: Celebrate and reward yourself for healthy habits.

Diabetes is one of the leading causes of death and disability in the United States. More than 3.7 million African American are diagnosed with diabetes. In the African American community diabetes has a strong link to cardiovascular disease. About 68% of people with diabetes will die of heart disease or stroke and 75% of people with diabetes will have high blood pressure. (*National Diabetes Education Program, 2008*)

KNOW THE THREE TYPES OF DIABETES

- **Type I Diabetes–** This type of diabetes accounts for 5 to 10% of all diagnosed cases of diabetes. Type I diabetes results when the body attacks the cells in the pancreas that produce insulin.
- **Type 2 Diabetes–** This type of diabetes accounts for 90 to 95% of all diagnosed cases of diabetes. Type 2 diabetes occurs when the body does not make enough insulin or the body cannot use the insulin it makes.
- **Gestational Diabetes–** This type of diabetes affect about 7% of all pregnant women. Women who have had gestational diabetes have a 40 to 60% chance of developing diabetes (Type 2 mostly).

Help church members to…celebrate and reward themselves for healthy habits!

Self-reward is an incentive or reward you offer yourself for being active, eating healthy, and making progress toward and reaching your physical activity and healthy eating goals. Rewards make you feel better about yourself and your success and they also encourage you to continue to work towards your goals. Striving to eat 5-9 servings of fruits and veggies daily and being physically active at moderate intensity for 30 minutes a day on 5 days a week is not easy. And though physical activity and healthy eating are both beneficial and rewarding, it is important to reward yourself for small successes along the way.

This month teach church members the importance of self-rewards.

Be a FAN for your health: Increase your faith,
be more physically active, and eat more fruits & vegetables!

FAN Committee Monthly

The key to making successful changes is to start low and go slow.

This Month:

Handouts. *Please make sure your church members receive these materials.*

- **Bulletin inserts**. Place this insert inside your church program. Make an announcement about it during service. This month's topic is "Reward Yourself for Healthy Habits".
- **Small Steps. Big Rewards. Prevent Type 2 Diabetes.** This handout from the National Diabetes Education Program helps teach small steps for people at risk for Diabetes.

Two **Resource Updates**. *These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.*

- **What is Diabetes?** Download a Diabetes booklet from the South Carolina Department of Health and Environmental Control (DHEC). These booklets cover the different types of diabetes and how you can decrease your risk.
- **My Self Reward & My Rewards for Success.** Included are handouts and worksheets. These worksheets teach the importance of self reward for a healthy life style and list some of your possible successes over the past month's.

Cooks' Tools.

- FAN cooks plan for healthy eating success. Keep track of eating habits for lasting change.
- This month's recipe is Mighty Bran Muffins. Use this month's cooks tool to learn about the benefits of cooking with flaxseed. Encourage church members to try a new ingredient to their muffin recipe. The nutty flavor of flaxseeds packs lots of nutrients.

Activities.

This month's resources will help you teach others to reward themselves for healthy habits!

Make rewarding yourself part of your activity plan. Set short-term goals that you can measure as well as longer term goals. Review your progress regularly and focus on what you have achieved and when you do reach that goal, reward yourself.

This month's Pastor Activity uses a self-reward handout & worksheet that teaches your Pastor the importance of rewards for healthy changes. Pastors are asked to identify ways to reward themselves for achieving their health goals.

Set up a Reward Roster in your church. Reward members if they have reached or made progress toward a healthy eating or physical activity goal.

Be a FAN for your health: Increase your faith,
be more physically active, and eat more fruits & vegetables!

May you *"prosper in all things and be in health, just as your soul prospers"*
III John 1:2 (New King James Version)

Faith Activity Nutrition

Pastor Activity Packs

MISSION 8: Reward Yourself for Healthy Habits

FAN Goal of the month: Celebrate and reward your achievements of healthy eating and increased physical activity!

Diabetes often goes undiagnosed because many people don't know the symptoms. Early detection of the symptoms can lead to early treatment and management and reduce the risk of developing diabetes complications (*Centers for Disease Control & Prevention, 2008*).

Facts: **Know the *Symptoms* for Diabetes!**

Last month, we learned about the many complications associated with diabetes. We also learned some tips to better manage and/or prevent diabetes. This month we learn some of the symptoms for Diabetes. Some symptoms are:

*Wounds that won't heal
*Tingling or numbness in hands or feet
*Frequent urination or bladder infections
*Extreme thirst or hunger
*Unexplained weight loss
*Blurry vision that changes daily

***If you are at risk for diabetes and/or have some of these symptoms, talk with your doctor about getting tested for diabetes. Risk factors include: overweight, do not exercise regularly, parent or sibling has diabetes, and older than 45 years of age.*

Activity: *Reward yourself for healthy habits!*

Self-reward is an incentive or reward you offer yourself for being active, eating healthy, and making progress toward and reaching your physical activity and healthy eating goals. Though physical activity and healthy eating are both beneficial and rewarding, it is important to reward yourself. Rewards make you feel better about yourself and your success and they also encourage you to continue to work towards your goals.

Download a handout to help you learn about self-reward and a worksheet to help you identify ways to reward yourself for reaching your goals. Use this month's resources to help celebrate and reward yourself for your successes! Rewards don't have to be expensive. Why not treat yourself to a sleep-in, or long bubble bath?

Share:

* This month includes 2 handouts and worksheets. Inspire church members to reward themselves for reaching health & spiritual goals.
* Your church is listening. Announce your progress from the pulpit.

"The Lord rewards every man for his righteousness and faithfulness…." 1 Samuel 26:23 (NIV)

Faith Activity Nutrition

My Self Reward

Make rewarding yourself a part of your healthy lifestyle plan. You have set your goals, achieved your goals and now it is time to reward yourself for your successes. Rewards create a feeling of doing something you want to do. Use this handout to learn how you can reward yourself for healthy eating and physical activity.

What is self-reward?

Self-reward is an incentive or reward you offer yourself when you reach a goal.

Why is it important?

It is important to reward yourself when you reach your goals. Rewards make you feel better about yourself and your success and they also encourage you to continue to work towards your goals of healthy eating and physical activity.

When do I reward myself?

You can reward yourself when you reach or make progress toward a physical activity or healthy eating goal, or if you stick with your physical activity or healthy eating program.

How can I reward myself?

Over time, healthy eating and increased physical activity should be rewarding in and of themselves because you will feel better and will be healthier. However, sometimes these rewards take some time. Therefore tangible rewards can be helpful. They do not need to be fancy or expensive, just something that you enjoy. Some tangible rewards can be taking a long bubble bath with no interruptions, sleeping in late, or watching a half-hour of TV.

Celebrate and reward yourself for your successes!

My Rewards for Success

Celebrate your successes! You have made some positive changes over the past months. Below is a list of some of your successes. Check the one's you have made and list a reward for reaching that physical activity or healthy eating goal.

My Successes	My Rewards
...with Healthy Eating	
Ate more fruits & vegetables	Example: Take a long bubble bath
Reduced salt intake	_____
Reduce saturated fat intake	_____
Read food labels to eat healthier	_____
Ate more whole grains	_____
Made healthier snacks (snack packs)	_____
Tried healthier cooking techniques (i.e. baking, grilling, broiling)	_____
Visited your local farmer's market	_____
	_____
...with Physical Activity	_____
Increased physical activity	_____
Started a walking program	_____
Physically active on 5 or more days	_____
Wore my pedometer (step counter)	_____
Started stretching exercise	_____
Started strength training	_____

Reward Yourself for Healthy Habits

"The Lord rewards every man for his righteousness and faithfulness..."
Samuel 26:23 (NIV)

We often reward others when they have accomplished a goal. Often we forget to reward ourselves for our many successes as they relate to our spiritual and physical well-being. Rewards make you feel better about yourself and encourage you to continue to reach for your goals. Over time you have been working to make changes to your lifestyle by being physically active, eating healthier and meditating with God. God rewards you for your righteousness and faithfulness. How can you reward yourself when you meet eating and activity goals? Maybe a new CD or water bottle would be rewarding. Or, maybe even just a bubble bath. Choose rewards that motivate you for healthy habits!

Questions about the FAN Program? Please contact your church FAN Coordinator.

Reward Yourself for Healthy Habits

"The Lord rewards every man for his righteousness and faithfulness..."
Samuel 26:23 (NIV)

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Questions about the FAN Program? Please contact your church FAN Coordinator.

Greetings FAN Cooks!

This month we talk about **eating healthy fats** for better health.

Many people might feel the need to cut fats out of their diet completely with all the talk of how bad fats are for you. However, not all fats are bad for you. In fact your body needs a certain amount of fat to maintain normal function. Trans fats and saturated fats are the "unhealthy" fats. A diet with these fats can lead to higher cholesterol and an increased risk of heart disease. The recommended fats are monounsaturated and omega-3 fatty acids. Monounsaturated fatty acids are found mainly in vegetable oils, nuts, and seeds. Olive oil is a good source of this type of fat. Omega-3 fatty acids are found in flaxseed, pecans and walnuts. This month's recipe uses Flaxseed to add a great nutty flavor and healthy nutrients to your diet. Flaxseed is a great way to add some healthy fat to your diet and is a good source of fiber.

FAN Tips:

Looking for ways to add Flaxseed to your diet? Try these:

- Sprinkle ground flax on cereal, yogurt, or salads.
- Mix a tablespoon of ground flaxseed into yogurt.
- Coat fish or homemade chicken in ground flaxseed and oven fry.
- Just as you can add vegetables, you can add flaxseed into meatloaf or meatballs.
- Bake ground flaxseed into cookies, muffins (such as the recipe below), breads and other baked goods.

Shop for Flaxseed at your local grocery store today!

Mighty Bran Muffins

(courtesy of Clemson Chefs)

Makes 12 muffins

Ingredients:

1 ½ cup flour
¾ cup flaxseed meal
¾ cup grape nuts
1 cup brown sugar
2 tsp baking soda
1 tsp baking powder
½ tsp salt
2 tsp cinnamon
1 ½ cup carrots, shredded
2 apples, diced
½ cup raisins
¾ cup skim milk
1 egg + 2 egg whites (beaten)
1 tsp vanilla

Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla. Add to dry ingredient bowl and stir until mixed. Line muffin tin and bake at 350 degrees until done (can stick with a knife or toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

Total Fat: 6g (Unsaturated: 6g, Saturated: 0g, Trans: 0g)

Calories: 270 Carbohydrates: 51g Fiber: 7g Protein: 7g Sodium: 65mg Cholesterol: 4mg

"*So whether you eat or drink or whatever you do, do it all for the Glory of God.*" I Corinthians 10:31 (NIV)

"The News On Flaxseeds"

What is FLAX?

FLAX is a multipurpose crop that is grown throughout the world. Flaxseeds are small and can be a reddish brown or golden yellow color. They have a nutty flavor as well as a crunchy and chewy texture.

What are the benefits of FLAX?

Flaxseeds have lots of nutrients. They are a rich source of complete protein. This means they contain all the essential amino acids in the amounts needed for human health. They are high in fiber and contain large amounts of vitamins and minerals with are essential to good health. Flaxseeds also contain a high percentage of omega-2 polyunsaturated fats which have many health benefits. They also contain phytochemicals including lignans, phenolic acids and flavonoids; these compounds are thought to have antioxidant, anti-cancer and anti-inflammatory functions.

Can FLAX help prevent diseases?

Recently many studies have focused on how FLAX can help to prevent certain diseases. Although the results are positive more research in still needed. Below is a short list of the ways flax may help in prevention or treatment of some diseases.

- Cancer– The phytochemical content (lignan) is thought to play a role in fighting a broad range of cancers. The anti-cancer properties may slow the growth of tumors.

- Heart Disease– Flaxseed may lower triglycerides, total cholesterol, and LDL (bad) cholesterol levels and reduce the risk of blood clots when consumed over time. These benefits may result from the fiber found in flaxseed.

- Rheumatoid Arthritis & Kidney Disease– Similar to the omega-3 fatty acids found in fish, research has shown that the anti-inflammatory properties have treated and slowed the progression of rheumatoid arthritis and kidney disease.

- Menopause & Osteoporosis– Flaxseeds are rich in phytoestrogens. Some studies have shown consuming a diet high in phytoestrogens may prevent symptoms caused by declining estrogen levels (associated with menopause). They may also be helpful in fighting bone loss experienced due to osteoporosis.

Adopted from the FLAX Council of Canada website

CLEMSON UNIVERSITY

Information for Self Reward Handout

Physical activity tips (9) - reward yourself

You've stayed on track. Congratulations! Okay, there were some interruptions to your plans, but that's fine – that's life. Perhaps you need to make some changes? But you're doing well and it's time to celebrate and reward your achievements.

First review the obstacles
Some obstacles to becoming more active, like illness, are hard to avoid, while others may be easy to overcome with a few adjustments. Ask yourself these questions (and check out the solutions):

- **Are your goals just too high?** Goals should be realistic and achievable. Set the bar so you can eventually reach it; don't make it so hard that it becomes discouraging.
- **Is it harder to get away from home at the moment?** Include exercises you can do at home: get an exercise video or DVD, work more in the garden, vacuum with gusto. Make all activity purposeful.
- **Are you bored?** Keep the activities you enjoy, ditch the duds and add some new ones. Mix it up: change venues, routes and activities. Ask a friend to join you.
- **Is the timing right?** Adjust the time you exercise to better suit your schedule.

Now treat yourself
It's time for a personal reward to acknowledge your efforts and achievements and give you some impetus to keep on going. But make sure your rewards match your healthy lifestyle.

Why not treat yourself to a night out, a new book or magazine, a sleep in or a massage? Rewards don't have to be expensive or indulgent. Think about activities or things that you enjoy.

Build rewards into your activity plan
Make rewarding yourself part of your activity plan. Set short-term goals that you can measure as well as longer term goals. Review your progress regularly and focus on what you have achieved – even if it does fall short of your goal. And when you do reach that goal, reward yourself.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Physical_activity_tips_9_reward_yourself?OpenDocument

PDF saved to desktop-Tips to Weight Loss Success
http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit/tips.pdf

Remember to Reward Yourself

How to Pat Yourself on the Back

-- By Mike Kramer, Staff Writer

Everyone likes a pat on the back every once in a while. And there's no better time to get one than when you're out of your comfort zone, challenging yourself to improve, nervous about whether you can succeed.

Most people approach changing their health habits from a position of "pain". They constantly nag themselves, berate themselves and expect nothing but perfection, no matter how much progress is made. Tools of the trade are guilt, doubt, shame and self-flogging. Instead of celebrating the 24 pounds they've lost, they see the six they still haven't lost. Sound familiar? To people used to beating themselves up, it may seem like the best way to get motivated. But consider this: if you attempted to motivate an employee like that, how long do you think they'd stick around? How successful would they be?

Let's do it differently this time. Try to approach your goals from a position of "possibilities" instead. Find ways to use regular rewards to pat yourself on the back and give a word of encouragement. Instead of focusing on what you do wrong, try paying more attention to what you do right. While straight talk and brutal honesty are often good for getting your butt moving, for sustained motivation, the positive approach will keep you from burning out.

Rewards create a feeling of doing something you want to do, not just what you're forcing yourself to do. Even the smallest of rewards can work wonders as you travel from milestone to milestone, pound to pound, and mile to mile.

Here's how to set up a good rewards system:

- Choose some benchmarks and reward levels. You can also reward yourself for levels of consistency.
- Make the reward meaningful to you. As a reward, a new pair of shoes may not hold as much motivation as a simple night alone with a book. Then again, it might.
- Choose two or three options from the Reward Roster below or come up with a few reward options of your own. It doesn't take much. Sometimes, the best rewards are those you can't buy.
- A lot of small rewards, used for meeting smaller goals, are more effective than relying solely on the bigger rewards that require more work and more time.
- Don't use food as a reward. Even good food. It's just too much of a slippery slope. Don't even mess with it.
- Plan to celebrate. Figure out now how you're going to celebrate reaching your health, fitness or nutrition goal. Involve other people, tell them about it. Create a celebration that you can anticipate and then keep it within sight all the time.
- Be honest with yourself. Fudging the numbers mentally, or "borrowing" against the next reward hurts the cause of building a lifetime habit. Remember to keep your focus on building a habit, not just figuring out how to get the reward.

REWARD ROSTER CHOOSE YOUR FAVORITES AND USE THEM LIBERALLY

- Compliment yourself. Write down what you would say to anyone else who accomplished what you did.
- Create an actual plaque or trophy.
- Give yourself badges of honor for different levels of accomplishment.
- Take a vacation or weekend getaway.
- Take a day off from any goal activities.

- Put $1 in a jar every time you meet a goal. When it gets to $50, treat yourself.
- Create a Trophy Scrapbook, where you keep mementos from your accomplishments.
- See a movie.
- Make a grab bag of little prizes. When you reach a significant goal, reach in and get your reward!
- Go for a spa treatment or massage.
- Buy yourself a gift certificate.
- Take a limo ride.
- Subscribe to a magazine you always wanted.
- Go canoeing or do something outdoorsy.
- Watch your favorite TV show.
- Buy something for your hobby.
- Read a funny book.
- Celebrate "100% Days". If you reach 100% of your goals that day, choose two rewards.
- Find some time to be by yourself.
- Pay someone to do the yard work or house cleaning this week.
- Fly a kite.

http://www.sparkpeople.com/resource/motivation_articles.asp?id=86

Although the great feelings you get from stress management can be their own reward, in starting any new habit, it helps to also have some more tangible rewards. (Think of how teachers use stars and other tokens to encourage good behavior, or how you can train pets to do just about anything with a few small treats; none of us is above the power of a few good rewards, either.) The trick is to reward yourself for your first few steps until your new healthy habit becomes ingrained into your way of life. (The first month or so is especially important, as that's the approximate time it takes for a new behavior to become a habit.) The rewards you give yourself are a personal choice, and you probably know what would be the best incentive for your own success, but I recommend something small and enjoyable. For example, when I first started going to the gym, I would reward every five gym visits with a new piece of workout clothing—that way I'd feel like I 'earned' the new outfits, and I'd also get the payoff of looking better in the dressing room each time I found myself there. Others I know have given themselves pedometers (to reward regular walking), soothing music (to reward and use with yoga practice) or beautiful new pens (to reward journal writing). For additional ideas, I suggest the following:

Stress relief gifts
Self Care products
Things for a better night's sleep

http://stress.about.com/od/lowstresslifestyle/ss/healthy_habits_4.htm

"Small Steps. Big Rewards. Prevent type 2 Diabetes"
HHS/NDEP Diabetes Prevention Campaign

small steps big rewards
Prevent type 2 Diabetes
A message from the National Diabetes Education Program

Hope for people at risk for diabetes

To help stem the diabetes epidemic, the National Diabetes Education Program (NDEP) has launched the "Small Steps. Big Rewards. Prevent type 2 Diabetes" campaign -a major national diabetes prevention effort. Based on the highly successful Diabetes Prevention Program (DPP), the campaign encourages people with pre-diabetes, a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes, to make modest lifestyle changes that could delay and possibly prevent the onset of the disease. By losing 5 to 7 percent of their body weight and getting 150 minutes of physical activity a week, people with pre-diabetes can cut their risk of developing type 2 diabetes by more than half. That's a weight loss of about 10 to 15 pounds in a 200-pound person and walking 30 minutes 5 days a week!

"Small Steps" for people at risk for diabetes:

- ❑ Ask your health care provider if you should be tested for pre-diabetes.
- ❑ Discuss steps you can take to prevent diabetes.
- ❑ Order NDEP's "Small Steps. Big Rewards. GAME PLAN" booklets to help you make modest lifestyle changes.
  - ❍ in-depth information about type 2 diabetes and its risk factors
  - ❍ proven strategies to prevent diabetes
  - ❍ calorie and fat gram values of many foods, and
  - ❍ daily tracker to record and monitor progress.
- ❑ Work with your health care provider to set goals for weight loss and physical activity.

"Small Steps" for health care providers:

- ❑ Assess your patients for pre-diabetes.
- ❑ Help patients initiate lifestyle modifications and refer them for help.
- ❑ Discuss treatment options.
- ❑ Order NDEP's "Small Steps. Big Rewards. GAME PLAN" toolkit for:
  - ❍ evidence-based information for identifying patients at risk,
  - ❍ recommended diagnostic criteria,
  - ❍ strategies to assist and motivate patients to make lifestyle modifications, and
  - ❍ a starter set of "Small Steps. Big Rewards. GAME PLAN" booklets to use with patients.

Risk factors for diabetes

Take the fist step - talk to your health care provider about your risk for pre-diabetes:

- ❑ Age: risk increases with age (especially 45 years and older)
- ❑ Overweight: Body Mass Index (BMI) 25 or higher (23 or higher if Asian American, 26 or higher if Pacific Islander) Ask your provider to calculate it for you.
- ❑ Family history of diabetes: having a parent, brother, or sister with diabetes
- ❑ Race/Ethnicity: African American, American Indian, Alaska Native, Asian American, Pacific Islander, or Hispanic American/Latino heritage
- ❑ History of Gestational diabetes: also giving birth to a baby weighing more than 9 pounds.
- ❑ Blood pressure: 140/90 or higher
- ❑ Cholesterol: HDL cholesterol less than 40 for men and less than 50 for women; triglyceride level 250 or higher
- ❑ Inactive lifestyle: exercises fewer than three times a week

To order materials, call 1-800-438-5383 or visit the NDEP website, www.ndep.nih.gov.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

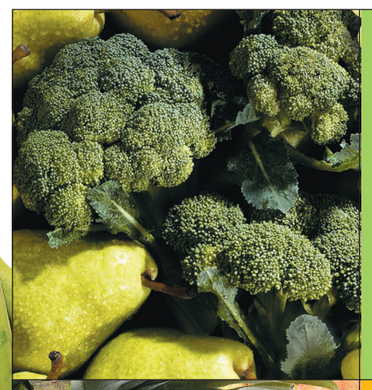
NATIONAL DIABETES EDUCATION PROGRAM

Health and Human Services' NDEP, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention is the leading federal education program aimed at changing the way diabetes is treated.

The colors of health

Fruits and vegetables come in a rainbow of colors. Each color is a sign of different important nutrients. You can benefit from eating fruits and vegetables of different colors regularly. These include red, dark green, yellow, blue, purple, white, and orange. Health authorities advise making a special effort to eat more dark green vegetables, dark orange vegetables, and beans in particular to get the nutrients most of us need more of.

This chart shows 5 basic color groups and gives some examples of fruits and vegetables from each.

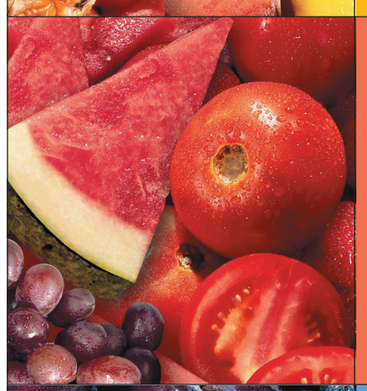


green

Leafy greens (collard, mustard, and turnip greens, swiss chard, kale, spinach and lettuces), asparagus, green peppers, broccoli, green beans, peas, green cabbage, green onion, brussels sprouts, okra, zucchini, chinese cabbage (napa/bok choy), green apples, green grapes, honeydew melon, kiwifruit, limes

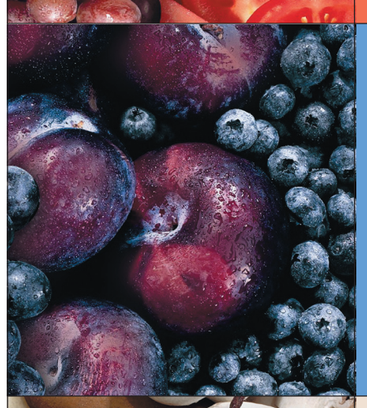
yellow-orange

Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, papayas



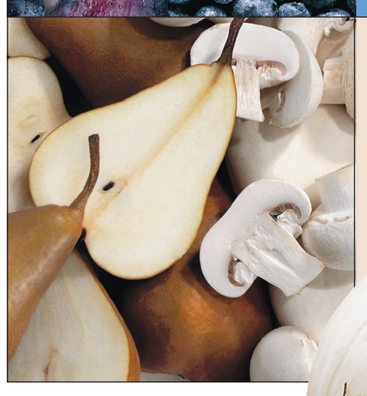
red

Tomatoes, spaghetti sauce, tomato juice, tomato soup, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates



blue-purple

Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants



white

Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears

Aim for a Healthy Weight

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Aim for a Healthy Weight

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Table of Contents

Aim for a Healthy Weight

Why Is a Healthy Weight Important?

Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions. We know that an increase in weight also increases a person's risk for heart disease, high blood cholesterol, high blood pressure, diabetes, gallbladder disease, gynecologic disorders, arthritis, some types of cancer, and even some lung problems (see Box 1). Maintaining a healthy weight has many benefits, including feeling good about yourself and having more energy to enjoy life.

A person's weight is the result of many things—height, genes, metabolism, behavior, and environment. Maintaining a healthy weight requires keeping a balance . . . a balance of energy. You must balance the calories you get from food and beverages with the calories you use to keep your body going and being physically active.

The same amount of energy IN and energy OUT over time = weight stays the same

More IN than OUT over time = weight gain

More OUT than IN over time = weight loss

Your energy IN and OUT don't have to balance exactly every day. It's the balance over time that will help you to maintain a healthy weight in the long run.

For many people, this balance means eating fewer calories and increasing their physical activity. Cutting back on calories is a matter of choice. Making healthy food choices that are lower in fats, especially saturated and *trans* fat, cholesterol, added sugars, and salt can help you cut back on calories, as can paying attention to portion sizes.

This booklet will provide you with information to figure out your body mass index (Box 2) and weight-related risk for disease. It will also give you information on when and how to lose weight, including tips on healthy eating and physical activity, setting weight loss goals, and rewarding your success.

Box 1—Consider the Risks

If you are overweight or obese you are at risk of developing the following diseases:

- High blood pressure
- High blood cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Arthritis
- Sleep apnea and breathing problems
- Some cancers
  - Endometrial
  - Breast
  - Prostate
  - Colon

Box 2—Calculation Directions and Sample

Here is a shortcut method for calculating BMI.

(Example: for a person who is 5 feet 5 inches tall weighing 180 lbs.)

1. Multiply weight (in pounds) by 703 — 180 x 703 = 126,540
2. Divide the answer in step 1 by height (in inches) — 126,540/65 = 1,946
3. Divide the answer in step 2 by height (in inches) to get your BMI — 1,946/65 = 29.9

BMI = 29.9

What Is Your Risk?

First, let's gather some information—

Check Your Body Mass Index
Your body mass index (BMI) is a good indicator of your risk for a variety of diseases since it gives an accurate estimate of your total body fat.

There are three ways to check your BMI.

- One way is to use the chart on the next page to find your weight and height and then go above that column to find your BMI.
- A second way is to use the BMI calculator on the NHLBI Web site at http://www. nhlbisupport. com/bmi/.
- A third way to check your BMI is to calculate it; one method is shown in Box 2. Another way to do this: Divide your weight in pounds by your height in inches squared and then multiply the total by 703.

Once you know your BMI, check Box 3, which shows the BMI ranges for underweight, normal weight, overweight, and obesity.

While BMI is valid for most men and women, it does have some **limitations**:

- It may **overestimate** body fat in athletes and others who have a muscular build.
- It may **underestimate** body fat in older persons and others who have lost muscle mass.

Appropriate weight gain during **pregnancy** varies and depends upon initial body weight or BMI level. Pregnant women should contact a health professional to assure appropriate weight gain during pregnancy.

Waist Circumference Measurement
Your waist circumference measurement is also important in determining your overall risk. If most of your fat is around your waist, you are at greater chance for developing risk factors for heart disease and diabetes. This risk increases with a waist measurement of greater than 35 inches for women or greater than 40 inches for men.

Box 3—Classification of Overweight and Obesity by BMI

	BMI
Underweight	<18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	≥30.0
Extreme Obesity	≥40.0

Box 4—Risk Factors

Besides being overweight or obese, here are other risk factors to consider—

- Cigarette smoking
- High blood pressure (hypertension)
- High LDL-cholesterol ("bad" cholesterol)
- Low HDL-cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity

Are You at Risk?

Talk to your doctor to see if you are at an increased risk and if you should lose weight. Your doctor will evaluate your BMI, waist measurement, and other risk factors for heart disease. These risk factors are shown in Box 4.

If you are overweight, do not have a high waist measurement, and have less then two risk factors, it's important that you not gain any more weight. If you are overweight (BMI 25–29.9), or have a high waist circumference, and have two or more risk factors, or if you are obese (BMI ≥30), it is important for you to lose weight. Even a small weight loss (just 10 percent of your current weight) will help to lower your risk of developing the diseases listed in Box 1.

Body Mass Index Table

	Normal						Overweight					Obese										Extreme Obesity																			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																						
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity In Adults: The Evidence Report.*

How To Lose Weight and Maintain It

Getting Started

We have all heard the facts . . . to lose weight, you have to eat less and move more. But this is often easier said than done. Many people make repeated attempts, often using different fad diets and weight loss gimmicks and are unsuccessful.

This booklet provides you with common sense guidance and tips on ways to eat less and move more, as well as weight loss goals that are attainable.

- Did you know that simply losing as little as 10 percent of your current body weight can make a difference in your health? Achieving this initial weight loss goal will help to lower your risk for heart disease and other conditions, including high blood pressure, type 2 diabetes, osteoporosis, and certain types of cancer.
- Did you know that a reasonable and safe weight loss is 1–2 pounds per week? While it may take as long as 6 months to lose the weight, it will make it easier to keep the weight off. And it will give you the time to make new healthy lifestyle changes such as eating a healthy diet and increasing your physical activity level.
- Did you know that it is better to maintain a moderate weight loss over a longer period of time than it is to lose lots of weight and regain it? You can consider additional weight loss after you have lost 10 percent of your current body weight and have maintained it for 6 months.

Goals for Weight Loss and Management

The following are general goals for weight loss and management:

- Reduce body weight if overweight or obese.
- Maintain a lower body weight over the long term.
- Prevent further weight gain (a minimum goal).

How To Lose Weight

To be successful at losing weight, you need to adopt a new lifestyle. This means making changes such as eating healthy foods, being more physically active, and learning how to change behaviors. Over time, these changes will become routine. But there are some people for whom lifestyle changes don't work no matter how hard they try. Weight loss medications and weight loss surgery can be options for these people if they are at increased risk from overweight or obesity. Each of these approaches are discussed in this booklet.

A Healthy Eating Plan

Calories

To lose weight, most people need to cut down on the number of calories (units of energy) they get from food and beverages and increase their physical activity. For a weight loss of 1–2 pounds per week, daily intake should be reduced by 500 to 1,000 calories. In general:

- Eating plans containing 1,000–1,200 calories will help most women to lose weight safely.
- Eating plans between 1,200 calories and 1,600 calories each day are suitable for men and may also be appropriate for women who weigh 165 pounds or more or who exercise regularly.

If you are on a 1,600-calorie diet but do not lose weight, you may want to try a 1,200-calorie diet. If you are hungry on either diet, you may want to boost your calories by 100 to 200 per day. Very low calorie diets of less than 800 calories each day should not be used routinely because they require special monitoring by your doctor.

What foods make up a healthy eating plan?

A healthy eating plan is one that gives your body the nutrients it needs every day while staying within your daily calorie level. This eating plan will also lower your risk for heart disease and other conditions such as high blood pressure or high blood cholesterol levels.

Foods that can be eaten more often include those that are lower in calories, total fat, saturated and *trans* fat, cholesterol, and sodium (salt). Examples of these foods include fat-free and low-fat dairy products; lean meat, fish, and poultry; high-fiber foods such as whole grains, breads, and cereals; fruits; and vegetables. Canola or olive oils and soft margarines made from these oils are heart healthy and can be used in moderate amounts. Unsalted nuts can also be built into a healthy diet as long as you watch the amount.

Foods higher in fats are typically higher in calories. Foods that should be limited include those with higher amounts of saturated and *trans* fats and cholesterol. These particular fats raise blood cholesterol levels, which increases the risk for heart disease. Saturated fat is found mainly in fresh and processed meats; high-fat dairy products (like cheese, whole milk, cream, butter, and ice cream), lard, and in the coconut and palm oils found in many processed foods. *Trans* fat is found in foods with partially hydrogenated oils such as many hard margarines and shortening, commercially fried foods, and some bakery goods. Cholesterol is found in eggs, organ meats, and dairy fats.

It's also important to limit foods and beverages with added sugars such as many desserts, canned fruit packed in syrup, fruit drinks, and sweetened beverages (nondiet drinks). Foods and beverages with added sugars will add calories to your diet without giving you needed nutrients.

Food Groups

A healthy eating plan includes foods from all the basic food groups. It is low in saturated fats, *trans* fat, cholesterol, salt (sodium), and added sugars. It contains enough calories for good health but not too many so that you gain weight. A healthy eating plan also emphasizes fruits, vegetables, whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, beans, eggs, and nuts. It also allows for reasonable portion sizes to control calories and prevent unhealthy weight gain.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fat, cholesterol, salt (sodium), and added sugars.
- Controls portion sizes.

Grains

Grains such as wheat, rice, oats, cornmeal, and barley are naturally low in fat and provide vitamins, minerals, and carbohydrates—all important for good health. Examples of grain products are breads, pasta, breakfast cereals, grits, tortillas, couscous, and crackers. Whole grain foods such as whole wheat bread, brown rice, and oatmeal also have fiber that helps protect you against certain diseases and keeps your body regular. Fiber can also help you feel full with fewer calories.

Vegetables

Most vegetables are naturally low in calories, fat, and cholesterol, and are filling. They are also important sources of many nutrients, including potassium, fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C. People who eat more vegetables as part of an overall healthy diet are likely to have a lower risk of some chronic diseases such as heart disease and diabetes. Any vegetable or 100 percent-vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut up, or mashed. To get the most health benefits, vary the types of vegetables you eat. Eat more dark green and orange vegetables.

Fruits

Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits are important sources of many nutrients, including potassium, fiber, vitamin C, and folate (folic acid). Whole or cut up fruits also contain fiber which can provide a feeling of fullness with fewer calories. People who eat more fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases such as heart disease and diabetes. Any fruit or 100 percent-fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed. To get the most health benefits, eat a variety of fruits and go easy on fruit juices to avoid getting too many calories.

Milk

Milk and milk products such as yogurt and cheese provide nutrients that are vital for the health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein. People who have a diet rich in milk and milk products can lower their risk of low bone mass (osteoporosis) and maintain healthy bones throughout the life cycle. Whole milk dairy foods contain unhealthy saturated fats, so it's a good idea to choose low-fat or fat-free milk products such as milk, cheese, and yogurt. If you can't tolerate milk, try lactose-free milk products.

Meat and Beans

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. The foods in this group give you many nutrients, including protein; B vitamins (niacin, thiamin, riboflavin, and B6); vitamin E; and minerals such as iron, zinc, and magnesium.

Meats, especially high-fat processed meats such as bologna, contain saturated fats and cholesterol, so it's a good idea to limit these, or to try lower fat varieties. Also choose poultry, fish, beans, and peas more often. Nuts and seeds can be included for variety since they contain healthy fats, however, limit the amount to avoid getting too many calories. Bake, broil, or grill your meats.

Oils (Fats)

Unsaturated oils are necessary for good health in small amounts. Oils and solid fats both contain about 120 calories per tablespoon so the amount of oil you use needs to be limited to balance your total calorie intake. It's especially important to limit saturated fat, which is found in whole dairy foods, many meats, butter, and lard, and raises blood cholesterol levels and thus the risk for heart disease. Most of your fat should be from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard.

Daily Food Group Amounts

The table on the next page provides the suggested amounts of food that you should eat from the basic food groups at different calorie levels.

The next section will provide you with information on portion and serving sizes, low calorie menus, food shopping, preparation, and dining out to help you manage your weight.

Daily Amount of Food From Each Group (vegetable subgroup amounts are per week)

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800
Food group	Food group amounts shown in cup (c) or ounce-equivalents (oz-eq), with number of servings (srv) in parentheses when it differs from the other units. See note for quantity equivalents for foods in each group. Oils are shown in grams (g).									
Fruits	1 c (2 srv)	1 c (2 srv)	1.5 c (3 srv)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2.5 c (5 srv)
Vegetables	1 c (2 srv)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2.5 c (5 srv)	2.5 c (5 srv)	3 c (6 srv)	3 c (6 srv)	3.5 c (7 srv)	3.5 c (7 srv)
Dark green veg.	1 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange veg.	.5 c/wk	1 c/wk	1 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk
Legumes	.5 c/wk	1 c/wk	1 c/wk	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3.5 c/wk	3.5 c/wk
Starchy veg.	1.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk
Other veg.	4 c/wk	4.5 c/wk	4.5 c/wk	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk	7 c/wk	8.5 c/wk	8.5 c/wk
Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq
Whole grains	1.5	2	2.5	3	3	3	3.5	4	4.5	5
Other grains	1.5	2	2.5	2	3	3	3.5	4	4.5	5
Lean meat and beans	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq
Milk	2 c	2 c	2 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
Oils	15 g	17 g	17 g	22 g	24 g	27 g	29 g	31 g	34 g	36 g
Discretionary calorie allowance	165	171	171	132	195	267	290	362	410	426

Quantity equivalents for each food group:

- Grains—The following each count as 1 ounce-equivalent (1 serving) of grains: fi cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta or rice; 1 slice bread; 1 small muffin (1 oz); 1 cup ready-to-eat cereal flakes.
- Fruits and vegetables—The following each count as 1 cup (2 servings) of fruits or vegetables: 1 cup cut-up raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens.
- Meat and beans—The following each count as 1 ounce-equivalent: 1 ounce lean meat, poultry, or fish; 1 egg; ⁄ cup cooked dry beans or tofu; 1 tablespoon peanut butter; fi ounce nuts or seeds.
- Milk—The following each count as 1 cup (1 serving) of milk: 1 cup milk or yogurt, 1fi ounces natural cheese such as cheddar cheese or 2 ounces processed cheese. Discretionary calories must be counted for all choices, except fat-free milk.

Discretionary calorie allowance is: the remaining number of calories that can be from added sugars and fat in food preparation, sugars added to beverages, canned fruit; higher fat products.

For more information, refer to the Dietary Guidelines for Americans 2005 at: www.healthierus.gov.

Fat Matters, But Calories Count

A calorie is a calorie is a calorie whether it comes from fat or carbohydrate. Anything eaten in excess can lead to weight gain. You can lose weight by eating less calories and by increasing your physical activity. Reducing the amount of fat and saturated fat that you eat is one easy way to limit your overall calorie intake. However, eating fat-free or reduced fat foods isn't always the answer to weight loss. This is especially true when you eat more of the reduced fat food than you would of the regular item. For example, if you eat twice as many fat-free cookies, you have actually increased your overall calorie intake. The following list of foods and their reduced fat varieties will show you that just because a product is fat-free, it doesn't mean that it is "calorie free." And, calories do count!

Fat-free or Reduced Fat	Calories	Regular	Calories
Reduced fat peanut butter, 2 Tbsp	187	Regular peanut butter, 2 Tbsp	191
Cookies: Reduced fat chocolate chip cookies, 3 cookies (30 g)	118	*Cookies:* Regular chocolate chip cookies, 3 cookies (30 g)	142
Fat-free fig cookies, 2 cookies (30 g)	102	Regular fig cookies, 2 cookies (30 g)	111
Ice cream: Fat-free vanilla frozen yogurt (<1% fat), ½ cup	100	*Ice cream:* Regular whole milk vanilla frozen yogurt (3–4% fat), ½ cup	104
Light vanilla ice cream (7% fat), fi cup	111	Regular vanilla ice cream (11% fat), ½ cup	133
Fat-free caramel topping, 2 Tbsp	103	Caramel topping, homemade with butter, 2 Tbsp	103
Low-fat granola cereal, approx. ½ cup (55 g)	213	Regular granola cereal, approx. ½ cup (55 g)	257
Low-fat blueberry muffin, 1 small (2½ inch)	131	Regular blueberry muffin, 1 small (2½ inch)	138
Baked tortilla chips, 1 oz	113	Regular tortilla chips, 1 oz	143
Low-fat cereal bar, 1 bar (1.3 oz)	130	Regular cereal bar, 1 bar (1.3 oz)	140

Nutrient data taken from Nutrient Data System for Research, Version v4. 02/30, Nutrition Coordinating Center, University of Minnesota.

Low Calorie, Lower Fat Alternatives

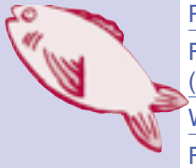
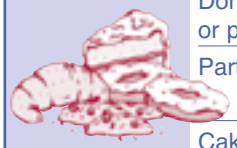
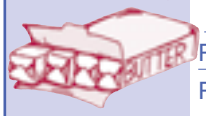
These low calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

This guide is not meant to be an exhaustive list. We stress reading labels to find out just how many calories are in the specific products you decide to buy.

	Instead of . . .	Replace with . . .
Dairy Products		
	Evaporated whole milk	Evaporated fat-free (skim) or reduced fat (2%) milk
	Whole milk	Low-fat (1%), reduced fat (2%), or fat-free (skim) milk
	Ice cream	Sorbet, sherbet, low-fat or fat-free frozen yogurt, or ice milk (check label for calorie content)
	Whipping cream	Imitation whipped cream (made with fat-free [skim] milk) or low-fat vanilla yogurt
	Sour cream	Plain low-fat yogurt
	Cream cheese	Neufchatel or "light" cream cheese or fat-free cream cheese
	Cheese (cheddar, American, Swiss, jack)	Reduced calorie cheese, low calorie processed cheeses, etc.; fat-free cheese
	Regular (4%) cottage cheese	Low-fat (1%) or reduced fat (2%) cottage cheese
	Whole milk mozzarella cheese	Part skim milk, low moisture mozzarella cheese
	Whole milk ricotta cheese	Part skim milk ricotta cheese
	Coffee cream (half and half) or nondairy creamer (liquid, powder)	Low-fat (1%) or reduced fat (2%) milk or fat-free dry milk powder
Cereals, Grains, and Pasta		
	Ramen noodles	Rice or noodles (spaghetti, macaroni, etc.)
	Pasta with white sauce (alfredo)	Pasta with red sauce (marinara)
	Pasta with cheese sauce	Pasta with vegetables (primavera)
	Granola	Bran flakes, crispy rice, etc. Cooked grits or oatmeal Whole grains (e.g., couscous, barley, bulgur, etc.) Reduced fat granola
Meat, Fish, and Poultry		
	Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	Low-fat cold cuts (95% to 97% fat-free lunch meats, low-fat pressed meats)
	Hot dogs (regular)	Lower fat hot dogs
	Bacon or sausage	Canadian bacon or lean ham
	Regular ground beef	Extra lean ground beef such as ground round or ground turkey (read labels)
	Chicken or turkey with skin, duck, or goose	Chicken or turkey without skin (white meat)
	Oil-packed tuna	Water-packed tuna (rinse to reduce sodium content)
	Beef (chuck, rib, brisket)	Beef (round, loin) trimmed of external fat (choose select grades)

Continued on next page

Continued from previous page

	Instead of . . .	Replace with . . .
	Pork (spareribs, untrimmed loin)	Pork tenderloin or trimmed, lean smoked ham
	Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, canned in water)
	Whole eggs	Egg whites or egg substitutes
	Frozen TV dinners (containing more than 13 grams of fat per serving)	Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)
	Chorizo sausage	Turkey sausage, drained well (read label)
		Vegetarian sausage (made with tofu)
Baked Goods		
	Croissants, brioches, etc.	Hard french rolls or soft “brown ’n serve” rolls
	Donuts, sweet rolls, muffins, scones, or pastries	English muffins, bagels, reduced fat or fat-free muffins or scones
	Party crackers	Low-fat crackers (choose lower in sodium)
		Saltine or soda crackers (choose lower in sodium)
	Cake (pound, chocolate, yellow)	Cake (angel food, white, gingerbread)
	Cookies	Reduced fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)
Snacks and Sweets		
	Nuts	Popcorn (air-popped or light microwave), fruits, vegetables
	Ice cream, e.g., cones or bars	Frozen yogurt, frozen fruit, or chocolate pudding bars
	Custards or puddings (made with whole milk)	Puddings (made with skim milk)
Fats, Oils, and Salad Dressings	Regular margarine or butter	Light-spread margarines, diet margarine, or whipped butter, tub or squeeze bottle
	Regular mayonnaise	Light or diet mayonnaise or mustard
	Regular salad dressings	Reduced calorie or fat-free salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar
	Butter or margarine on toast or bread	Jelly, jam, or honey on bread or toast
	Oils, shortening, or lard	Nonstick cooking spray for stir-frying or sautéing
		As a substitute for oil or butter, use applesauce or prune puree in baked goods.
Miscellaneous		
	Canned cream soups	Canned broth-based soups
	Canned beans and franks	Canned baked beans in tomato sauce
	Gravy (homemade with fat and/or milk)	Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk included
	Fudge sauce	Chocolate syrup
	Avocado on sandwiches	Cucumber slices or lettuce leaves
	Guacamole dip or refried beans with lard	Salsa

Keep an Eye on Portion Size

What's the Difference Between a Portion and a Recommended Serving Size?

Portion

A "portion" is the amount of a food that you choose to eat for a meal or snack. It can be big or small—you decide.

Serving

A "serving" is a measured amount of food or drink, such as one slice of bread or 1 cup of milk. Some foods that most people consume as a single serving actually contain multiple serving sizes (e.g., a 20-ounce soda, or a 3-ounce bag of chips).

Nutrition recommendations use serving sizes to help people know how much of different types of foods they should eat to get the nutrients they need. The Nutrition Facts Label on packaged foods also lists a serving size. The serving sizes on packaged foods are not always the same as those included in nutrition recommendations. However, serving sizes are standardized to make it easier to compare similar foods. To get an idea of how big recommended serving sizes really are, refer to the chart below. For help on using the Nutrition Facts Label, refer to page 17.

Also, check out the NHLBI Portion Distortion Interactive Quiz at **http://hin.nhlbi.nih.gov/portion/** to see how portion sizes have changed in 20 years.

Serving Sizes for Food Groups

1 Serving Looks Like . . .	1 Serving Looks Like . . .
Grains	**Fruits and Vegetables**
1 cup of cereal flakes = fist	1 med fruit = baseball
1 pancake = compact disc	½ cup of fresh fruit = ½ baseball
½ cup of cooked rice, pasta, or potato = ½ baseball	¼ cup of raisins = large egg
1 slice of bread = cassette tape	1 cup of salad greens = baseball
1 piece of cornbread = bar of soap	1 baked potato = fist
1 Serving Looks Like . . .	**1 Serving Looks Like . . .**
Milk	**Lean Meat and Beans**
1½ oz cheese = 4 stacked dice or 2 cheese slices	3 oz meat, fish, and poultry = deck of cards
½ cup of ice cream = ½ baseball	3 oz grilled/baked fish = checkbook
Fats/Oils	2 Tbsp peanut butter = ping pong ball
1 tsp margarine or spreads = 1 dice	

Sample Reduced Calorie Menus

The reduced calorie menus illustrate healthy food choices from a variety of cuisines (American, Southern, Asian, Mexican-American) at two calorie levels, 1,200 and 1,600. These menus are appropriate for weight loss in women and men.

Traditional American Cuisine—Reduced Calorie

		1,200 Calories	1,600 Calories
Breakfast			
	Whole wheat bread	1 med slice	1 med slice
	Jelly, regular	2 tsp	2 tsp
	Cereal, shredded wheat	½ cup	1 cup
	Milk, 1%	1 cup	1 cup
	Orange juice	¾ cup	¾ cup
	Coffee, regular	1 cup	1 cup with 1 oz of 1% milk
Lunch			
	Roast beef sandwich:		
	Whole wheat bread	2 med slices	2 med slices
	Lean roast beef, unseasoned	2 oz	2 oz
	American cheese, low fat and low sodium	—	1 slice, ¾ oz
	Lettuce	1 leaf	1 leaf
	Tomato	3 med slices	3 med slices
	Mayonnaise, low calorie	1 tsp	2 tsp
	Apple	1 med	1 med
	Water	1 cup	1 cup
Dinner			
	Salmon	2 oz edible	3 oz edible
	Vegetable oil	1½ tsp	1½ tsp
	Baked potato	¾ med	¾ med
	Margarine	1 tsp	1 tsp
	Green beans, seasoned, with margarine	½ cup	½ cup
	Carrots, seasoned	½ cup	—
	Carrots, seasoned, with margarine	—	½ cup
	White dinner roll	1 small	1 med
	Ice milk	—	½ cup
	Iced tea, unsweetened	1 cup	1 cup
	Water	2 cup	2 cup
Snack			
	Popcorn	2½ cup	2½ cup
	Margarine	¾ tsp	½ tsp

Calories	1,247	Calories	1,613
Total carbohydrate, % kcals	58	Total carbohydrate, % kcals	55
Total fat, % kcals	26	Total fat, % kcals	29
*Sodium, mg	1,043	*Sodium, mg	1,341
Saturated fat, % kcals	7	Saturated fat, % kcals	8
Cholesterol, mg	96	Cholesterol, mg	142
Protein, % kcals	19	Protein, % kcals	19

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Asian American Cuisine—Reduced Calorie

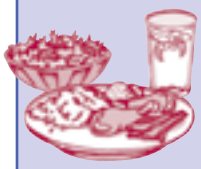
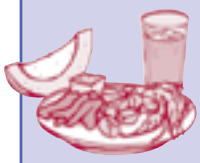
	1,200 Calories	1,600 Calories
Breakfast		
Banana	1 small	1 small
Whole wheat bread	1 slice	2 slices
Margarine	1 tsp	1 tsp
Orange juice	¾ cup	¾ cup
Milk 1%, low fat	¾ cup	¾ cup
Lunch		
Beef noodle soup, canned, low sodium	½ cup	½ cup
Chinese noodle and beef salad:		
Beef roast	2 oz	3 oz
Peanut oil	1 tsp	1½ tsp
Soy sauce, low sodium	1 tsp	1 tsp
Carrots	½ cup	½ cup
Zucchini	½ cup	½ cup
Onion	¼ cup	¼ cup
Chinese noodles, soft-type	¼ cup	¼ cup
Apple	1 med	1 med
Tea, unsweetened	1 cup	1 cup
Dinner		
Pork stir-fry with vegetables:		
Pork cutlet	2 oz	2 oz
Peanut oil	1 tsp	1 tsp
Soy sauce, low sodium	1 tsp	1 tsp
Broccoli	½ cup	½ cup
Carrots	½ cup	1 cup
Mushrooms	½ cup	¼ cup
Steamed white rice	½ cup	1 cup
Tea, unsweetened	1 cup	1 cup
Snack		
Almond cookies	—	2 cookies
Milk 1%, low fat	¾ cup	¾ cup

Calories	1,220
Total carbohydrate, % kcals	55
Total fat, % kcals	27
*Sodium, mg	1,043
Saturated fat, % kcals	8
Cholesterol, mg	117
Protein, % kcals	21

Calories	1,609
Total carbohydrate, % kcals	56
Total fat, % kcals	27
*Sodium, mg	1,296
Saturated fat, % kcals	8
Cholesterol, mg	148
Protein, % kcals	20

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Southern Cuisine—Reduced Calorie

	1,200 Calories	1,600 Calories
Breakfast		
		
Oatmeal, prepared with 1% milk, low fat	½ cup	½ cup
Milk 1%, low fat	½ cup	½ cup
English muffin	—	1 med
Cream cheese, light, 18% fat	—	1 Tbsp
Orange juice	½ cup	¾ cup
Coffee	1 cup	1 cup
Milk 1%, low fat	1 oz	1 oz
Lunch		
		
Baked chicken, without skin	2 oz	2 oz
Vegetable oil	½ tsp	1 tsp
Salad:		
Lettuce	½ cup	½ cup
Tomato	½ cup	½ cup
Cucumber	½ cup	½ cup
Oil and vinegar dressing	1 tsp	2 tsp
White rice	¼ cup	½ cup
Margarine, diet	½ tsp	½ tsp
Baking powder biscuit, prepared with vegetable oil	½ small	1 small
Margarine	1 tsp	1 tsp
Water	1 cup	1 cup
Dinner		
		
Lean roast beef	2 oz	3 oz
Onion	¼ cup	¼ cup
Beef gravy, water-based	1 Tbsp	1 Tbsp
Turnip greens	½ cup	½ cup
Margarine, diet	½ tsp	½ tsp
Sweet potato, baked	1 small	1 small
Margarine, diet	¼ tsp	½ tsp
Ground cinnamon	1 tsp	1 tsp
Brown sugar	1 tsp	1 tsp
Corn bread prepared with margarine, diet	½ med slice	½ med slice
Honeydew melon	⅛ med	¼ med
Iced tea, sweetened with sugar	1 cup	1 cup
Snack		
		
Saltine crackers, unsalted tops	4 crackers	4 crackers
Mozzarella cheese, part skim, low sodium	1 oz	1 oz

Calories	1,225	Calories	1,653
Total carbohydrate, % kcals	50	Total carbohydrate, % kcals	53
Total fat, % kcals	31	Total fat, % kcals	28
*Sodium, mg	867	*Sodium, mg	1,231
Saturated fat, % kcals	9	Saturated fat, % kcals	8
Cholesterol, mg	142	Cholesterol, mg	172
Protein, % kcals	21	Protein, % kcals	20

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Mexican American Cuisine—Reduced Calorie

	1,200 Calories	1,600 Calories
Breakfast		
Cantaloupe	½ cup	1 cup
Farina, prepared with 1% low-fat milk	½ cup	½ cup
White bread	1 slice	1 slice
Margarine	1 tsp	1 tsp
Jelly	1 tsp	1 tsp
Orange juice	¾ cup	1½ cup
Milk, 1%, low fat	½ cup	½ cup
Lunch		
Beef enchilada:		
Tortilla, corn	2 tortillas	2 tortillas
Lean roast beef	2 oz	2½ oz
Vegetable oil	⅔ tsp	⅔ tsp
Onion	1 Tbsp	1 Tbsp
Tomato	4 Tbsp	4 Tbsp
Lettuce	½ cup	½ cup
Chili peppers	2 tsp	2 tsp
Refried beans, prepared with vegetable oil	¼ cup	¼ cup
Carrots	5 sticks	5 sticks
Celery	6 sticks	6 sticks
Milk, 1%, low fat	—	½ cup
Water	1 cup	—
Dinner		
Chicken taco:		
Tortilla, corn	1 tortilla	1 tortilla
Chicken breast, without skin	1 oz	2 oz
Vegetable oil	⅔ tsp	⅔ tsp
Cheddar cheese, low fat and low sodium	½ oz	1 oz
Guacamole	1 Tbsp	2 Tbsp
Salsa	1 Tbsp	1 Tbsp
Corn	½ cup	½ cup seasoned with ½ tsp margarine
Spanish rice without meat	½ cup	½ cup
Banana	½ large	1 large
Coffee	½ cup	1 cup
Milk, 1%, low fat	1 oz	1 oz

Calories	1,239
Total carbohydrate, % kcals	58
Total fat, % kcals	26
*Sodium, mg	1,364
Saturated fat, % kcals	8
Cholesterol, mg	91
Protein, % kcals	19

Calories	1,638
Total carbohydrate, % kcals	56
Total fat, % kcals	27
*Sodium, mg	1,616
Saturated fat, % kcals	9
Cholesterol, mg	143
Protein, % kcals	20

Note: Calories have been rounded. *No salt added in recipe preparation or as seasoning.

Food Shopping—What To Look For

Foods Lower in Calories and Fat

Use this guide to help you shop for foods that are nutritious and lower in calories and fat to help you achieve your weight goal. Learning how to read a Nutrition Facts food label will help you save time in the store and fill your kitchen with low calorie foods.

Read labels as you shop. Pay attention to the serving size and the servings per container. All labels list total calories and fat in a serving size of the product. Compare the total calories in the product you choose with others like it; choose one that is lowest in calories and fat. Below is a label that identifies important information.

To achieve your weight goal, you may need to eat much less than the 2,000-calorie reference amount. For example, if you eat 1,600 calories per day, your total daily fat limit should be 53 grams (30 percent calories from fat) and 18 grams of saturated fat (10 percent calories from fat). If you eat 1,200 calories per day, your total daily fat limit should be 40 grams (30 percent calories from fat) and your total daily saturated fat limit would be 13 grams (10 percent calories from fat).

How To Use the Nutrition Facts Label

Sample Label for Macaroni & Cheese

Quick Guide to % Daily Value

The "% Daily Value (DV)" helps you determine if a serving of food is high or low in a nutrient. For example, one serving of this food gives you 18 percent of your total fat recommendation based on a 2,000 calorie diet. If you want to limit a nutrient such as saturated fat, choose foods with a lower % DV. If you want to eat more of a nutrient like calcium, choose foods with a higher DV. As a guide:

- 5 percent or less is Low
- 20 percent or more is High

For more information on the Nutrition Facts Label, see http://www.cfsan.fda.gov/~dms/foodlab.html.

Food Preparation—What To Do

Low Calorie, Low-fat Cooking/Serving Methods

Cooking low calorie, low-fat dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how certain ingredients can add unwanted calories and fat to low-fat dishes—making them no longer lower in calories and lower in fat. The following list provides examples of lower fat cooking methods and tips on how to serve your low-fat dishes.

Low-fat Cooking Methods

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast—for vegetables and/or chicken without skin
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth

- Grill seafood, chicken, or vegetables

How To Save Calories and Fat

Look at the following examples for how to save calories and fat when preparing and serving foods. You might be surprised at how easy it is.

- Two tablespoons of butter on a baked potato adds an extra 200 calories and 22 grams of fat. However, ¼ cup salsa adds only 18 calories and no fat.
- Two tablespoons of regular clear Italian salad dressing will add an extra 136 calories and 14 grams of fat. Reduced fat Italian dressing adds only 30 calories and 2 grams of fat.

Try These Low-fat Flavorings—Added During Preparation or at the Table:

- Herbs—oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- Spices—cinnamon, nutmeg, pepper, or paprika

- Reduced fat or fat-free salad dressing
- Mustard
- Ketchup
- Fat-free mayonnaise
- Fat-free or reduced fat sour cream
- Fat-free or reduced fat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar

- Horseradish
- Fresh ginger
- Sprinkled buttered flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)

- Sodium free salt substitute
- Jelly or fruit preserves on toast or bagels

Dining Out—How To Choose

General Tips for Healthy Dining Out

Whether or not you're trying to lose weight, you can eat healthfully when dining out or bringing in food, if you know how. The following tips will help you move toward healthier eating as you limit your calories, as well as fat, saturated fat, cholesterol, and sodium when eating out.

You Are the Customer

- Ask for what you want. Most restaurants will honor your requests.

- Ask questions. Don't be intimidated by the menu—your server will be able to tell you how foods are prepared or suggest substitutions on the menu.
- To reduce portion sizes, try ordering appetizers as your main meal or share an entree with a friend or family member.
- General tips: Limiting your calories and fat can be easy as long as you know what to order. Try asking these questions when you call ahead or before you order. Ask the restaurant, whether they would, on request, do the following:
  - Serve fat-free (skim) milk rather than whole milk or cream
  - Reveal the type of cooking oil used
  - Trim visible fat off poultry or meat

  - Leave all butter, gravy, or sauces off a side dish or entree
  - Serve salad dressing on the side
  - Accommodate special requests if made in advance by telephone or in person

Above all, don't get discouraged. There are usually several healthy choices to choose from at most restaurants.

Reading the Menu

- Choose lower calorie, low-fat cooking methods. Look for terms such as, "steamed in its own juice" (au jus), "garden fresh," "broiled," "baked," "roasted," "poached," "tomato juice," "dry boiled" (in wine or lemon juice), or "lightly sautéed."
- Be aware of foods high in calories, fat, and saturated fat. Watch out for terms such as "butter sauce," "fried," "crispy," "creamed," "in cream or cheese sauce," "au gratin," "au fromage," "escalloped," "parmesan," "hollandaise," "bearnaise," "marinated (in oil)," "stewed," "basted," "sautéed," "stir-fried," "casserole," "hash," "prime," "pot pie," and "pastry crust."

Specific Tips for Healthy Choices

Breakfast

- Fresh fruit or small glass of citrus juice
- Whole grain bread, bagel, or English muffin with jelly or honey

- Whole grain cereal with low-fat (1%) or fat-free milk
- Oatmeal with fat-free milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes without butter on top
- Fat-free yogurt (Try adding cereal or fresh fruit.)

Beverages

- Water with lemon
- Flavored sparkling water (noncaloric)
- Juice spritzer (half fruit juice and half sparkling water)
- Iced tea
- Tomato juice (reduced sodium)

Bread

Most bread and bread sticks are low in calories and low in fat. The calories add up when you add butter, margarine, or olive oil to the bread. Also, eating a lot of bread in addition to your meal will fill you up with extra unwanted calories and not leave enough room for fruits and vegetables.

Appetizers

- Steamed seafood
- Shrimp* cocktail (limit cocktail sauce—it's high in sodium)
- Melons or fresh fruit
- Bean soups
- Salad with reduced fat dressing (or add lemon juice or vinegar)

Entree

- Poultry, fish, shellfish, and vegetable dishes are healthy choices
- Pasta with red sauce or with vegetables (primavera)
- Look for terms such as "baked," "broiled," "steamed," "poached," "lightly sauteed," or "stir-fried"
- Ask for sauces and dressings on the side
- Limit the amount of butter, margarine, and salt you use at the table

Salads/Salad Bars

- Fresh greens, lettuce, and spinach
- Fresh vegetables—tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli
- Beans, chickpeas, and kidney beans
- Skip the nonvegetable choices: deli meats, bacon, egg, cheese, croutons
- Choose lower calorie, reduced fat, or fat-free dressing; lemon juice; or vinegar

Side Dish

- Vegetables and starches (rice, potato, noodles) make good additions to meals and can also be combined for a lower calorie alternative to higher calorie entrees
- Ask for side dishes without butter or margarine
- Ask for mustard, salsa, or low-fat yogurt instead of sour cream or butter

Dessert/Coffee

- Fresh fruit
- Fat-free frozen yogurt
- Sherbet or fruit sorbet (these are usually fat-free, but check the calorie content)
- Try sharing a dessert
- Ask for low-fat milk for your coffee (instead of cream or half-and-half)

*If you are on a cholesterol-lowering diet, eat shrimp and other shellfish in moderation.

Tips for Healthy Multicultural Eating Out

If you're dining out or bringing in, it is easy to find healthy foods. Knowing about American food terms, as well as other ethnic cuisines, can help make your dining experience healthy and enjoyable. The following list includes healthy food choices (lower in calories and fat) and terms to look for when making your selection.

Chinese

Choose More Often . . .

- Steamed
- Jum (poached)
- Chu (boiled)
- Kow (roasted)
- Shu (barbecued)
- Hoison sauce with assorted Chinese vegetables: broccoli, mushrooms, onion, cabbage, snow peas, scallions, bamboo shoots, water chestnuts, asparagus
- Oyster sauce (made from seafood)
- Lightly stir-fried in mild sauce
- Cooked in light wine sauce

- Hot and spicy tomato sauce
- Sweet and sour sauce
- Hot mustard sauce
- Reduced sodium soy sauce

- Dishes without MSG added
- Garnished with spinach or broccoli
- Fresh fish filets, shrimp, scallops
- Chicken, without skin
- Lean beef
- Bean curd (tofu)

- Moo shu vegetables, chicken, or shrimp
- Steamed rice
- Lychee fruit

French

Choose More Often . . .

- Dinner salad with vinegar or lemon juice dressing (or other reduced fat dressing)

- Crusty bread without butter
- Fresh fish, shrimp, scallops, steamed mussels (without sauces)
- Chicken breast, without skin
- Rice and noodles without cream or added butter or other fat
- Fresh fruit for dessert

Italian

Choose More Often . . .

- Lightly sautéed with onions
- Shallots
- Peppers and mushrooms

- Artichoke hearts

- Sun-dried tomatoes
- Red sauces—spicy marinara sauce (arrabiata), marinara sauce, or cacciatore
- Light red sauce or light red or white wine sauce
- Light mushroom sauce
- Red clam sauce
- Primavera (no cream sauce)
- Lemon sauce
- Capers

- Herbs and spices—garlic and oregano
- Crushed tomatoes and spices
- Florentine (spinach)

- Grilled (often fish or vegetables)
- Piccata (lemon)
- Manzanne (eggplant)

Middle Eastern

Choose More Often . . .

- Lemon dressing, lemon juice
- Blended or seasoned with Middle Eastern spices

- Herbs and spices
- Mashed chickpeas
- Fava beans

- Smoked eggplant
- With tomatoes, onions, green peppers, and cucumbers

- Spiced ground meat
- Special garlic sauce
- Basted with tomato sauce
- Garlic

- Chopped parsley and/or onion
- Couscous (grain)
- Rice or bulgur (cracked wheat)
- Stuffed with rice and imported spices

- Grilled on a skewer
- Marinated and barbecued
- Baked
- Charbroiled or charcoal broiled
- Fresh fruit

Japanese

Choose More Often . . .

- House salad with fresh ginger and cellophane (clear rice) noodles
- Rice
- Nabemono

- Chicken, fish, or shrimp teriyaki, broiled in sauce
- Soba noodles, often used in soups
- Yakimono (broiled)

- Tofu or bean curd
- Grilled vegetables

Indian

Choose More Often . . .

- Tikka (pan roasted)
- Cooked with, or marinated in yogurt
- Cooked with green vegetables, onions, tomatoes, peppers, and mushrooms

- With spinach (saag)
- Baked leavened bread
- Masala

- Tandoori
- Paneer
- Cooked with curry, marinated in spices
- Lentils, chickpeas (garbanzo beans)
- Garnished with dried fruits
- Chickpeas (garbanzo) and potatoes
- Basmati rice (pullao)
- Matta (peas)
- Chicken or shrimp kebab

Mexican

Choose More Often . . .

- Shredded spicy chicken
- Rice and black beans

- Rice
- Ceviche (fish marinated in lime juice and mixed with spices)
- Served with salsa (hot red tomato sauce)

- Served with salsa verde (green chili sauce)
- Covered with enchilada sauce
- Topped with shredded lettuce, diced tomatoes, and onions
- Served with or wrapped in a corn or wheat flour (soft) tortilla
- Grilled
- Marinated
- Picante sauce
- Simmered with chili vegetarian tomato sauce

Thai

Choose More Often . . .

- Barbecued, sautéed, broiled, boiled, steamed, braised, marinated
- Charbroiled
- Basil sauce, basil, or sweet basil leaves
- Lime sauce or lime juice
- Chili sauce or crushed dried chili flakes
- Thai spices
- Served in hollowed-out pineapple
- Fish sauce
- Hot sauce
- Napa, bamboo shoots, black mushrooms, ginger, garlic
- Bed of mixed vegetables
- Scallions, onions

Steak Houses

Choose More Often . . .

- Lean broiled beef (no more than 6 ounces)—London broil, filet mignon, round and flank steaks

- Baked potato without added butter, margarine, or sour cream. Try low-fat yogurt or mustard.
- Green salad with reduced fat dressing

- Steamed vegetables without added butter or margarine. Try lemon juice and herbs.
- Seafood dishes (usually indicated as "surf" on menus)

Fast Food

Choose More Often . . .

- Grilled chicken breast sandwich without mayonnaise
- Single hamburger without cheese

- Grilled chicken salad with reduced fat dressing
- Garden salad with reduced fat dressing
- Low-fat or fat-free yogurt
- Fat-free muffin
- Cereal with low-fat milk

Deli/Sandwich Shop

Choose More Often . . .

- Fresh sliced vegetables in pita bread with low-fat dressing, yogurt, or mustard

- Cup of bean soup (lentil, minestrone)
- Turkey breast sandwich with mustard, lettuce, and tomato

- Fresh fruit

Foods in the Fast Lane

When you eat in a heart healthy way, you don't have to give up eating fast foods completely. You can eat right and still eat fast foods if you select carefully. Here are some tips on fast foods to choose:

- Order a small hamburger instead of a larger one. Try the lower fat hamburger. Hold the extra sauce.
- Order roast beef for a leaner choice than most burgers.
- Order a baked potato instead of french fries. Be careful of high fat toppings like sour cream, butter, or cheese.
- Order grilled, broiled, or baked fish and chicken.
- Order skim or 1-percent milk instead of a milkshake. Try the low-fat frozen yogurt or low-fat milkshake.

- Order a salad. Use vinegar and oil or low calorie dressing.
- Create a salad at the salad bar. Choose any raw vegetables, fruits, or beans. Limit high saturated fat toppings of cheese, fried noodles, and bacon bits as well as some salads made with mayonnaise. Also limit salad dressings high in saturated fat and cholesterol.
- For sandwich toppings try lettuce, tomato, onion, mustard, and ketchup instead of toppings high in saturated fat, such as cheese, bacon, special sauces, or butter.
- Order pizza with vegetable toppings such as peppers, mushrooms, or onions instead of extra cheese, pepperoni, or sausage.

Fast Food Choices

Let's see how small changes can add up to big changes with the following sample fast-food meal:

Typical Meal		**Lower Fat Choice**	
Cheeseburger		Hamburger	
Large french fries		½ small french fries	
12-ounce cola		12-ounce cola	
Vanilla ice milk cone		Low-fat frozen yogurt cone	
Saturated fat (g)	16	Saturated fat (g)	6
Dietary cholesterol (mg)	78	Dietary cholesterol (mg)	38
Total fat (g)	40	Total fat (g)	19
Total calories	990	Total calories	649

Physical Activity

Both healthy eating and physical activity are important in weight control. Most successful weight loss involves a combination of eating fewer calories and using more energy through activity. Staying physically active is most helpful in keeping weight off for life. Plus, physical activity has the benefit of lowering the risk of certain diseases such as heart disease and diabetes—beyond the impact of losing weight.

There are many other benefits of regular physical activity listed in the box on page 26.

How Much Physical Activity Should You Aim For?

- For overall health and to reduce the risk of disease, aim for at least 30 minutes of moderate physical activity most days of the week.
- To help manage body weight and prevent gradual weight gain, aim for 60 minutes of moderate-to-vigorous physical activity most days of the week.
- To maintain weight loss, aim for at least 60–90 minutes of daily moderate physical activity.

You can do this all at one time, or break it up into shorter bouts of physical activity such as 15 minutes at a time.

Most adults do not need to see their doctor before starting or increasing their activity level. However, you should speak to your doctor before starting a very active (vigorous) program if you are over age 40 (men) or over age 50 (women), or if you have one or more of the conditions below:

- A health problem, such as heart disease, high blood pressure, diabetes, osteoporosis (bone loss), asthma, or obesity
- High risk for heart disease, such as a family history of heart disease or stroke, eating a diet high in saturated fat and cholesterol, smoking, or having an inactive lifestyle

If you have not been physically active in the past, the key to success is to start slowly. Trying too hard at first can lead to injury. Also, taking the time to

Examples of Moderate Amounts of Physical Activity

Less Vigorous, More Time

More Vigorous, Less Time

Common Chores	Sporting Activities
Washing and waxing a car for 45 to 60 minutes	Playing volleyball for 45 to 60 minutes
Washing windows or floors for 45 to 60 minutes	Playing touch football for 45 minutes
Gardening for 30 to 45 minutes	Walking 1¾ miles in 35 minutes (20 minutes/mile)
Wheeling self in wheelchair 30 to 40 minutes	Basketball (shooting baskets) for 30 minutes
Pushing a stroller 1½ miles in 30 minutes	Bicycling 5 miles in 30 minutes
Raking leaves for 30 minutes	Dancing fast (social) for 30 minutes
Walking 2 miles in 30 minutes (15 minutes/mile)	Water aerobics for 30 minutes
Shoveling snow for 15 minutes	Swimming laps for 20 minutes
Stair-walking for 15 minutes	Basketball (playing game) for 15 to 20 minutes
	Bicycling 4 miles in 15 minutes
	Jumping rope for 15 minutes
	Running 1½ miles in 15 minutes (10 minutes/mile)

You can have fun and feel healthier by doing any of the following:

- Walk or ride a bike in your neighborhood.
- Join a walking club at a mall or at work.
- Play golf at a local club.
- Join a dance class.
- Work in your garden.
- Use local athletic facilities.
- Join a hiking or biking club.
- Join a softball team or other sports team with coworkers, friends, or family.
- Chase your kids in the park. If you don't have kids, take your neighbor's. They will appreciate the break, the kids will enjoy it, and you'll benefit from getting more activity.
- Walk your dog. If you don't have a dog, pretend you do.
- Take a walk during your lunch break.

find out what you enjoy doing will help to make physical activity a regular part of your lifestyle.

Becoming Physically Active

For the beginner, one way to be more active is to do more "everyday" activities, such as taking the stairs instead of the elevator, stretching or taking a walk during breaks at work, and spending less time watching television and working on the computer. Also, try spending more time doing activities such as gardening, household chores, pushing a stroller or wheelchair, yard work, ironing or cooking, and playing a musical instrument.

The next level would be light activities, such as slow walking, garage work, carpentry, house cleaning, child care, golf, sailing, and recreational table tennis.

Once comfortable with this level, try adding more moderate activities such as faster walking, weeding and hoeing a garden, carrying a load, cycling, skiing, tennis, and dancing.

For example, you can start out walking slowly a total of 20 minutes for 3 days a week and gradually build to 45 minutes or more of faster-paced walking. By doing this, you can use 100 to 200 more calories per day. This plan can be used with other types of physical activity, but walking is popular because it is safe and convenient.

High intensity (vigorous) activities include very fast walking or walking with a load uphill, tree felling, heavy manual digging, basketball, climbing, or soccer/kickball.

You may also want to try:

- Flexibility exercise to improve joints and muscles
- Strength-building or resistance exercises
- Aerobic conditioning

If structured group activities are what you need to help you stay physically active, try joining community recreation programs, the YMCA, or a health club. You can find a variety of activities for all fitness levels and budgets.

The key to success is to choose activities that you enjoy.

Benefits of Regular Activity

- Your weight is much easier to control when you are active.
- Physical activity can be lots of fun.
- You can be with other people when you are active.
- You'll feel and look better when you're physically active.
- Physical activity is good for your heart.
- Physical activity is a great way to burn off steam and stress and helps you beat the blues.
- You'll feel more confident when you are active.
- You'll have more energy.

How You Can Fit Activity Into Your Schedule

Many people are completely inactive, and they all have reasons such as:

I don't have the time to exercise.

While physical activity does take time, only 30 minutes of moderate activity most days of the week gives benefits to your heart, lungs, and muscles. Although 60 minutes of moderate activity is recommended for weight loss, you don't have to do it all at once. You can break it up into smaller chunks such as 20 minutes, three times a day. Consider the amount of time you spend watching TV. Also, many forms of physical activity can be done while watching TV, such as riding an exercise bike or using hand weights.

I don't like to exercise.

You have bad memories of doing situps or running in high school, sweating, puffing, and panting. Now we know that you can get plenty of gain without pain. Activities you already do such as gardening and walking can improve your health, so just do more of the activities you like.

I don't have the energy to be more active.

Once you become a little more active, you should have more energy. As you progress, daily tasks will seem easier.

Try the sample walking program on page 28 to get you started on a more physically active life.

Calories per Hour Burned in Common Physical Activities

Examples of moderate and vigorous types of physical activities and the number of calories used (or burned) are shown below.

Moderate Physical Activity	Approximate Calories/Hr for a 154-lb Person
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180

Vigorous Physical Activity	Approximate Calories/Hr for a 154-lb Person
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

From: Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Services; U.S. Department of Agriculture.

A Sample Walking Program

	Warm-up	Exercising	Cool down	Total time
Week 1				
Session A	Walk 5 min	Then walk briskly 5 min	Then walk more slowly 5 min	15 min
Session B	Repeat above pattern			
Session C	Repeat above pattern			
Continue with at least three exercise sessions during each week of the program				
Week 2	Walk 5 min	Walk briskly 7 min	Walk 5 min	17 min
Week 3	Walk 5 min	Walk briskly 9 min	Walk 5 min	19 min
Week 4	Walk 5 min	Walk briskly 11 min	Walk 5 min	21 min
Week 5	Walk 5 min	Walk briskly 13 min	Walk 5 min	23 min
Week 6	Walk 5 min	Walk briskly 15 min	Walk 5 min	25 min
Week 7	Walk 5 min	Walk briskly 18 min	Walk 5 min	28 min
Week 8	Walk 5 min	Walk briskly 20 min	Walk 5 min	30 min
Week 9	Walk 5 min	Walk briskly 23 min	Walk 5 min	33 min
Week 10	Walk 5 min	Walk briskly 26 min	Walk 5 min	36 min
Week 11	Walk 5 min	Walk briskly 28 min	Walk 5 min	38 min
Week 12	Walk 5 min	Walk briskly 30 min	Walk 5 min	40 min
Week 13 on:	Gradually increase your brisk walking time to 30–60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.			

Walking Tips

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Other Weight Loss Options

Weight Loss Medications

Weight loss drugs approved by the Food and Drug Administration (FDA) may be an option for some patients and should be used only as part of a program that includes diet, physical activity, and behavioral changes.

Weight loss drugs may be considered:

- For people with a body mass index (BMI) ≥27 who also have obesity-related risk factors or diseases
- For people with a BMI ≥30 without other obesity-related risk factors or diseases
- If weight loss of 1 pound per week has not occurred after 6 months of a calorie-controlled diet and physical activity

Two weight drugs have been approved by the FDA. They are Sibutramine (Meridia) and Orlistat (Xenical). These drugs have been shown to produce a modest weight loss (between 4.4 and 22 pounds), although some people lose more weight. It is not possible to predict exactly how much weight an individual may lose. Most of the weight loss occurs within the first 6 months of therapy.

The table below provides some information about weight loss drugs.

If you think you're a candidate for weight loss drugs, you should discuss this option with your doctor. Patients on weight loss drugs need to be monitored for side effects by their doctors. Followup visits are generally recommended within 2–4 weeks after starting the medication, then monthly for 3 months, then every 3 months for the first year after starting the medication. After the first year, your doctor will advise you on appropriate return visits. The purpose of these visits is to monitor weight, blood pressure, and pulse; discuss side effects; conduct laboratory tests; and answer your questions.

Weight Loss Surgery

Weight loss surgery may be an option for patients with severe obesity (BMI ≥40 or a BMI ≥35 with high-risk, comorbid conditions such as life threatening severe sleep apnea, obesity-related cardiomyopathy, or severe diabetes). Weight loss surgery may also be considered for people with severe obesity when other methods of treatment have failed.

Two types of operations have proven to be effective: a banded gastroplasty that limits the amount of food and liquids the stomach can hold, and the Roux-en-Y gastric bypass that, in addition to limiting food intake, also alters digestion.

Both of these procedures carry a risk of complications depending on the individual's weight and overall health. Lifelong medical monitoring is necessary as well as a comprehensive program before and after surgery to provide guidance on diet, physical activity, and psychosocial concerns.

If you feel that you are a candidate for weight loss surgery, talk to your doctor. Ask him/her to assess whether you are a candidate for the surgery and discuss the risks, benefits, and what to expect.

(For more information on weight loss surgery, please refer to Additional Information at the end of this booklet.)

Drug	Side effects	People who should not take drug
Sibutramine (Meridia)	Increase in heart rate and blood pressure	People with high blood pressure, congestive heart failure, arrhythmias, or history of stroke
Orlistat (Xenical)	Decreased absorption of fat-soluble vitamins; oily, loose, and more frequent bowel movements	Chronic malabsorption disorders, gall bladder disease

Moving Forward

Weight management is a long-term challenge influenced by behavioral, emotional, and physical factors. Changing the way you approach weight loss can help you be more successful. Most people who are trying to lose weight focus on one thing: weight loss. However, setting goals and focusing on physical activity changes is much more productive.

Set the Right Goals

Setting the right goals is an important first step. Did you know that the amount of weight loss needed to improve health may be much less than you want to lose to look thinner? If your provider suggests an initial weight loss goal that seems too heavy for you, please understand that your health can be greatly improved by a loss of 5 percent to 10 percent of your starting weight. That doesn't mean you have to stop there, but it does mean that an initial goal of 5 percent to 10 percent of your starting weight is both realistic and valuable.

It's important to set diet and/or physical activity goals. People who are successful at managing their weight set only two to three goals at a time.

Effective goals are:

- Specific
- Realistic
- Forgiving (less than perfect)

For example:

"Exercise more" is a fine goal, but it's not specific enough.

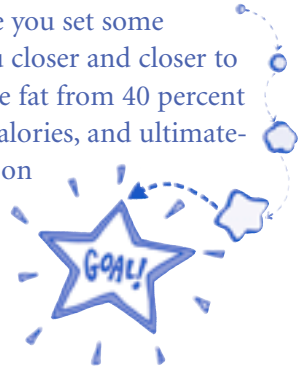
"Walk 5 miles every day" is specific and measurable, but is it achievable if you're just starting out?

"Walk 30 minutes every day" is more attainable, but what happens if you're held up at work one day and there's a thunderstorm during your walking time on another day?

"Walk 30 minutes, 5 days each week" is specific, achievable, and forgiving. *A great goal!*

Nothing Succeeds Like Success

Shaping is a technique where you set some short-term goals that get you closer and closer to the ultimate goal (e.g., reduce fat from 40 percent of calories to 35 percent of calories, and ultimately to 30 percent). It is based on the concept that "nothing succeeds like success." Shaping uses two important behavioral principles:



- Continuous goals that move you ahead in small steps to reach a distant point
- Continuous rewards to keep you motivated to make changes

Reward Success (But Not With Food)

Rewards that you control can encourage achievement of your goals, especially ones that have been hard to reach. An effective reward is something that is desirable, timely, and dependent upon meeting your goal. The rewards you choose may be material, (e.g., a movie, music CD, or a payment toward buying a larger item) or an act of self-kindness (e.g., an afternoon off from work, a massage, or personal time). Frequent small rewards earned for meeting smaller goals are more effective than bigger rewards, requiring a long, difficult effort.

Balance Your Food Checkbook

Self-monitoring refers to observing and recording some aspect of your behavior, such as calorie intake, servings of fruits and vegetables eaten, and amount of physical activity, etc., or an outcome of these behaviors, such as weight. Self-monitoring of a behavior can be used at times when you're not sure of how you are doing, and at times when you want the behavior to improve. Self-monitoring of a behavior usually moves you closer to the desired behavior. When you record your behavior, you produce "real time" records for you and your health

care provider to discuss. For example, keeping a record of your activity can let you and your provider know quickly how you are doing. When your record shows that your activity is increasing, you'll be encouraged to keep it up. Some patients find that standard self-monitoring forms make it easier, while others like their own recording system. Use the form on page 32 to help you keep track of your daily diet and activity levels.

Regular monitoring of your weight is key to keeping it off. Remember these four points if you are keeping a weight chart or graph:

- One day's diet and activity routine won't necessarily affect your weight the next day. Your weight will change quite a bit over the course of a few days because of fluctuations in water and body fat.
- Try to weigh yourself at a set time once or twice per week. This can be when you first wake up and before eating and drinking, after exercise, or right before dinner, etc.
- Whatever time you choose, just make sure it is always the same time and use the same scale to help you keep the most accurate records.

- It may also be helpful to create a graph of your weight as a visual reminder of how you're doing, rather than just listing numbers.

Avoid a Chain Reaction

Stimulus (cue) control involves learning what social or environmental cues encourage undesired eating, and then changing those cues. For example, you may learn from your self-monitoring techniques or from sessions with your health care provider that you're more likely to overeat when watching TV, when treats are on display by the office coffee pot, or when around a certain friend. Ways to change the situation include:

- Separating the association of eating from the cue (Don't eat while watching television.)
- Avoiding or eliminating the cue (Leave the coffee room immediately after pouring coffee.)
- Changing the environment (Plan to meet this friend in a nonfood setting.)

In general, visible and reachable food items often lead to unplanned eating.

Get the Fullness Message

Changing the way you eat can help you to eat less and not feel deprived.

- Eating slowly will help you to feel satisfied when you've eaten the right amount of food for you. It takes 15 or more minutes for your brain to get the message you've been fed. Slowing the rate of eating can allow you to feel full sooner and, therefore, help you eat less.

- Eating lots of vegetables and fruit and also starting a meal with a broth-based soup can help you feel fuller.
- Using smaller plates helps to moderate portions so they don't appear too small.
- Drinking at least eight glasses of noncaloric beverages each day will help you to feel full, possibly eat less, and benefit you in other ways.
- Serving food from the kitchen instead of at the table can help you be less tempted to eat more.
- Pouring food or snacks from large packages into smaller ones and keeping them in your cupboard can prevent overeating.

Weight Maintenance

Once you've reached your weight loss goal, maintaining your lower body weight can be a challenge. Successful weight maintenance is defined as a regain of weight that is less than 6–7 pounds in 2 years and a sustained lowered waist circumference reduction of least 2 inches. The key to weight maintenance is to continue the healthy lifestyle changes that you have adopted. Staying on a healthy diet and aiming for 60–90 minutes of physical activity most days of the week will help you maintain your lower weight. For long-term motivation, continue the strategies you've learned from the Moving Forward section of this booklet; ask for encouragement from your health care provider(s) via telephone or e-mail and from friends or family, or join a support group. The longer you can maintain your weight, the better the chances you have for overall long-term success in weight reduction.

Weekly Food and Activity Diary

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Activity							

Notes: _____

Check It Out Before You Sign Up for Any Weight Loss Program

The best way to reach a healthy weight is to follow a sensible eating plan and engage in regular physical activity. Weight loss programs should encourage healthy behaviors that help you lose weight and that you can maintain over time.

Safe and effective weight loss programs should include:

- Healthy eating plans that reduce calories but do not rule out specific foods or food groups
- Regular physical activity and/or exercise instruction
- Tips on healthy behavior changes that also consider your cultural needs
- Slow and steady weight loss of about 1–2 pounds per week and not more than 3 pounds per week (Weight loss may be faster at the start of a program.)
- Medical care if you are planning to lose weight by following a special formula diet, such as a very low-calorie diet
- A plan to keep the weight off after you have lost it

If you decide to join any kind of weight loss program, here are some questions to ask before you join.

✔ **Is the diet safe?**

The eating plan should be low in calories but still provide all the nutrients needed to stay healthy, including vitamins and minerals.

✔ **Does the program provide counseling to help you change your eating, activity, and personal habits?**

The program should teach you how to change permanently those eating habits and lifestyle factors, such as lack of physical activity, that have contributed to weight gain.

✔ **Is the staff made up of a variety of qualified counselors and health professionals such as nutritionists, registered dietitians, doctors, nurses, psychologists, and exercise physiologists?**

You need to be evaluated by a physician if you have any health problems, are currently taking any medicine, or plan to lose more than 15–20 pounds. If your weight control plan uses a very low-calorie diet (a special liquid formula that replaces all food for 1–4 months), an exam and followup visits by a doctor are also needed.

✔ **Is training available on how to deal with times when you may feel stressed and slip back to old habits?**

The program should provide long-term strategies to deal with weight problems you may have in the future. These strategies might include things like setting up a support system and establishing a physical activity routine.

✔ **Is attention paid to keeping the weight off? How long is this phase?**

Choose a program that teaches skills and techniques to make permanent changes in eating habits and levels of physical activity to prevent weight gain.

✔ **Are food choices flexible and suitable? Are weight goals set by the client and the health professional?**

The program should consider your food likes and dislikes and your lifestyle when your weight loss goals are planned.

There are other questions you can ask about how well a program works. Because many programs don't gather this information, you may not get answers. But it's still important to ask them the following:

✔ What percentage of people complete the program?

✔ What is the average weight loss among people who finish the program?

- ✔ What percentage of people maintain their weight loss after 1, 2, and even 5 years?
- ✔ What percentage of people have problems or side effects? What are they?
- ✔ Are there fees or costs for additional items such as dietary supplements?

Remember, quick weight loss methods don't provide lasting results. Weight loss methods that rely on diet aids like drinks, prepackaged foods, or diet pills don't work in the long run. Whether you lose weight on your own or with a group, remember that the most important changes are long term. No matter how much weight you have to lose, modest goals and a slow course will increase your chances of both losing the weight and keeping it off.

Additional Information

American Diabetes Association

ATTN: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
800–342–2383
www.diabetes.org

- Information and publications on diabetes, nutrition, and exercise

American Dietetic Association

120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
800–877–1600
www.eatright.org

- Information and publications on weight control, nutrition, and physical activity
- Find a dietitian

American Heart Association

7272 Greenville Avenue
Dallas, TX 75231
800–242–8721
www.americanheart.org

- Information on heart disease; healthy lifestyles, including diet and nutrition; and exercise and fitness

American Society of Bariatric Physicians

2821 South Parker Road, Suite 625
Aurora, CO 80014
303–770–2526
www.asbp.org

- Information on weight loss surgery

American Society for Bariatric Surgery

100 S.W. 75th Street, Suite 201
Gainesville, FL 32607
352–331–4900
www.asbs.org

- Information on weight loss surgery

HealthierUS.gov
U.S. Department of Health and Human Services
Office of Public Health and Science
Office of Disease Prevention and Health Promotion

200 Independence Avenue, S.W.
Hubert H. Humphrey Building, Room 738G
Washington, DC 20201
202–401–6295
www.healthierus.gov

- Online information on nutrition and physical activity
- Dietary Guidelines for Americans 2005

North American Association for the Study of Obesity

8630 Fenton Street, Suite 918
Silver Spring, MD 20910
301–563–6526
www.naaso.org

- Information on obesity and obesity research

President's Council on Physical Fitness and Sports

200 Independence Avenue, S.W.
Room 738
Washington, DC 20201-0004
202–690–9000
www.fitness.gov

- Information and publications on physical activity

Weight-Control Information Network (WIN)
National Institute of Diabetes and Digestive and Kidney Diseases

1 WIN Way
Bethesda, MD 20892-3665
877–946–4627
www.niddk.nih.gov/health/nutrit/win.htm

- Information and publications on weight control, nutrition, and physical activity

To Learn More

To find out more about weight management, please visit the NHLBI Aim for a Healthy Weight Web site at: **www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm**

The Web pages for patients and the public contain many interactive features such as:

- Body mass index (BMI) calculator
- Menu planner
- Portion Distortion Quiz

The Web site also has links to:

- Recipes, including those for African Americans and Latinos
- Tip sheets
- Publications that may be downloaded or ordered on healthy eating in English, Spanish, Vietnamese, and Filipino
- Publications on physical activity that may be downloaded or ordered

Parents looking for information and materials to help prevent overweight and obesity in their children, ages 8–13, should check out the We Can! Web site at: www.wecan.nhlbi.nih.gov for:

- Toolkit for Action
- Parent Handbook
- Poster, print ads, and wristbands

Also, check out these NHLBI heart health Web sites to find out more about heart health:

- NHLBI Web site: **www.nhlbi.nih.gov**
- Your Guide to Lowering High Blood Pressure: **www.nhlbi.nih.gov/hbp/index.html**
- Live Healthier, Live Longer (on lowering elevated blood cholesterol): **www.nhlbi.nih.gov/chd**
- High Blood Cholesterol: What You Need To Know: **www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm**
- Act in Time to Heart Attack Signs: **www.nhlbi.nih.gov/actintime/index.htm**
- The Heart Truth: A National Awareness Campaign on Women and Heart Disease: **www.nhlbi.nih.gov/health/hearttruth**

For Questions or To Order Publications:

NHLBI Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301–592–8573
TTY: 240–629–3255
Fax: 301–592–8563
E-mail: nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov/health

The NHLBI Health Information Center is a service of the National Heart, Lung, and Blood Institute of the National Institutes of Health. The NHLBI Health Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases and sleep disorders.

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National Institutes of Health
National Heart, Lung, and Blood Institute

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Healthy Fats

With all the talk of how bad fats are for you, many people might feel the need to cut fats out of their diet completely. However, not all fats are bad for you and in fact your body needs a certain amount of fat to maintain normal function. Trans fats and saturated fats are the "unhealthy" fats; trans fats are sometimes listed as partially hydrogenated fats. A diet containing these fats can lead to higher cholesterol and an increased risk of heart disease. These are the fats to avoid in your diet. The recommended fats are monounsaturated and omega-3 fatty acids. These healthy fats can help your body absorb nutrients and may have a positive effect on cholesterol and blood pressure.

How fat is recommended? According to the DASH diet, only one half to 2 servings of fat is needed in your diet depending on caloric intake. Why not make these servings count and eat healthy fats? But where can one find these healthy fats? Monounsaturated fatty acids are found mainly in vegetable oils, nuts, and seeds. Olive oil is a good source of this type of fat. Omega-3 fatty acids are found in flaxseed, pecans and walnuts.

Flaxseed is a great way to add some healthy fat to your diet and in addition, it is a good source of fiber. Your body does not process whole flaxseed as well as ground; therefore if you cannot find ground flaxseed, you can grind it yourself. Flaxseed can be found at your local grocery store. One of the things I like about it is that you do not need a lot to obtain the benefits, a tablespoon is about what use.

With a nutty flavor flaxseed can be added to many foods. Ways you can add flaxseed to your diet are:

- Sprinkle ground flax on cereal, yogurt, or salads.
- Just as you can add vegetables, you can add flaxseed into meatloaf or meatballs.
- Coat fish or homemade chicken in ground flaxseed and oven fry.
- Mix a tablespoon of ground flaxseed into yogurt.
- Bake ground flaxseed into cookies, muffins (such as the recipe below), breads and other baked goods

Muffins are a favorite of mine because of the variations on the recipe, from blueberries to banana to oatmeal. It seems almost anything can be baked in a muffin. It is recommended that those on a 2000 calorie diet consume 4-5 servings of fruit and 4-5 servings of vegetables each day. However, the majority of Americans eat only 2-3 fruits and vegetables **combined** each day. This month's Mighty Bran Muffin recipe is a great way to add more vegetables to your diet.

Mighty Bran Muffins
Courtesy of Clemson Kitchens

1 ½ cup flour
¾ cup flaxseed meal
¾ cup grape nuts
1 cup brown sugar
2 tsp baking soda
1 tsp baking powder
½ tsp salt
2 tsp cinnamon
1 ½ cup carrots, shredded
2 apples, diced
½ cup raisins
¾ cup skim milk
1 egg + 2 egg whites (beaten)
1 tsp vanilla

Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla. Add to dry ingredient bowl and stir until mixed. Line muffin tin and bake at 350 degrees until done (can stick with a knife or toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

Makes 12 Muffins

Nutrition facts per Muffin

Calories	**Fat**	**Sat. Fat**	**Carb**	**Fiber**	**Protein**
270	6 g	0 g	51 g	7 g	7 g

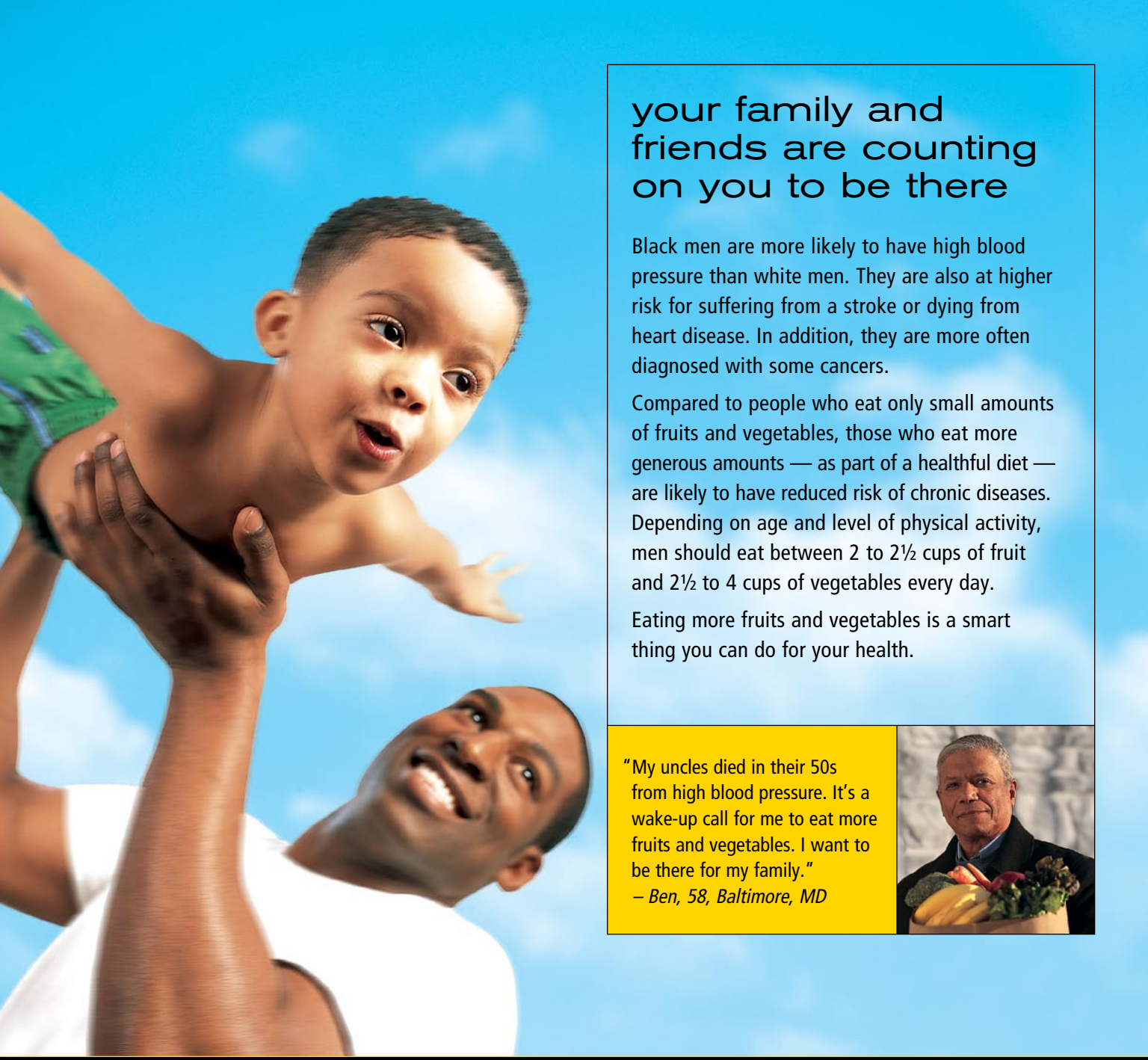
References:

"Flaxseed and Flaxseed Oil." 4 Jun 2008 <http://nccam.nih.gov/health/flaxseed/>.

"Oil." Inside the Pyramid. 7 Aug 2008 <http://www.mypyramid.gov/pyramid/oils_allowance.aspx>.

why do fruits & vegetables matter to men?

BECAUSE YOUR
FAMILY AND FRIENDS
ARE COUNTING ON YOU



your family and friends are counting on you to be there

Black men are more likely to have high blood pressure than white men. They are also at higher risk for suffering from a stroke or dying from heart disease. In addition, they are more often diagnosed with some cancers.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthful diet — are likely to have reduced risk of chronic diseases. Depending on age and level of physical activity, men should eat between 2 to 2½ cups of fruit and 2½ to 4 cups of vegetables every day.

Eating more fruits and vegetables is a smart thing you can do for your health.

"My uncles died in their 50s from high blood pressure. It's a wake-up call for me to eat more fruits and vegetables. I want to be there for my family."
– Ben, 58, Baltimore, MD

good health is your birthright – protect it

get the right amounts each day

Go to the charts below and choose your age range.

Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.
Moderately Active: You average 30 to 60 minutes a day.
Active: You average more than 60 minutes a day.

Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

MEN AGE: 19 – 30	Fruits	Vegetables
Less Active	2 cups	3 cups
Moderately Active	2 cups	3 1/2 cups
Active	2 1/2 cups	4 cups

MEN AGE: 31 – 50	Fruits	Vegetables
Less Active	2 cups	3 cups
Moderately Active	2 cups	3 cups
Active	2 1/2 cups	3 1/2 cups

MEN AGE: 51+	Fruits	Vegetables
Less Active	2 cups	2 1/2 cups
Moderately Active	2 cups	3 cups
Active	2 cups	3 cups

Visit www.fruitsandveggiesmatter.gov to find the amount that's right for other members of your family. You will also find more examples of what counts as 1 cup and 1/2 cup.

SIMPLE WAYS TO ENJOY FRUITS AND VEGETABLES THROUGHOUT YOUR DAY:

MORNING

1/2 cup

1 small banana

1 cup

1 small apple

MID-DAY

1 cup

1 cup of lettuce* and 1/2 cup of other vegetables

1 cup

12 baby carrots

EVENING

1 cup

1/2 large sweet potato and 1/2 cup of green beans

1/2 cup

1/2 cup of fresh mixed fruit

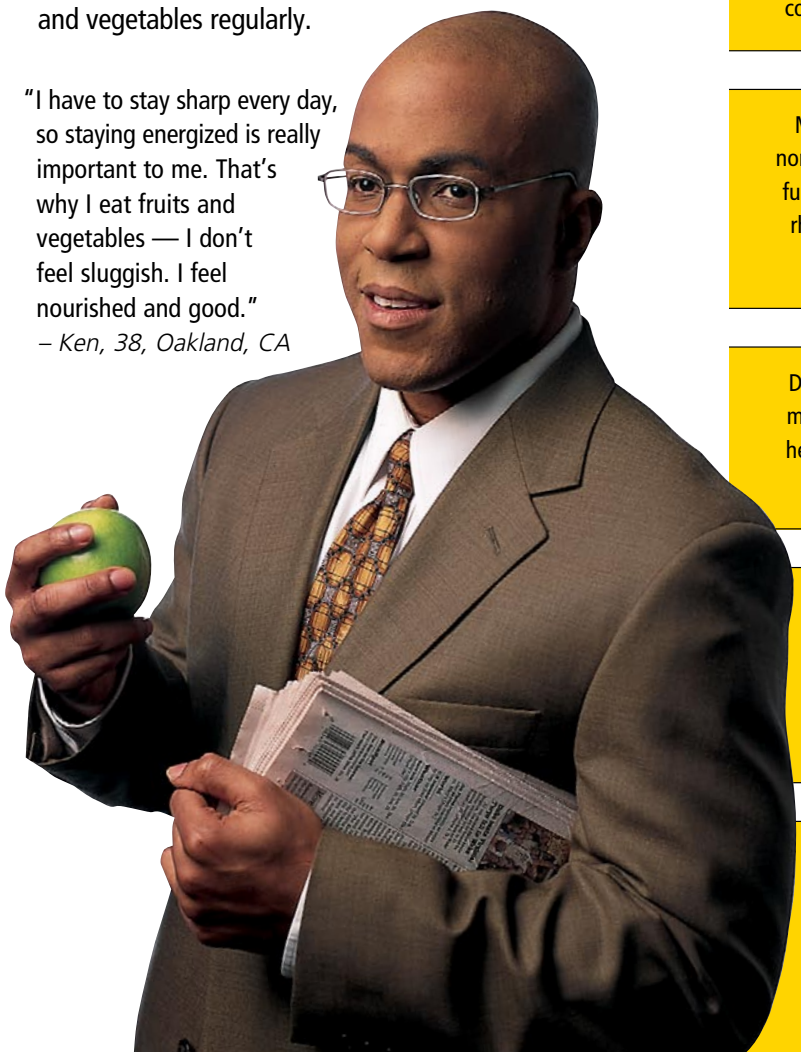
In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

* 1 cup of lettuce counts as 1/2 cup of vegetables.

fill up, not out

As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight. You may also feel full on fewer calories. That's because most are also lower in calories and higher in fiber than other foods. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

"I have to stay sharp every day, so staying energized is really important to me. That's why I eat fruits and vegetables — I don't feel sluggish. I feel nourished and good."
– Ken, 38, Oakland, CA



TAKE A HEALTHY BITE

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruit and vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

MAGNESIUM

Magnesium supports normal muscle and nerve function, a steady heart rhythm, and a healthy immune system.

Good fruit and vegetable sources: spinach, soybeans, white beans, black beans, artichokes, lima beans, beet greens, navy beans, okra, black eyed peas, great northern beans

POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

easy ways to eat more fruits and vegetables as part of a healthy diet

Eat fruits and vegetables of different colors — red, dark green, yellow, blue, purple, white, and orange — to get the broadest range of nutrients.

- Add fruit to your cereal, low-fat or fat-free yogurt, or oatmeal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.

- Make fruits and vegetables about half your plate.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Have fruit for dessert.

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www.fruitsandveggiesmatter.gov

choose smart
choose healthy

EAT A VARIETY OF FRUITS AND VEGETABLES EVERY DAY.

choose to treat yourself right

It's your life. You're in control. When you choose to eat right and stay physically active, you choose a healthy lifestyle.

Including fruits and vegetables with every meal is a smart place to start, because they're great for your body.

Most fruits and vegetables are fiber-rich, nutrient-dense foods — meaning they're packed with valuable nutrients and are low in calories and fat. Compared to people who eat few fruits and vegetables, those who eat more generous amounts — as part of a healthful diet — are likely to have reduced risk of chronic diseases including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Read on to find out how eating fruits and vegetables is a smart thing you can do for your health.

how many cups do you need?

Go to the charts below and choose your age range.

Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderately Active: You average 30 to 60 minutes a day.

Active: You average more than 60 minutes a day.

Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

AGE: 19 – 30	Fruits	Vegetables
Less Active	2 cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups

AGE: 31 – 50	Fruits	Vegetables
Less Active	1½ cups	2½ cups
Moderately Active	2 cups	2½ cups
Active	2 cups	3 cups

AGE: 51+	Fruits	Vegetables
Less Active	1½ cups	2 cups
Moderately Active	1½ cups	2½ cups
Active	2 cups	2½ cups

Visit www.fruitsandveggiesmatter.gov to find the amount that's right for other members of your family. You will also find more examples of what counts as 1 cup and ½ cup.

Simple ways to enjoy fruits and vegetables throughout your day:

MORNING

1 cup

1 small apple

½ cup

1 small banana

MID-DAY

1 cup

1 cup of lettuce* and ½ cup of other vegetables

½ cup

6 baby carrots

EVENING

1 cup

½ large sweet potato and ½ cup of green beans

½ cup

½ cup of fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt and added sugars.

* 1 cup of lettuce counts as ½ cup of vegetables.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

So, if you're the apple-a-day type, throw some berries in the mix. Or a peach. Or a kiwi. You get the idea.

you'll look great in reds

AND GREENS

YELLOWS

BLUES

PURPLES

WHITES

ORANGES...

BEAUTY. INSIDE AND OUT.

Fruits and veggies come in terrific colors and flavors, but their real beauty lies in what's inside.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER	
Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.	**Excellent fruit and vegetable sources:** navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
FOLATE*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	**Excellent fruit and vegetable sources:** black eyed peas, cooked spinach, great northern beans, asparagus
POTASSIUM	
Diets rich in potassium may help to maintain a healthy blood pressure.	**Good fruit and vegetable sources:** sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
VITAMIN A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	**Excellent fruit and vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
VITAMIN C	
Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.	**Excellent fruit and vegetable sources:** red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

* According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.

EASY WAYS TO EAT MORE FRUITS AND VEGETABLES AS PART OF A HEALTHY DIET.

- Add fruit to your cereal, low-fat or fat-free yogurt, or oatmeal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.

- Make fruits and vegetables about half your plate.
- Snack on raw veggies with a healthy low-fat or fat-free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Eat at least two vegetables with dinner.
- Have fruit for dessert.

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Healthy Fats

With all the talk of how bad fats are for you, many people might feel the need to cut fats out of their diet completely. However, not all fats are bad for you and in fact your body needs a certain amount of fat to maintain normal function. Trans fats and saturated fats are the "unhealthy" fats; trans fats are sometimes listed as partially hydrogenated fats. A diet containing these fats can lead to higher cholesterol and an increased risk of heart disease. These are the fats to avoid in your diet. The recommended fats are monounsaturated and omega-3 fatty acids. These healthy fats can help your body absorb nutrients and may have a positive effect on cholesterol and blood pressure.

How fat is recommended? According to the DASH diet, only one half to 2 servings of fat is needed in your diet depending on caloric intake. Why not make these servings count and eat healthy fats? But where can one find these healthy fats? Monounsaturated fatty acids are found mainly in vegetable oils, nuts, and seeds. Olive oil is a good source of this type of fat. Omega-3 fatty acids are found in flaxseed, pecans and walnuts.

Flaxseed is a great way to add some healthy fat to your diet and in addition, it is a good source of fiber. Your body does not process whole flaxseed as well as ground; therefore if you cannot find ground flaxseed, you can grind it yourself. Flaxseed can be found at your local grocery store. One of the things I like about it is that you do not need a lot to obtain the benefits, a tablespoon is about what use.

With a nutty flavor flaxseed can be added to many foods. Ways you can add flaxseed to your diet are:

- Sprinkle ground flax on cereal, yogurt, or salads.
- Just as you can add vegetables, you can add flaxseed into meatloaf or meatballs.
- Coat fish or homemade chicken in ground flaxseed and oven fry.
- Mix a tablespoon of ground flaxseed into yogurt.
- Bake ground flaxseed into cookies, muffins (such as the recipe below), breads and other baked goods

Muffins are a favorite of mine because of the variations on the recipe, from blueberries to banana to oatmeal. It seems almost anything can be baked in a muffin. It is recommended that those on a 2000 calorie diet consume 4-5 servings of fruit and 4-5 servings of vegetables each day. However, the majority of Americans eat only 2-3 fruits and vegetables **combined** each day. This month's Mighty Bran Muffin recipe is a great way to add more vegetables to your diet.

Mighty Bran Muffins
Courtesy of Clemson Kitchens

1 ½ cup flour
¾ cup flaxseed meal
¾ cup grape nuts
1 cup brown sugar
2 tsp baking soda
1 tsp baking powder
½ tsp salt
2 tsp cinnamon
1 ½ cup carrots, shredded
2 apples, diced
½ cup raisins
¾ cup skim milk
1 egg + 2 egg whites (beaten)
1 tsp vanilla

Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla. Add to dry ingredient bowl and stir until mixed. Line muffin tin and bake at 350 degrees until done (can stick with a knife or toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

Makes 12 Muffins

Nutrition facts per Muffin

Calories	**Fat**	**Sat. Fat**	**Carb**	**Fiber**	**Protein**
270	6 g	0 g	51 g	7 g	7 g

References:

"Flaxseed and Flaxseed Oil." 4 Jun 2008 <http://nccam.nih.gov/health/flaxseed/>.

"Oil." Inside the Pyramid. 7 Aug 2008 <http://www.mypyramid.gov/pyramid/oils_allowance.aspx>.