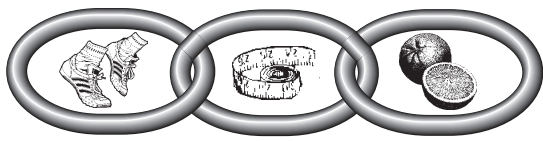


Weight Management



Eat for Health

What is healthy eating?

These characteristics are usually given:

- variety
- moderation
- low fat
- complex carbohydrates instead of simple sugars

Notice the list doesn't include dieting; in fact, most Americans chose to diet for non-health reasons usually related to appearance. Others are motivated by a real or perceived discrimination against overweight people. Many people ignore the possibility that overweight is due to genetics, metabolism, and/or lifestyle. Instead they believe that being overweight is due to lack of willpower. Dieting for them becomes an indicator of their character, not of their health.

Nutrition researchers, however, are finding that going on and off diets may be as dangerous to your health as being overweight. Yo-yo dieting can result in higher blood pressure, higher serum cholesterol, and a higher percentage of body fat than before the dieting.

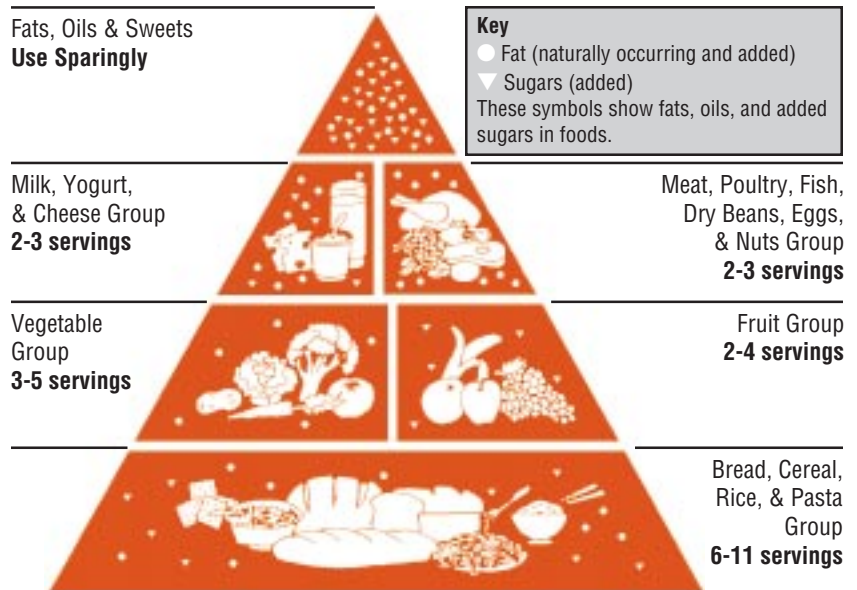
Rather than strict diet rules, healthy eating is following a series of guidelines:

1. Eat a variety of foods that you enjoy.
2. Practice moderation.
3. Choose an eating schedule to fit your lifestyle.
4. Think "low fat" when shopping, cooking, and eating out.

These guidelines, combined with a regular physical activity program, will provide a healthier you, and a lifestyle that can be enjoyed without feeling deprived.

Food Guide Pyramid

A Guide to Daily Food Choices



6-11 servings of bread, cereal, rice, and pasta

A serving is 1 slice bread; 1 ounce of ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta.

3-5 servings of vegetables

A serving is 1 cup raw, leafy vegetables; 1/2 cup of other vegetables, cooked or chopped raw; 3/4 cup of vegetable juice.

2-4 servings of fruit

A serving is 1 medium apple, banana, orange; 1/2 cup of chopped, cooked, or canned fruit; 3/4 cup of fruit juice.

2-3 servings of milk, yogurt and cheese

A serving is 1 cup of milk or yogurt; 1-1/2 ounces of natural cheese; 2 ounces of process cheese.

2-3 servings of meat, poultry, fish, dry beans, eggs and nuts

A serving is 2 to 3 ounces of cooked, lean meat, poultry, or fish. Alternatives to 1 ounce of lean meat are 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons peanut butter.



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1. Eat a variety of foods that you enjoy.

Unlike many diet plans, healthy eating does not require buying special foods. Instead, it offers the opportunity to eat many different foods.

2. Practice moderation.

A small amount of nearly anything probably won't hurt you. Just as a large amount of nearly anything probably will. Healthy eating means learning to balance the variety of foods chosen.

The Food Guide Pyramid introduced by the U.S. Department of Agriculture establishes a guideline for daily eating that encourages both variety and moderation.

3. Choose an eating schedule to fit your lifestyle.

Expecting modern lifestyles to fit into traditional eating patterns is wishful thinking. Indeed, "traditional" eating patterns have many possible definitions from huge breakfast/late lunch/evening dinner to moderate breakfast/dinner-at-noon/light supper.

The best eating pattern for you is the one that allows you to spread your calorie intake throughout the day at times when you can have time to enjoy what you are eating. One big adjustment to establishing a non-traditional eating pattern is learning to plan ahead so that good food choices are available when and where you can eat them. For many individuals, that may mean carrying a morning or afternoon snack, as well as a lunch.

4. Think "low fat" when shopping, cooking, and eating out.

Fat is a necessary part of any daily eating plan. It helps provide energy reserves, maintain body temperature, carry fat-soluble nutrients, add flavor to foods, and provide the major material of which cell membranes are made. Ideally, the daily fat allotment is divided among all meals and snacks as evenly as possible.

But fat, since it has twice as many calories as an equal amount of carbohydrates or protein, also contributes to concerns about weight. Fat also has been linked to health problems, such as heart disease and certain types of cancer.

People with high body fat have been found to have a strong preference for high-fat foods. They derive a greater portion of their calories from fat than lean people and they exercise less. Individuals who have been advised by a physician to lose weight will have to learn to budget fat intake.

The 2000 U.S. Dietary Guidelines recommend that Americans limit fat intake to 30 percent of calories. The ideal is to match this guideline daily, but most dietitians agree that it's more realistic to aim for an average of 30 percent over several days.

When starting a program to lower fat intake, making small gradual changes will make the goal easier to reach and maintain. The chart (opposite) shows how small changes can make big differences.

What does it mean for you to limit fat to 30 percent of calories?

How much fat you should have depends on the number of calories you need according to this formula

daily calories x 0.30 = calories from fat

$\frac{\text{calories from fat}}{9 \text{ calories/gram of fat}} = \text{grams of fat per day}$

Most people can use the following table.

| Age group | Suggested daily calories | Suggested grams of fat |
|---|--------------------------|------------------------|
| many sedentary women and some older adults | 1600 | 53 |
| most children teenage girls, active women, and many sedentary men | 2200 | 73 |
| teenage boys many active men, and very active women | 2800 | 93 |

Sample Lowfat Menu

| | Grams of fat | Calories |
|---|-----------------|-------------|
| Breakfast | | |
| 6 ounces orange juice | 0 | 82 |
| 2/3 cup oatmeal | 2 | 100 |
| 1 cup skim milk | 1 | 90 |
| 1 slice whole wheat toast | 1 | 61 |
| 1 teaspoon diet margarine | <u>2</u> | <u>17</u> |
| | 6 | 350 |
| Lunch | | |
| 2 slices whole wheat bread | 2 | 122 |
| 3 ounces ham | 3 | 75 |
| Lettuce—2 leaves | 0 | — |
| 1/2 tomato, sliced | 0 | 13 |
| 1 tablespoon lite mayonnaise | 5 | 50 |
| 1 cup skim milk | 1 | 90 |
| 1/2 cup orange sherbet | <u>3</u> | <u>92</u> |
| | 14 | 442 |
| Dinner | | |
| 3 ounces baked chicken, breast meat only | 3 | 142 |
| Baked potato with | 9 | 220 |
| 1 teaspoon lite margarine | 2 | 17 |
| Steamed broccoli | 0 | 23 |
| 1 cup tossed green salad | 0 | 32 |
| 1 tablespoon low-cal French dressing | 2 | 25 |
| Fruit cup (orange, apple, banana) | trace | 85 |
| 1 cup skim milk | <u>1</u> | <u>90</u> |
| | 8 | 634 |
| Grand Total | 28 | 1426 |

For more information

The following materials are available from county extension offices.

A Parent's Guide to Children's Weight
NCR 374

Choose a Healthy Weight, NCR 455

How to Eat Less Fat, NCR 336

Nutritive Value of Foods, PM 1686

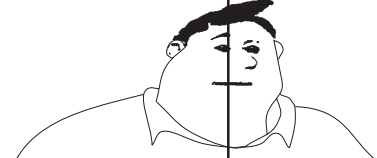
USDA's Food Guide Pyramid, H&G 252

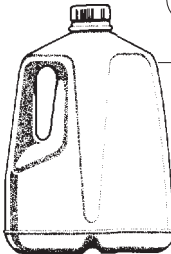







*Using the Dietary Guidelines for
Americans*, PA 1676

Watch Your Fat Intake, NCR 456

Lower the fat

Small Changes Make Big Differences



| | |
|---|--|
| Milk: 2 glasses | |
|  <p>Whole milk 16 grams fat</p> |  <p>Fat-free milk 2 grams fat</p> |
| Pizza: One Slice | |
|  <p>With everything 12 grams fat</p> |  <p>Veggie Toppings 5 grams fat</p> |
| Bread | |
|  <p>Croissant 12 grams fat</p> |  <p>Dinner Roll 2 grams fat</p> |
| Meat | |
|  <p>Bologna 1 ounce 8 grams fat</p> |  <p>Lean, boiled ham 1 ounce 1.5 grams fat</p> |

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Fat Gram Budget

Use the chart below on a daily basis to check fat intake.

Date_____

Fat Grams Allowed_____

Number of fat grams

Breakfast

Snack

Noon Meal

Snack

Evening Meal

Snack

Total_____grams of fat

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