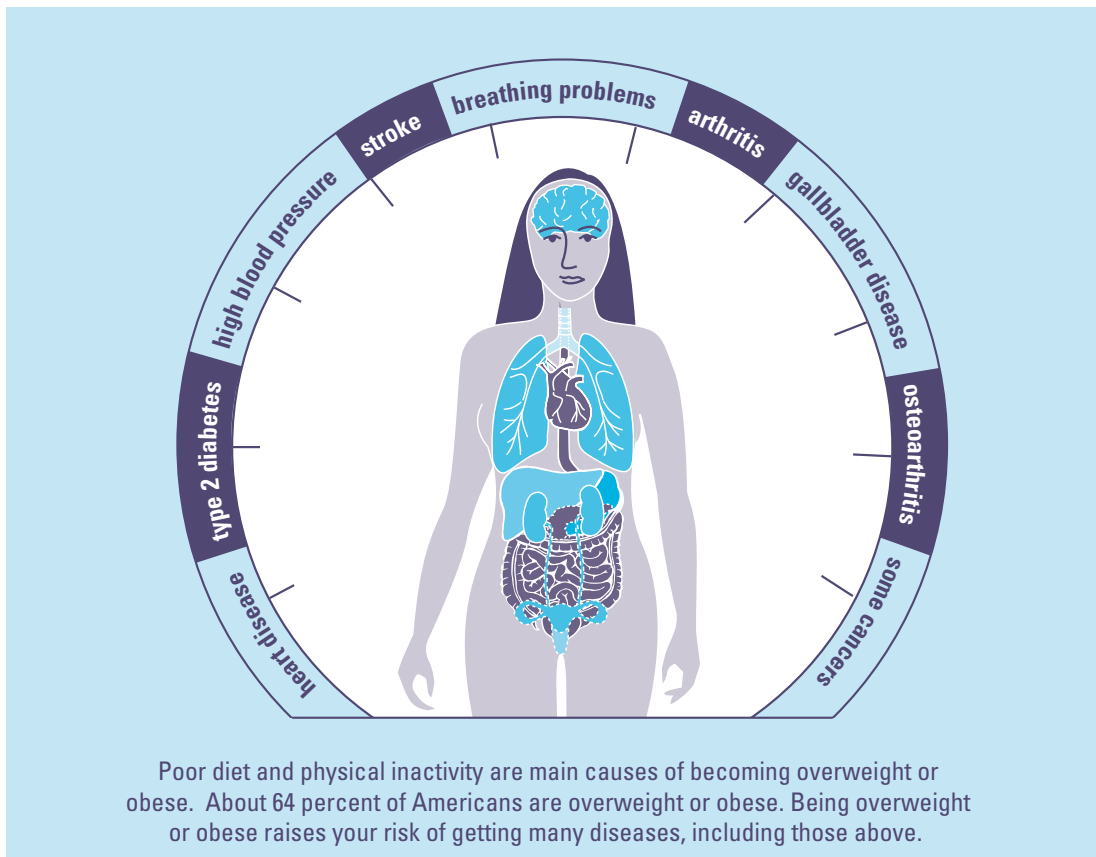


Eating Healthy and Being Active

Heat disease, cancer, and stroke are the leading causes of death for women in the United States. Did you know that an unhealthy diet and physical inactivity can

increase your chances of getting these and other diseases?

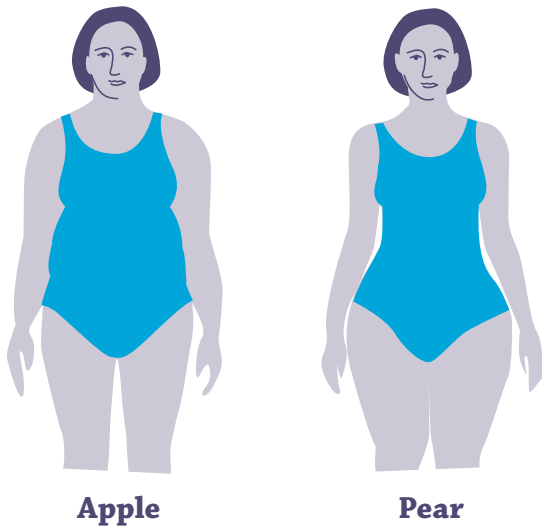
Unhealthy eating habits (your diet) and physical inactivity (not being active enough) are contributing factors to becoming overweight or obese. Overweight and obesity are problems that continue to get worse in the United States. Why? Just a few of the reasons are bigger portion sizes, little time to exercise or cook healthy meals, and relying so much on cars for transportation.



Physical Effects of Being Overweight or Obese

But body weight isn't just the problem. The places where you store your body fat also affect your health. Women with a "pear" shape tend to store fat in their hips and buttocks. Women with an "apple" shape store fat around their waists.

For most women, if they carry extra weight around their waists and their waists are larger than 35 inches, their risk of certain health problems increase. These problems include heart disease, diabetes, and some cancers. Women who carry extra weight around their waists ("apples") are at higher risk than women who carry extra weight around their hips ("pears").



Tips for Healthy Eating

- ◆ **Start your day with breakfast.** Breakfast fills your "empty tank" to get you going after a long night without food. Make an easy breakfast, like whole-grain cereal with fruit and fat-free or low-fat milk, or whole-wheat toast with peanut butter, or fat-free or low-fat yogurt with fruit, or whole-grain waffles. Eating breakfast will give you better strength, endurance, and concentration throughout your day.
- ◆ **Eat a variety of foods.** You don't have to give up foods you enjoy like hamburgers, french fries, and ice cream to eat healthy. You just have to be smart about how often you eat them and how much you eat. Your body needs nutrients such as protein,



carbohydrates, fat, and many different vitamins and minerals from different foods. Balance your food choices to get important nutrients.

- ◆ **Eat whole grains, fruit, and vegetables.** These foods give you energy, plus vitamins, minerals, and fiber. Besides, they taste good! Try foods like brown rice or whole-wheat bread. Bananas, strawberries, and melons are some great tasting fruit. Try vegetables raw, on a sandwich, or in a salad. Be sure to pick a variety of colors and kinds of fruit and vegetables. You can vary the form. Try them fresh, frozen, canned, or dried.

- ◆ **Watch your portion control.** Eating the right amount of food at each meal is just as important as eating a variety of foods. A “portion” is the amount of food you choose to eat for a meal or snack. It can be big or small. A “serving” is a specific amount of food or drink, such as one slice of bread or 1 cup of milk. For example, one cheese sandwich is a portion, probably made up of two servings of bread and one serving of cheese. A serving is probably smaller than you think.



Serving Sizes	
For Grains: 1 serving equals	1 cup of cereal flakes (the size of your fist) ½ cup of cooked rice, pasta, or potato (the size of ½ baseball)
For Vegetables and Fruit: 1 serving equals	1 cup of salad greens (the size of a baseball) 1 medium fruit (the size of a baseball)
For Dairy and Cheese: 1 serving equals	½ cup of ice cream (the size of ½ baseball) 1½ ounces of cheese (2 cheese slices or 4 cubes the size of dice)
Meat and Alternatives	3 ounces of meat, fish, poultry (the size of a deck of cards) 3 ounces of grilled or baked fish (the size of a checkbook)

Small Steps to Improve Your Eating Habits	
If You Usually...	Then...
Use whole or 2% milk	Use low-fat (1% or less fat) milk or fat-free milk.
Drink regular soda	Drink water or other calorie-free drinks.
Have second helpings	Put the food away after you serve it. Or put the food in the kitchen instead of placing serving bowls on the table.
Eat big portions	Eat the appropriate portion sizes off a smaller plate.
Eat a lot of white bread or pasta	Eat a variety of whole-grain foods, like whole-wheat bread, low-fat popcorn, and brown rice.
Use butter	Use butter-flavored cooking spray.
Eat fast food on the road	Pack sandwiches, yogurt, string cheese, and low-fat crackers for the trip. Cut up vegetables and fruit for snacks.
Eat meats high in fat	Eat lean cuts of beef or pork, skinless chicken or turkey, or fish.
Eat snacks high in fat, salt, and sugar	Keep graham crackers, peanut butter, light popcorn, dry unsweetened cereals, low-fat cheese, along with fruit and veggies readily available.
Skip breakfast	Try eating a healthy breakfast each day.
Fry your food	Grill, bake, or roast your food instead.

Get Moving!

An active lifestyle can help every woman. You don't have to be as fit as a professional athlete to benefit from physical activity. In fact, 30 minutes of moderate-intensity physical activity on most days of the week can greatly improve your health. Examples include walking, biking, water aerobics, weight training, dancing, softball, and yoga.

Some benefits

- ◆ Reduces your risk of dying from heart disease or stroke
- ◆ Lowers your risk of getting heart disease, stroke, high blood pressure, colon cancer, and diabetes

- ◆ Helps control blood pressure by lowering high blood pressure and helps keep blood pressure from rising in the first place





- ◆ Helps keep your bones, muscles, and joints healthy
- ◆ Can reduce anxiety and depression and improve your mood
- ◆ Helps you handle stress
- ◆ Helps control your weight
- ◆ Reduces your risk of falling and breaking bones in older adults
- ◆ May help protect against breast cancer
- ◆ Helps control joint swelling and pain from arthritis
- ◆ Helps you feel more energetic
- ◆ Helps you sleep better

Small Steps to Increase Your Physical Activity

If you usually...	Then...
Park as close as possible to the store	Park farther away and walk.
Let your dog out the back door	Take your dog for a walk.
Take the elevator	Take the stairs, but make sure the stairwells are well lit.
Have lunch delivered	Walk to pick up lunch.
Relax while the kids play	Get involved in their activity.

Keep Your Children Healthy

The habits and behaviors that kids learn when they're young become more difficult to change as they get older. This is true for their eating habits and their levels of physical activity. Many children today have a poor diet with little physical activity. They eat foods high in calories and saturated fat.

They don't eat enough fruit and vegetables. They watch TV, play video games, or use the computer instead of being active. More and more kids are becoming overweight or obese. And these kids have a higher chance of becoming obese adults. They are at higher risk of developing diabetes, high blood pressure, and heart disease than children who are not overweight or obese.



Help your child become more active

- ◆ Set limits on the amount of time the family watches TV, plays video games, and uses the computer.
- ◆ Encourage your children to get at least one hour of physical activity every day.
- ◆ Find out about activity programs in your community.
- ◆ Ask your children what they like to do and what they'd like to try, like playing baseball, basketball, soccer, or swimming.
- ◆ Create family activities that involve physical activity, like hiking, walking, or playing ball.
- ◆ Plan vacations where the whole family can enjoy being active together.

Help your children eat right

- ◆ Have your children plan and cook healthy meals with you.
- ◆ Make meal time your family time. Turn off the TV, and remove other distractions.
- ◆ Give your kids healthy snacks, like fruit, whole-grain crackers, and vegetables.
- ◆ Limit the amount of fast food and takeout you and your kids eat.
- ◆ Involve the whole family in healthy eating. Don't single out your children by their weight.

We know children do what they see, not always what they are told. Set a good example for your children. Your kids will learn to eat right and be active by watching you. Setting a good example can mean a lifetime of good habits for you and your kids.

Then and Now

Over the past 20 years, the portions of food we're served and eat have gotten much bigger. It's hard to find a small portion in a restaurant these days. Your plate arrives, often with enough food on it for two or even three people. Because of this "portion distortion," we often don't recognize what a "normal" portion is. For example, two decades ago, a regular soda was 6.5 ounces and 65 calories. Today a typical, non-diet soda is 20 ounces and has 250 calories. Cutting back on portion size is a great way to help keep calories in check.