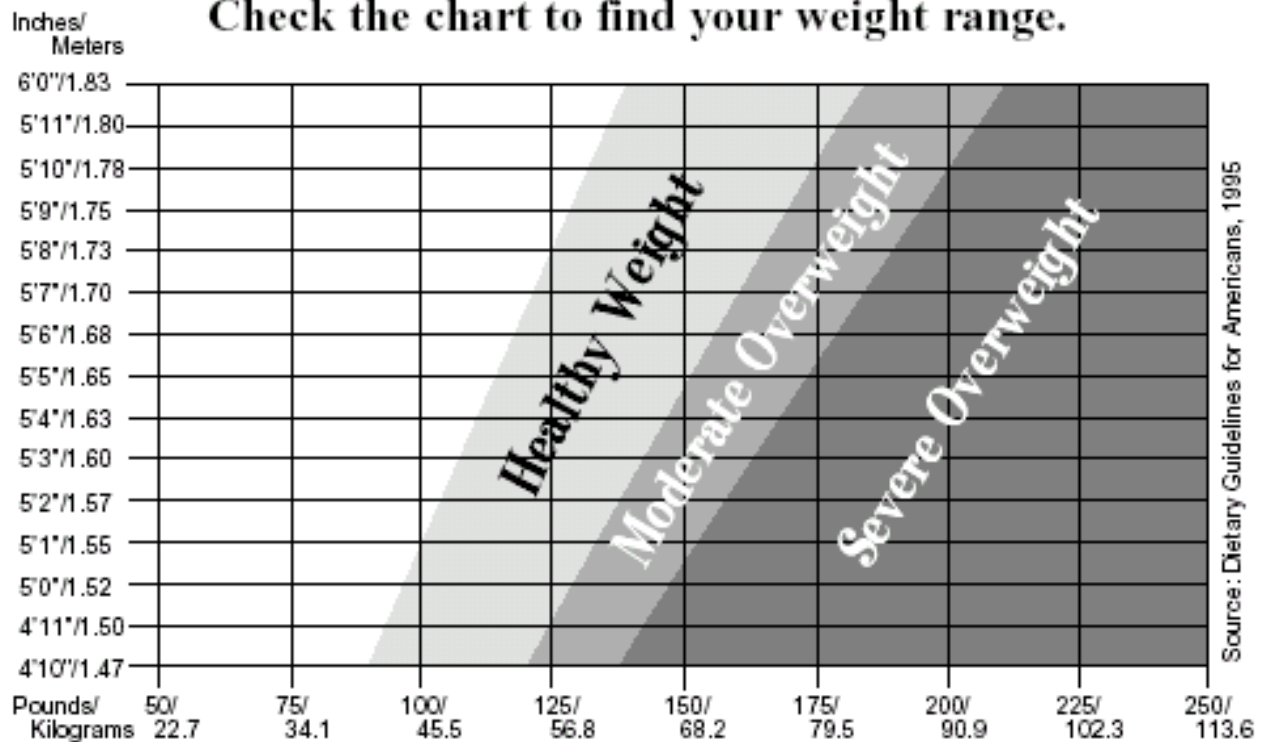



Protect your heart. Watch your weight.

Check the chart to find your weight range.



My weight: 

My weight range: 

A waist measurement of more than 35 inches for women and more than 40 inches for men is high. A high waist measurement increases your risk for heart disease.

My waist measurement: 

What does your weight range mean?

Healthy weight..... Good for you! Try not to gain weight.

Moderate overweight Try not to gain weight.
You need to lose weight if you have two or more risk factors and:

- are overweight, or
- have a high waist measurement

Ask your doctor or nutritionist for help.

Severe overweight..... You need to lose weight. Lose weight slowly — about 1/2 to 1 pound a week. Ask your doctor or nutritionist for help.



Do You Need To Lose Weight?

Let's follow these steps to find out if you need to lose weight.

1. Learn if your weight is healthy.

Weigh yourself. Use the BMI chart to find out whether your weight is in the healthy range for people of your height. Find your weight on the top of the chart, and circle it. Put your finger on the circled number, and lower your finger until you find the line that corresponds to your height. The shade of your square will show you if your weight level is healthy, overweight, or obese.

My weight is:

- Healthy
 Overweight
 Obese



2. Measure your waist.

Measure your waist by placing the measuring tape snugly around your waist. A high waist measure increases your risk for heart disease.

Write down your waist measure: _____



Your waist measure is high if:

- Women—Your waist measure is greater than 35 inches.
- Men—Your waist measure is greater than 40 inches.

My waist measure is:

- Healthy High



3. Find out if you need to lose weight.



Check off your weight level below to find out if you need to lose weight.

Level	Action
<input type="checkbox"/> Healthy Weight	<ul style="list-style-type: none"> • Good for you! Try not to gain any weight.
<input type="checkbox"/> Overweight	<ul style="list-style-type: none"> • It is important not to gain more weight. • You need to lose weight if you are overweight and: <ul style="list-style-type: none"> — Have two or more heart disease risk factors or — Have a high waist measurement. • Ask your doctor or a registered dietitian for help.
<input type="checkbox"/> Obese	<ul style="list-style-type: none"> • You need to lose weight. Lose weight slowly—about 1 to 2 pounds a week. Ask your doctor or a registered dietitian for help.

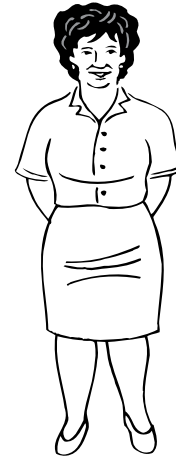
Virginia's Habits and Her Weight



Eat big portions.



Be physically inactive.



Gain weight.



Eat moderate portions.



Be physically active most days.



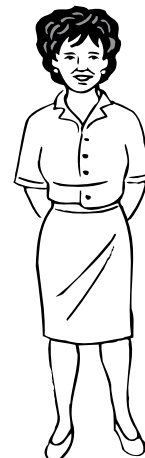
Maintain weight.



Eat small portions.



Be physically active most days.



Lose weight.

Serving Sizes

Food Group

Serving Sizes

Grains*



1 slice bread
1 ounce dry cereal†
1/2 cup cooked rice, pasta, or cereal

Vegetables



1 cup raw leafy vegetable
1/2 cup raw or cooked vegetable, cut up
1/2 cup vegetable juice

Fruits



1 medium-sized fruit
1/4 cup dried fruit
1/2 cup fresh, frozen, or canned fruit
1/2 cup fruit juice

Fat-free or low-fat milk and milk products



1 cup of fat-free or low-fat milk or yogurt‡
1 1/2 ounces of cheese

Lean meats, poultry, and fish



1 ounce cooked meat, poultry without the skin, or fish
1 egg§

Nuts, seeds, and legumes



1/3 cup or 1 1/2 ounces nuts
2 tablespoons peanut butter
2 tablespoons or 1/2 ounce seeds
1/2 cup cooked legumes (dry beans and peas)

Fats and oils



1 teaspoon soft margarine
1 teaspoon vegetable oil
1 tablespoon low-fat or fat-free mayonnaise
2 tablespoons low-fat or fat-free salad dressing

Sweets and added sugars



1 tablespoon sugar
1 tablespoon jelly or jam
1/2 cup sorbet, gelatin
1 cup lemonade

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between 1/2 cup and 1 1/3 cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Lactose-free alternatives for people who are lactose intolerant.

§ Limit the number of egg yolks to four per week.

Fresh Cabbage and Tomato Salad Recipe

1 small head	cabbage, sliced thinly
2 medium	tomatoes, cut in cubes
1 cup	sliced radishes
¼ teaspoon	salt
2 teaspoons	olive oil
2 teaspoons	rice vinegar (or lemon juice)
½ teaspoon	black pepper
½ teaspoon	red pepper
2 teaspoons	fresh cilantro, chopped

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients, and pour over the vegetables.

Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 41

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 88 mg

Total fiber: 3 g

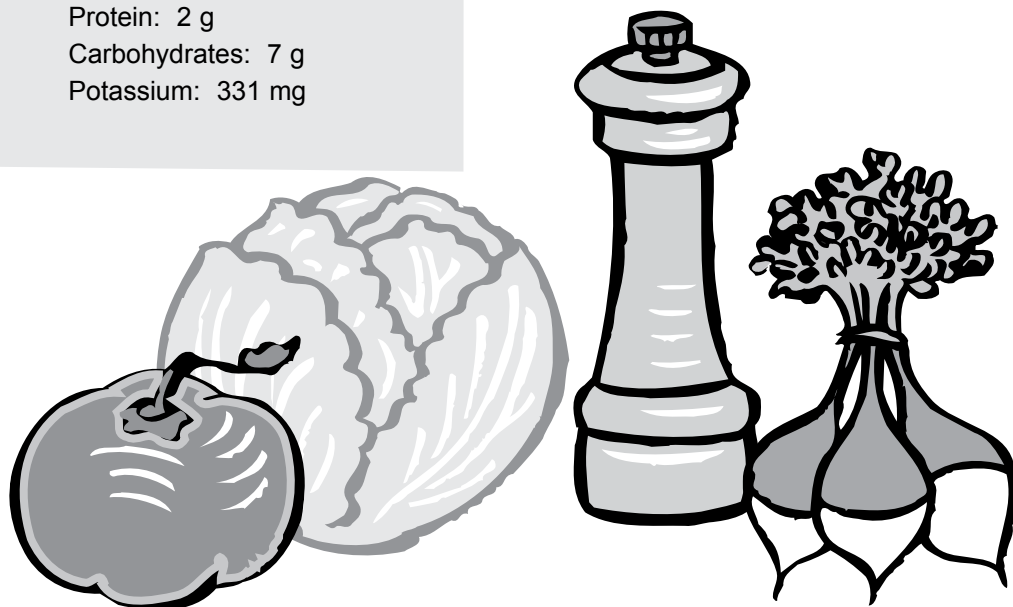
Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg

Quick Fact

Your family will love this tasty salad. The small amount of olive oil, rice vinegar, fresh herbs, and spices adds flavor, but few calories.



Tips To Help You Control Your Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat-free milk or low-fat (1%) milk
- ♥ Cheeses labeled “fat free” or “low fat” on the package
- ♥ Fruits and vegetables without butter or sauce. Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Rice, beans, cereals, corn tortillas, and whole-grain pasta
- ♥ Lean cuts of meat and fish and skinless turkey and chicken
- ♥ Water or low-calorie drinks instead of soft drinks and fruit drinks with added sugar



2. Make foods the healthy way.

- ♥ Bake, broil, boil, or grill instead of frying foods.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Use less high-fat cheese, cream, and butter when cooking.
- ♥ Use vegetable oil spray or a little bit of vegetable oil or tub margarine when cooking.
- ♥ Flavor salads with fat-free or low-fat mayonnaise or salad dressing.



3. Limit your portion size.

- ♥ Serve smaller portions, and don't have second helpings. Have a salad if you are still hungry.
- ♥ Eat smaller meals and snacks throughout the day instead of having one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurants now serve food portions that are too big. Share an entree, or bring half home.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice. Keep an eye on the portion size. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

- ♥ Do your favorite physical activity for at least 60 minutes each day.
Try this: If you are pressed for time, walk for 20 minutes three times a day.

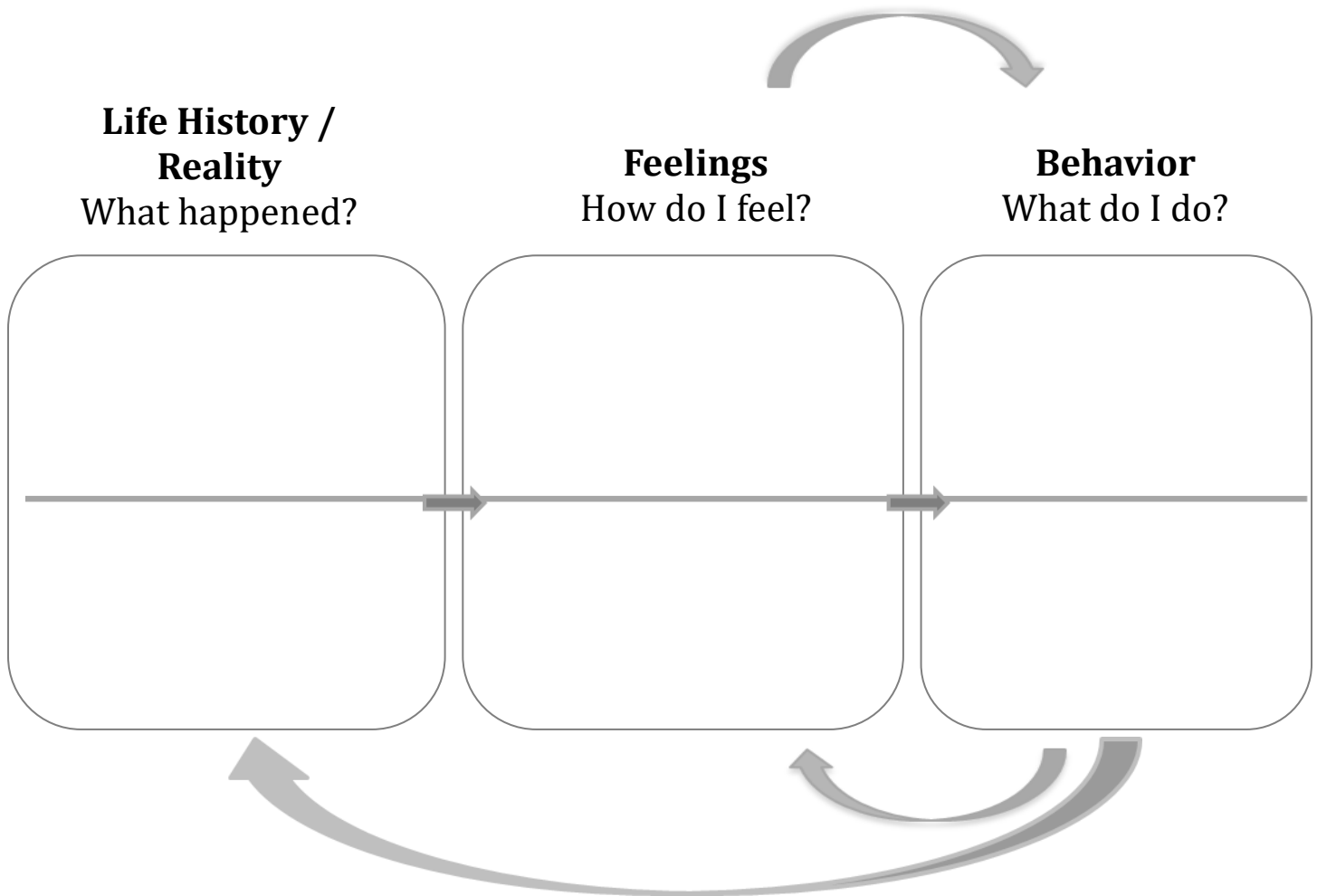
5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds a week. Losing even 10 pounds can help reduce your chances of developing heart disease.



Our Mind: Our Actions

Think of a behavior that you would like to change (big or small). Fill in the boxes below to identify the factors in your life and feelings that contribute to this behavior. Then describe the short and long-term effects of the behavior by completing the sentences below.



In the short term, I feel better when I **behavior** because it gives me a break.

In the long term, I continue to feel **stressed**

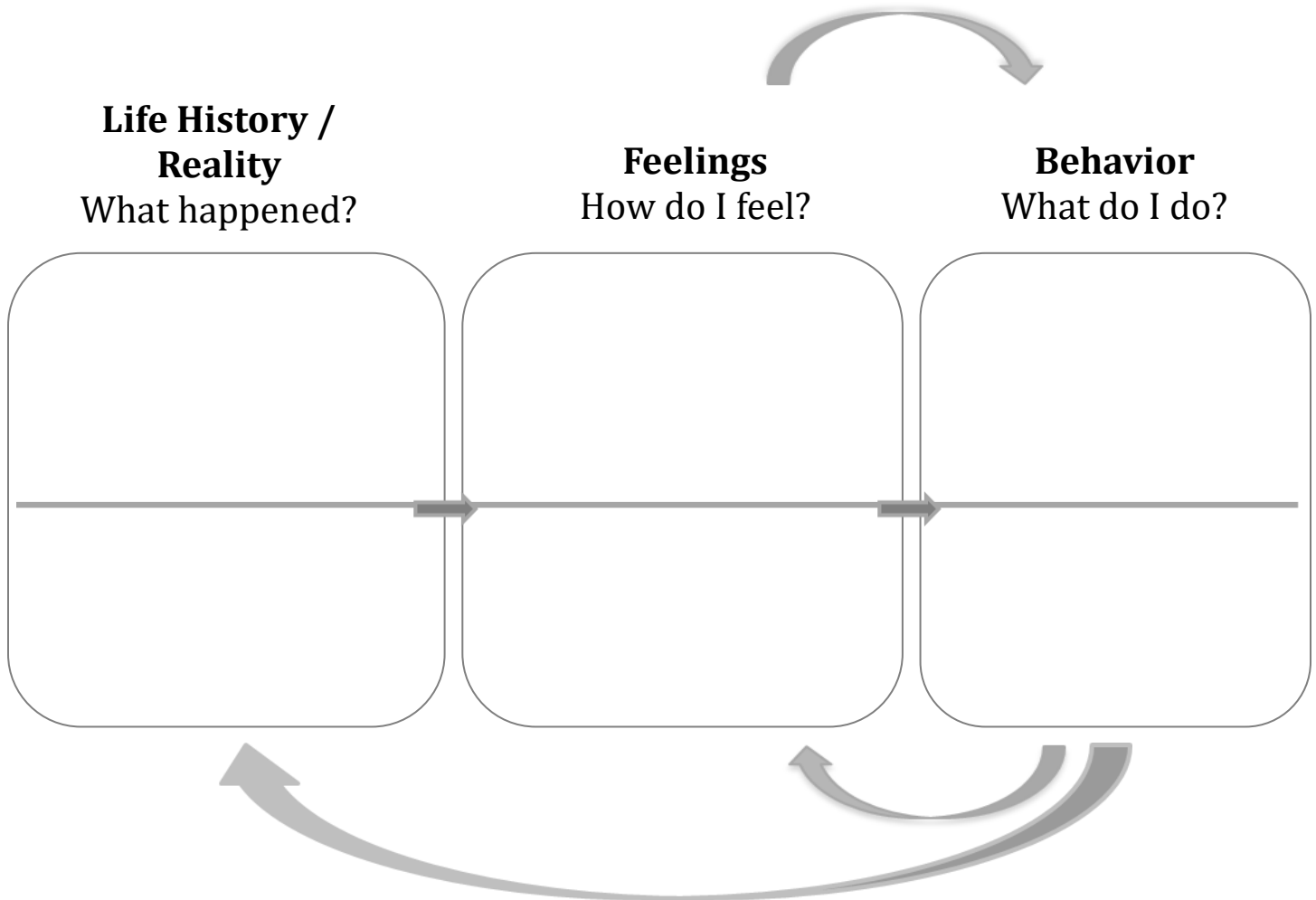
When this cycle happens for a long time, **new problems arise or continue.**

Weekly Goal: Name one concrete behavioral change that could interrupt this cycle:

Our Mind: Our Actions

Week 3: Example with Manuel

For Manuel, being overweight is part of life. He grew up with a family that did not cook healthy foods, so he never learned himself. During holidays, foods that are not very healthy are at the center of family traditions. Manuel also has two jobs and has little time and energy to commit to cooking at home or exercising. Manuel feels overwhelmed when he tries to cook a healthy meal—he is not sure how to follow a recipe and what cooking methods to use. He feels stressed and pressured by time. As for many of us, cooking unhealthy foods and not exercising are things that prevent Manuel from maintaining a healthy weight.



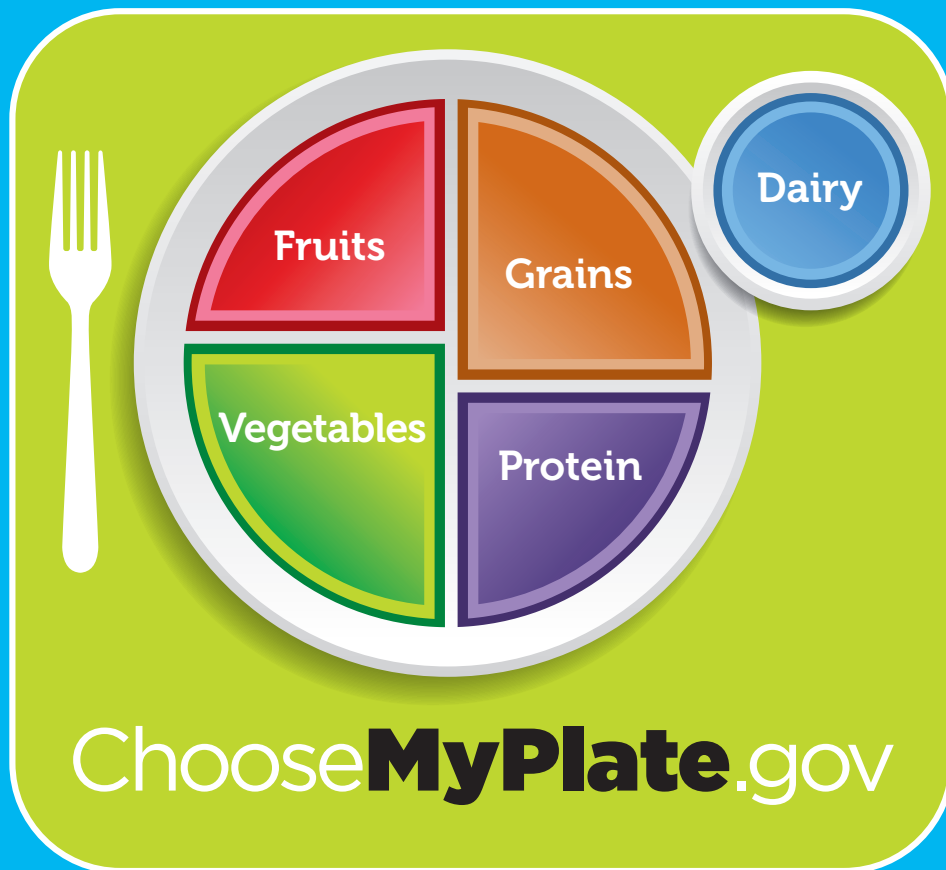
In the short term, I feel better when I **behavior** because it gives me a break.

In the long term, I continue to feel **stressed**

When this cycle happens for a long time, **new problems arise or continue.**

Weekly Goal: Name one concrete behavioral change that could interrupt this cycle:

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
--	--	--	--	--

Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.