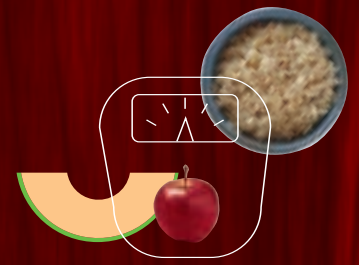




OLDER ADULT

Health Facts



For a Healthy Weight, Find Your Balance Between Food and Physical Activity

Staying at—or getting to—a healthy weight may help you in several ways. Not only will it help you feel better and look better, but research shows it plays an important role in reducing the risk of several types of chronic disease.

Excess body fat leads to a higher risk for premature death, type 2 diabetes, high blood pressure, high blood cholesterol and triglycerides, heart disease, stroke, gall bladder disease, respiratory dysfunction, gout, arthritis, and certain kinds of cancers.

HERE'S WHAT YOU NEED TO KNOW:

Determine what a healthy weight is for you.

Use the Adult Body Mass Index (BMI) Chart on the next page to help you determine if you are underweight, at a healthy weight, overweight, or obese. Locate your height in the left-most column and read across the row for your height to your weight. Follow the column of the weight up to the top row that lists the BMI. A BMI under 19 is underweight, 19 through 24 is the healthy weight range, 25 through 29 is in the overweight range, and a BMI of 30 and above is the obese range.

For those who are overweight or obese, modest weight loss (e.g., 10 pounds) has health benefits, and the prevention of further weight gain is very important. Eating fewer calories while increasing physical activity are the keys to controlling body weight. Aim for a slow, steady weight loss by decreasing calorie intake (eating fewer calories) while maintaining an adequate nutrient intake and increasing physical activity. Next are some suggestions to get you on your way. If you are

overweight and have a chronic disease and/or are on medication, talk to your healthcare provider before you start a weight loss program to make sure the changes are safe.

Many older Americans need to eat fewer calories, be more active, and make wiser food choices.

Eat fewer calories. Calories count—and they come from both food and beverages. There are a right number of calories for you to eat each day. You can estimate your number from the Estimated Calories Needed table on page 3. For example, a 60-year-old, sedentary woman should aim for 1,600 calories a day, while a 60-year-old, sedentary man should aim for 2,000 calories a day.

Be more active. Eating fewer calories, of course, is just one side of the equation. Caloric expenditure needs to be in balance with caloric intake to maintain body weight. That means the calories “burned” during physical activity (in addition to activities of daily living) need to be the same as the calories taken in as food and beverages. All adults should engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, on most days of the week. However, to prevent weight gain, you may need up to 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not eating more calories than you require.

Make wiser food choices. Remember, it is always important to eat foods that are high in nutrients for the amount of calories they contain, such as

fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products. Using the food label on packaged foods can help you make healthier food choices. And don't forget to

watch your portion size. Controlling portion size helps limit calorie intake, especially when eating foods that are high in calories.

Adult BMI Chart																		
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
Height	Weight In Pounds																	
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	158	174	179	
5'1"	100	106	111	116	112	127	132	137	143	148	153	158	164	169	174	180	185	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	
5'11"	136	143	150	157	165	172	173	186	193	200	208	215	222	229	236	243	250	
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	
	Healthy Weight						Overweight						Obese					

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI).

For more information on the *Dietary Guidelines for Americans*, please visit www.healthierus.gov/dietaryguidelines.



Read food packages to make smart choices.

Use the Nutrition Facts label. Most packaged foods have a Nutrition Facts label like the label on the next page. Use this tool to make smart food choices and find out the amount of calories and nutrients you are actually eating. To use the label effectively:

- **Check servings and calories.** Look at the serving size and how many servings you are consuming. If the Nutrition Facts label shows 100 calories for a 1/2 cup serving, and you eat 1 cup, you are consuming 200 calories. Or, if the Nutrition Facts label on a bottle of fruit juice indicates there are 160 calories in a serving and the bottle contains 2 1/2 servings and you drink the entire bottle, you are consuming 400 calories.
- **Check the percent Daily Value (% DV).** For most nutrients, the Nutrition Facts label provides a % DV. Five percent DV or less means that there is a low amount of that nutrient in a particular food, and 20% DV means that there is a high amount of that nutrient in a particular food. Keep nutrients like saturated fat, cholesterol, and sodium low. Try to get at least 100% DV per day of dietary fiber; vitamins A, C, and D; calcium; and iron.

Know the serving size. Controlling how much you eat helps limit calorie intake, particularly when eating foods that are high in calories. When

using packaged foods with the Nutrition Facts label, you can check servings and calories as noted above. When eating whole foods or packaged foods without labels, pay attention to how the serving size compares to a recommended amount of food from each food group.

Read the ingredient list. Ingredients are listed in descending order by weight from most to least. Make sure that those ingredients you want more of, such as whole grains (e.g. whole wheat) are listed first, as in the example below. Make sure that those you want to eat less of, like added sugars, are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, high-fructose corn syrup, corn syrup, corn sweetener, maple syrup, honey, and molasses.

This is a label from whole-wheat bread.

INGREDIENTS: WHOLE-WHEAT FLOUR, WATER, WHEAT GLUTEN, SOYBEAN AND/OR CANOLA OIL, YEAST, SALT, HIGH-FRUCTOSE CORN SYRUP, HONEY.

Check for claims on the front of food packages. The labels of some food products have a variety of claims to help manage your weight such as “low calorie,” “lite,” “low fat,” “reduced fat,” “reduced sugar,” or “diet.”

Estimated Calories Needed by Gender, Age, and Activity Level ^a

Gender	Age (Years)	Sedentary ^b	Moderately Active ^c	Active ^d
Female	51+	1,600	1,800	2,000 - 2,200
Male	51+	2,000	2,200 - 2,400	2,400 - 2,800

^a These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine (IOM) Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. “Reference size,” as determined by IOM, is based on median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males.

^b Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

^c Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

^d Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

For more information on the *Dietary Guidelines for Americans*, please visit www.healthier.us.gov/dietaryguidelines.



Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories/Hour Expended in Common Physical Activities

Some examples of physical activities commonly engaged in are listed below.

Some of the activities can constitute either moderate or vigorous intensity depending on the rate at which they are carried out.

Moderate Physical Activity	Approximate Calories/Hr for a 154 lb Person ^a
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 ^a
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440

^a Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Source: Adapted from the 2005 Dietary Guidelines Advisory Committee (DGAC) Report.