

# My Bright Future

Physical Activity & Healthy Eating  
For Adult Women



# Your Bright Future: How This Booklet Can Help

Healthy eating and physical activity can make you feel better now and may contribute to a healthier life. When you eat well and choose to move, you cut your risk of heart disease, cancer, stroke, and other serious illness.

This booklet shows women like you who live in rural areas how to make a few simple changes for your bright future. It helps you:

- ▶ See where you are now with eating habits, physical activity, and your health.
- ▶ Set your own goals for change.
- ▶ Take easy steps to meet your goals.

Here's what you'll find inside:



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# Getting Started

This section asks questions about your current levels of physical activity (gardening, walking, vacuuming, etc.) and healthy eating. Please check the boxes that best answer each question.

## Questions to Answer: Physical Activity

1. List your current physical activities. (Check all that apply.)

- Housecleaning, shopping, climbing stairs
- Yard work or gardening
- Active work (e.g., farm work, pushing/pulling/lifting, digging, carrying boxes)
- Walking, hiking, or running
- Playing sports
- Playing actively with children (e.g., tag, ball games, jumping rope)
- Ice skating, skiing
- Swimming, riding horses
- Working out with a treadmill, step machine, or exercise videos
- Doing sit-ups or lifting weights
- Others: \_\_\_\_\_



2. How much time are you physically active on a typical day?

- More than 30 minutes
- 20-30 minutes
- Less than 20 minutes
- I am active for 10-minute periods throughout the day for a total of \_\_\_\_ minutes. (Fill in the blank)
- Less than 10 minutes



3. How many days a week are you physically active?

- 7 days
- 5-6 days
- 3-4 days
- 1-2 days
- Less than 1 day

4. What are some of the reasons that keep you from being physically active? (Check all that apply.)

- Lack of time.
- Lack of energy/too tired.
- Don't know how to get started.
- Don't enjoy physical activity.
- Lack of transportation.
- Don't have/can't afford a place to be physically active.
- Child care is not available.
- Have a physical problem, pain, or disability.
- Others: \_\_\_\_\_

**Section 3 , Tools for Reaching My Physical Activity Goals (page 10), has tips to help you find solutions to some of these issues.**



## Questions to Answer: Healthy Eating

5. On a typical day, how often do you have foods from the **milk** group? For example, how often do you drink milk or lactose-reduced milk, add milk to your cereal, or eat yogurt or cheese?

- Three or more times a day
- Twice a day
- Once a day
- Less than once a day

6. On a typical day, how often do you eat foods from the **meat and beans** group, such as hamburger, chicken, turkey, fish, ham/pork, peanut butter, eggs, nuts, dried beans (e.g., black beans or pinto beans), or soy products?

- Three or more times a day
- Twice a day
- Once a day
- Less than once a day

7. On a typical day, how often do you eat foods from the **grains** group, such as cereal, rice, pasta, oats, breads, tortillas, grits, popcorn, or crackers?

- Three or more times a day
- Twice a day
- Once a day
- Less than once a day



8. On a typical day, how often do you eat **fruit** or drink 100% fruit juice?

- Three or more times a day
- Twice a day
- Once a day
- Less than once a day

9. On a typical day, how often do you eat **vegetables** or drink 100% vegetable juice?

- Three or more times a day
- Twice a day
- Once a day
- Less than once a day

10. On a typical day, do you do any of the following? (Check all that apply.)

- Think about the nutrients in my food.
- Try to eat nutritionally rich foods.
- Get the recommended nutrients through my food.
- Take vitamins or minerals.

11. What are some of the reasons that keep you from eating as healthy as you'd like to?  
(Check all that apply.)

- I'm not sure which foods are healthy for me.
- There isn't a grocery store close to my home.
- Stores I can get to don't have many healthy foods.
- Healthy food is expensive.
- I don't have time to cook healthy food.
- I have to cook foods that my family will eat.
- I don't know how to cook.
- Others: \_\_\_\_\_

**Section 4 , Tools for Reaching My Healthy Eating Goals (page 12), has some tips to help you find solutions to some of these issues.**



*“One of my goals was to serve healthier meals that my family would eat at least four times a week. My first step was to make healthier commodity foods choices, like unsweetened fruit juices, lower salt soups, low-fat cheeses, and whole wheat flour. Then I looked for ways to cut fat and calories from the dishes my family likes, such as baking fry bread and tortillas instead of frying them. Small steps, but they add up over time.”*

*Anna, Hualapai Reservation, Arizona*

# Talking With My Health Care Team

Your health care team (e.g., nurse, nurse practitioner, dietitian, physician assistant, health educator, *promotora*, or doctor) can help you get started. He/she can look at the booklet pages you filled out and then complete page 7. Page 7 shows where you are now in your health and what steps you can take to maintain or improve your health. To work with your health care team for your bright future, ask for some time to talk about healthy eating and physical activity when you make your next appointment. Bring this booklet and ask the questions you write in below. Most team members will answer them gladly. You may also follow up by phone if needed.

## My Questions About Healthy Eating and Physical Activity

In the space below, write questions that you would like to ask your health care team. To get some ideas, check out the list of sample questions below.

My own questions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Examples of Questions to Ask

- Am I getting enough physical activity?
- How do I fit more physical activity into my life?
- What are some physical activities that I can add to a typical day?
- How do I get started? What activity should I try first?
- I have back pain or knee pain. What are some activities that I can do safely?
- What are some nutritionally rich foods for me to eat?
- Where can I get healthy foods in this area?
- Am I in a healthy weight range for my height and age?
- I would like to lose some weight. What is a safe and healthy way for me to do this?



**Tip:** To find a health care provider if you don't already have one, ask: a school nurse; at the WIC office; your county/tribal health department. You can find a clinic that will provide primary care at low or no cost at [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov).

## My Starting Point

Ask a member of your health care team to fill in this page. It shows where you are now with your health, eating, and physical activity. It also has space for your health care team member to write down his/her advice for healthy changes you could make.

**Tip:** Save this page. Use it first to help set your goals. Then, have your health care team member fill it out again after you've made changes. Seeing how far you've come can help you stick with your healthy habits!

Date: \_\_\_\_\_

Height (inches): \_\_\_\_\_

Weight (pounds): \_\_\_\_\_

BMI: (Circle chart on next page where height and weight meet.)

**Note:** The body mass index (BMI) is an **estimate** of body fat based on height and weight (not just weight alone). A high BMI may mean you are overweight or obese and at a higher risk for high blood pressure, heart disease, stroke, type 2 diabetes, and other conditions. The BMI is valid for both men and women, but it does have some limits. 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.

### Other numbers to keep in mind:

Blood pressure: \_\_\_\_\_

Cholesterol level: \_\_\_\_\_

Waist/hip measurement: \_\_\_\_\_

Glucose level: \_\_\_\_\_



Smoking: Yes/No \_\_\_\_\_

### Current Physical Activity Assessment:

- On target
- Recommend changes

### Current Nutrition and Eating Habits Assessment:

- On target
- Recommend changes

### Health Care Team Advice: Next Steps

1. \_\_\_\_\_

2. \_\_\_\_\_





## Body Mass Index (BMI) Table

BMI Height	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
	Weight (in pounds)															
4' 10" (58")	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
4' 11" (59")	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' (60")	Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 1" (61")	Below Normal	Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 2" (62")	Below Normal	Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 3" (63")	Below Normal	Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 4" (64")	Below Normal	Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 5" (65")	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 6" (66")	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 7" (67")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 8" (68")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 9" (69")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 10" (70")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
5' 11" (71")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
6' (72")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
6' 1" (73")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
6' 2" (74")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
6' 3" (75")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese
6' 4" (76")	Below Normal	Below Normal	Below Normal	Normal	Normal	Normal	Overweight	Overweight	Overweight	Obese	Obese	Obese	Obese	Obese	Obese	Obese



Below Normal



Normal



Overweight



Obese



## Setting My Goals

Setting clear goals can help you make healthy changes.

The chart on this page gives you a model for setting simple physical activity and healthy eating goals. Page 19 contains a blank form you can use to fill out your own goals. These goals do not have to be big. Even small steps can make a difference in your health!

Sample Goal	Lose 10 Pounds
My reason for this goal	To lower health risks and look my best for the family reunion.
Steps I'll take	<ol style="list-style-type: none"> <li>1. Eat three balanced meals each day.</li> <li>2. Eat smaller portions at home and at restaurants.</li> <li>3. Walk at lunch time.</li> </ol>
Who will help me	My family and friends
When I'll start	Today
Problems that may occur and how I'll solve them	<ol style="list-style-type: none"> <li>1. Boredom. Pack fresh fruit, cut up vegetables, or a small handful of unsalted nuts to avoid less healthful snack choices.</li> <li>2. Too busy to walk at lunch. Run in place while watching TV at night or walk the dog with my husband.</li> </ol>
When I'll meet my goal	By the reunion — in 3 months
How I'll reward myself	Have a relaxing weekend.

### Sample Goals: Simple Changes You Might Choose

- ◆ Eat 2 cups of vegetables each day.
- ◆ Walk 30 minutes most days.
- ◆ Be active with friends/family at least once a week.
- ◆ Try one new physical activity per month. Keep a journal of all the foods I eat for 2 weeks (Page 18 has a sample format that shows how).
- ◆ Drink fat-free or low-fat milk or water instead of soda with meals.



# Tools for Reaching My Physical Activity Goals

This section has some information to help you with your goals.

## Physical Activity: Benefits

**Check with your health care team before starting any new physical activities.**

Being physically active means moving your body. Regular physical activity can do the following:

- ◆ Make you feel more energetic
- ◆ Make you feel good
- ◆ Help you beat stress and depression
- ◆ Help you sleep better
- ◆ Help you lower your risk of certain chronic diseases.
- ◆ Help you control your weight by balancing the calories you take in with the calories you burn
- ◆ Longer and/or more vigorous physical activity can have additional health benefits and may be needed to control weight.

## Solutions: Beat the Road Blocks

On page 3 you listed reasons that keep you from being physically active. Here are some ideas for solving your problems so you can get moving and reach your goals.

- ◆ Do short bouts of physical activity throughout the day. For instance, try being moderately active for 10 minutes three times a day. This approach can help fit physical activity into a busy schedule.
- ◆ Try being active when you first get up or mid-day before you get too worn out. Start slow so you don't get tired and build up over time.
- ◆ To get started look at the list of activities on page 2. Pick out one or two you'd like to try. Ask your health care team for advice.
- ◆ Try something new that might be fun if you haven't yet found a physical activity you enjoy. Dance to a CD at home. Walk a dog. Plant a garden. Ask your family or friends to be active with you.
- ◆ Look for cost-free ways to be physically active wherever you are. Climb the stairs. Run in place while watching TV. Do sit-ups or push-ups in your living room. Walk around the school track. Stretch or do arm exercises in your kitchen.
- ◆ Be active with your kids. Lift or dance with smaller children in your arms. Play tag, soccer, or hide-and-seek. Take walks together.
- ◆ Focus on what you CAN do despite physical challenges or pain. Check out the Bright Futures tip sheet for women with physical limitations at [www.hrsa.gov/womenshealth](http://www.hrsa.gov/womenshealth). Ask your health care team for ideas.

## Make Physical Activity a Part of Your Day

For ...	Try ...
Flexibility	Stretching or yoga
Strength	Lifting weights or soup cans, situps, push ups, carrying groceries or a child
Heart Health	Brisk walking, running, biking, dancing, swimming, jumping rope, roller skating, using aerobic equipment (for example, home treadmill or stationary bike)

### Physical Activity Safety Tips

- ◆ Speak with your health care provider before beginning any physical activity program
- ◆ Listen to your body. Take a break if you feel tired or your muscles or joints ache.
- ◆ Slow down if you're out of breath. You should be able to talk while exercising without gasping for breath.
- ◆ Drink water before, during, and after physical activity.
- ◆ Avoid hard physical activity for two hours after a big meal. A short walk is okay.
- ◆ Wear supportive shoes and use sunscreen when outdoors.

**Tip:** Do short bouts of activity throughout the day to reach your goal time. These are as helpful as one longer period.

**STOP exercising and call 9-1-1 right away if you feel any of the signs below for more than a few minutes:**

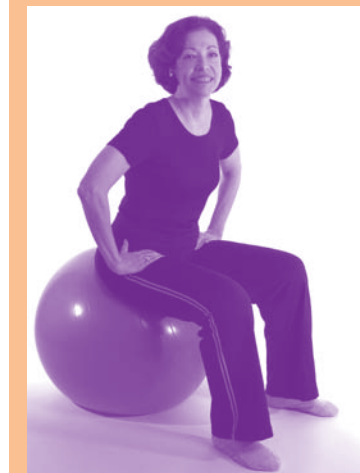
- ◆ Have discomfort or pain in the center of your chest
- ◆ Have discomfort in your arm(s), back, neck, jaw, or stomach
- ◆ Feel dizzy or sick
- ◆ Feel short of breath
- ◆ Break out in a cold sweat

### How Much Physical Activity Is Needed?

**For good health:** at least 30 minutes of moderate activity (e.g., walking, working in the garden, cleaning house, playing with kids) most days.

**For weight control:** at least 60 minutes of moderate-to-vigorous intensity activity each day.

**For more health and weight benefits:** do longer or more vigorous activities (e.g., running, riding horses, playing sports)



*"Having arthritis means I need physical activity – but it also changes what I can do. So now I do more stretching and seated arm exercises."*

*Pam, Eagle Grove, Iowa*

# Tools for Reaching My Healthy Eating Goals

## Solutions: Beat the Road Blocks

On page 5 you listed reasons that keep you from eating as healthy as you'd like to. Here are some ideas for solving your problems so you can reach your healthy eating goals.

- ◆ Use this section of the booklet to learn more about healthy eating and which foods can be healthy for you.
- ◆ Buy healthy, low-sodium, canned, frozen, and dried foods if you can't shop often. These can be just as nutritious as fresh foods and, they last longer in storage (freezer or pantry).
- ◆ Read food labels to find the healthiest foods you can. Page 16 tells you how.
- ◆ Look for low-cost healthy foods; not all healthy food is expensive. For instance, dried beans (like black beans and kidney beans), grains (like oats and corn meal), and many frozen or canned fruits are healthful, low-cost choices.
- ◆ Try making double or triple portions of a healthy recipe to save time. This way you cook only once and have two or three healthy meals. Other time-saving tips: Cook in stages when you have time. For instance, soak dried beans overnight and have a bean dish simmer on the stove while you do housework or relax. Use healthy foods that don't take much time to prepare, like canned salmon and tuna, skinless chicken breasts, turkey cutlets, and salad vegetables.
- ◆ Cook new healthy foods with the flavors and spices your family likes and make dishes they will eat. Bake or broil a food you usually fry; make it crispy using bread crumbs or corn meal. Try healthy versions of favorite dishes (see the back cover for where to get free healthy recipes).
- ◆ Use simple recipes to learn how and how long to cook healthy foods (see the back cover for where to get free healthy recipes). Learning to cook can be fun! You can also look for foods that you can eat "as is" or just have to heat up, like fruits and vegetables and low-sodium canned vegetables, beans, or fish.



*"In a rural area like mine, the grocery store is a long drive and it doesn't have as many fresh, healthy foods as I'd like. So I stock up on nutritious foods that will keep, like low-fat dry milk and frozen and canned fruits in water, low-sodium vegetables, beans, and fish. That way, I always have the makings for a healthful meal or snack."*

*Veronica, Lefor, North Dakota*

## Variety for a Healthy Balanced Diet

The U.S. Government recommends eating foods from major food groups plus oils each day to get all the nutrients you need.

**The Grains Group** gives you carbohydrates for energy and vitamins such as folic acid, B vitamins, and minerals. Whole-grains 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 help you feel full with fewer calories. Half of the grains you eat should be whole grains.

**The Fruit and Vegetable Groups** give you vitamins such as vitamin A and C, and folic acid; minerals such as potassium and iron; fiber; and other nutrients that are important for good health. They can also help protect you against disease and keep your body regular.

**The Milk Group** gives you minerals such as calcium and vitamins such as vitamin D to build strong, healthy bones and teeth. Foods in this group also have carbohydrates for energy and protein for important body functions. Whole-milk and milk products contain more fat, so it's a good idea to choose low-fat or fat-free dairy foods. If you are lactose intolerant, try dark green leafy vegetables, broccoli, strawberries, fortified cereals/orange juice as a source of calcium.

**The Meat and Beans Group** gives you protein, fat, vitamins, and minerals such as iron. Meats, especially high-fat process meats such as bologna contain unhealthy fats, so it's a good idea to limit these or try lower-fat varieties like salmon or chicken without the skin.

**Oils and Fats** give you some vitamins such as vitamin E but they also provide calories. For a healthier heart, it's very important to limit:

- ◆ Saturated fats and cholesterol, which are found in whole milk products, many meats, and butter. *(Tip: Canola and olive oils are low in saturated fat.)*
- ◆ *Trans* fats, which are found in many processed foods, such as cookies, crackers, and fried snacks like potato chips; margarine and shortening; and animal products.

For more information, visit the U.S. Department of Agriculture's *Steps to a Healthier You* at [www.mypyramid.gov](http://www.mypyramid.gov) or call 1-888-779-7264.



## MyPyramid Guidelines: Making Healthy Choices

Daily Amount	Am I Reaching the Daily Amount?	Things to Keep in Mind
Grains 5-8 ounces	1 ounce = ½ cup of cooked rice, pasta, or cereal; 1 slice of bread; 1 small tortilla; 1 small muffin; 1 cup ready-to-eat cereal	Half of the total grains you eat should be whole grains, such as whole grain bread, oatmeal, or brown rice.
Vegetables 2-3 cups	1 cup = 1 cup cut-up raw or cooked vegetables; 2 cups leafy salad greens	Vary the types of vegetables you eat. Eat more dark green and orange vegetables. Choose fresh, frozen, or low-sodium canned - but rinse off canned vegetables to reduce the sodium.
Fruits 1.5 - 2 cups	1 cup = 1 cup cut-up raw or cooked fruit or a ½ cup of juice	Eat a variety of fruits. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices high in added sugar.
Milk 3 Cups	1 cup = 1 cup milk or yogurt, 1½ ounces low-fat or fat-free natural cheese; 2 ounces processed cheese	Choose low-fat or fat-free milk products. If you can't tolerate milk, try dark green leafy vegetables, strawberries, and calcium-fortified cereals or orange juice.
Meat and Beans 5-6.5 ounces	1 ounce = 1 ounce lean meat, poultry, or fish; 1 egg; ¼ cup cooked dry beans or tofu; 1 tablespoon (Tbsp) peanut butter; ½ ounce nuts or seeds	Choose low-fat or lean meats like skinless chicken, turkey or duck. Bake, broil, or grill your meat, instead of frying. Eat more fish, beans, peas, nuts, and seeds.
Oils 5-7 teaspoons	1 teaspoon (tsp) = 1 tsp vegetable oil or soft margarine; 1 Tbsp low-fat margarine	Limit solid fats like butter, stick margarine, shortening, and lard.



**Tip: Limit the oils and fats, sweets, and sweet drinks you consume for healthy eating and to control weight.**

\* Recommendations are based on a 1600 – 2400 calorie diet. Women who are very active should aim for the higher amounts and women who are less active should aim for the lower amounts. To create a personalized plan, visit [www.mypyramid.gov](http://www.mypyramid.gov) or call 1-888-779-7264.

## Getting Key Nutrients

Nutrient	Why is it important?	How do I get it?
Iron	Helps prevent iron-deficiency anemia, which can make you feel tired.	Eat: lean meats; iron-fortified cereals (check the food label); spinach; cooked dry beans and chick peas; and enriched and whole grain breads. Cook in a cast iron pan or pot.
Folic acid	Used to make new cells in the body. Enough folic acid in the body before and during early pregnancy can help prevent some birth defects.	Drink: orange juice Eat: oranges, dark green leafy vegetables, green peas, beans, asparagus, or folic acid-fortified cereals, bread, or pasta.
Calcium	Needed for strong, healthy bones and teeth, and for the heart, muscles, and nerves to work well.	Drink: low-fat or fat-free milk and calcium-fortified juice or soy-based beverages. Eat: <ul style="list-style-type: none"> <li>◆ Low-fat and fat-free milk products like yogurt or cheese and calcium-fortified cereals and breads. <i>(Tip: If lactose intolerance is a problem, try lactose-free products.)</i></li> <li>◆ Canned fish that contains calcium, such as sardines, salmon with the bones, or clams.</li> <li>◆ Dried or canned soybeans and white beans; blackstrap molasses.</li> <li>◆ Fresh, frozen, or canned collard or turnip greens.</li> </ul>
Vitamin D	Helps the body absorb calcium to build strong bones.	Choose low-fat or fat-free milk products fortified with vitamin D. Spend 10-15 minutes, 3 days a week, in the sun with sunscreen so your body can make vitamin D.



*“My sister and I have high blood pressure and diabetes. When her nurse told her that losing some weight and getting more physical activity could save her life, I decided to make some changes too. Now we both exercise. And we planted a vegetable garden at her house that we both take care of – and eat from! Our check-ups show it’s making a difference.”*

*Caroline, Battles, Mississippi*



# Using the Nutrition Facts Label

1. The Nutrition Facts Label tells you how many calories a food has per serving size: a measured amount of the product. Look at the serving size and compare that to how many servings you are eating or drinking.
2. Watching your calories helps you control your weight. This part of the food label can help you choose lower-calorie foods and keep track of your calories.
3. Fats and cholesterol are linked to heart disease, especially saturated and *trans* fats; sodium may raise your blood pressure. To limit your intake, look on the label for foods with a 5% Daily Value (DV) or less.
4. The label also tells you if a food is a good source of a key nutrient. A 20% DV or higher is an excellent source. Many women get too little calcium and iron and should increase their intakes.

For more information on the Nutrition Facts Label, see <http://www.cfsan.fda.gov/~dms/foodlab.html>; or call 1-888-SAFE-FOOD (1-888-723-3366) to request publications on nutrition labeling.

## Learning From the Label

Answer the questions below based on what you learn from the food label on this page.

What is the serving size for this food? \_\_\_\_\_

How many calories does one serving contain? \_\_\_\_\_

Is this product high in total fat? \_\_\_\_\_

Is this a good product for women trying to limit sodium in their diet? \_\_\_\_\_

What nutrients does this food provide? \_\_\_\_\_

Does this product provide a high amount of any nutrient? \_\_\_\_\_

Cereal Label

1 Start Here

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

<b>Nutrition Facts</b>			
Serving Size	1 cup (53g/1.9 oz.)		
Servings Per Container	About 8		
Amount Per Serving			
<b>Calories</b>	<b>190</b>	<b>Calories from Fat 25</b>	
% Daily Value**			
<b>Total Fat</b>	3g*	<b>5%</b>	
Saturated Fat 0g <b>0%</b>			
Trans Fat 0g			
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	95mg	<b>4%</b>	
<b>Potassium</b>	300mg	<b>9%</b>	
<b>Total Carbohydrate</b>	36g	<b>12%</b>	
Dietary Fiber 8g <b>32%</b>			
Soluble Fiber 3g			
Insoluble Fiber 5g			
Sugars 13g			
<b>Protein</b>	9g	<b>14%</b>	
Vitamin A	0%	•	Vitamin C 0%
Calcium	4%	•	Iron 10%
Phosphorus	10%	•	Magnesium 10%
Copper 8%			
* Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.			
** 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat	9	•	Carbohydrate 4 • Protein 4

## Hints for Reaching My Goals

- ◆ Choose to move. Add more physical activity into your daily life.
- ◆ Set realistic and safe goals. Build up your strength, endurance, and fitness.
- ◆ Involve your friends and family in your physical activity choices.
- ◆ Choose a variety of foods from all food groups to eat balanced meals.
- ◆ Try to limit saturated and trans-fats, cholesterol, and added sugars, as they can be high in calories.
- ◆ Share and enjoy mealtimes with friends and family.
- ◆ Keep a journal to help you track your progress toward your goals. When you write down what you eat or how much physical activity you get each day, you become aware of good changes and problems you still need to work on. Page 18 has an example of an eating and activity journal format. You can also download a journal booklet for long-term use at [www.ndep.nih.gov/diabetes/pubs/50Ways\\_tips.pdf](http://www.ndep.nih.gov/diabetes/pubs/50Ways_tips.pdf).
- ◆ Be sure to start your day with breakfast and eat regular meals and snacks that fit into your daily schedule. Think about what, when, and how much you eat.
- ◆ Watch your portion sizes. Even healthful foods can cause weight gain if you eat too much of them. For instance, an average portion of meat or fish should be about the size of a deck of cards.
- ◆ Eat healthy and be physically active to improve your health and energy level today and later in life.



**For more information on reaching your goals including tip sheets offering extra help for goals like walking, increasing physical activity, how to get started, and being active despite physical limitations, look for the Bright Futures for Women’s Health and Wellness Reaching My Goal Tip Sheets at [www.hrsa.gov/WomensHealth](http://www.hrsa.gov/WomensHealth).**

# My Food and Activity Journal

Writing in a diary is a good way to track your progress in meeting your healthy eating and physical activity goals. It can also help with the small changes you may want to make. Below is a sample to get you started. You may want to make copies of this page so you can track your progress for more than one week. Here are some hints:

- ◆ Write things down as soon as possible.
- ◆ Write down everything you eat, even if it's just one cookie.
- ◆ Include drinks.
- ◆ Write down how you were feeling. It can help you figure out if you ate because you were hungry or for other reasons.
- ◆ Be honest. A journal is meant to help you, not judge you.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	2 hardboiled eggs, 1 piece of toast, 1 glass of orange juice						
Mood							
Lunch	Chicken breast sandwich on whole wheat bread, carrot sticks, low-fat yogurt, 1 glass water						
Mood							
Dinner	Spaghetti and meatballs, 2 pieces of garlic bread, vegetable salad, 1 glass low-fat milk, 1 slice apple pie						
Mood							
Snacks	1 apple, 5 chocolate chip cookies						
Mood							
Physical Activity (type & amount of time)	30 minutes walking and 30 minutes swimming						

Adapted from: *BodyWorks 4 Teens*, U.S. Department of Health and Human Services, Office on Women's Health.

# My Goals

Fill in the blank forms below to set your goals. See page 9 to learn more about setting concrete goals for healthy eating and physical activity.

My Goal	
My reason for this goal	
Steps I'll take	
Who will help me	
When I'll start	
Challenges that may occur and how I'll solve them	
When I'll meet my goal	
How I'll reward myself	

My Goal	
My reason for this goal	
Steps I'll take	
Who will help me	
When I'll start	
Challenges that may occur and how I'll solve them	
When I'll meet my goal	
How I'll reward myself	

# For More Information

For more tips and information about nutrition, physical activity, and women's health, call your State or local health department or visit/contact the following sources:

## Healthy Eating

### **A Personal Plan for Healthy Eating**

Fill in some facts about yourself and get healthy eating guidelines based on your age, sex, and physical activity level.

Go to: [www.mypyramid.gov](http://www.mypyramid.gov)

Or call: 1-888-779-7264 for a MyPyramid brochure.

### **Detailed Guidance on Using Food Labels to Make Healthy Choices**

Go to: [www.fda.gov](http://www.fda.gov) and click on Food; Food and Nutrition; and Food Label Education Tools. Select from varied publications on food label topics.

### **Recipes for Healthy Eating**

Free recipe collections:  
(For all groups) *Stay Young at Heart*;  
*Keep the Beat*

*Heart-Healthy Latino Recipes*  
*Heart Healthy Home Cooking*,  
*African American Style*

Go to: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) and click on "recipes for healthy eating"

Or call: 301-592-8573

## Physical Activity

### **Chart: Calories You Burn with Your Physical Activities**

Go to: [www.fitness.gov](http://www.fitness.gov) and click on Publications; Council Publications; and *Exercise and Weight Control*.

Or call: 202-690-5000

### **Guidelines for Personal Physical Activity Programs**

Go to: [www.fitness.gov](http://www.fitness.gov) and click on Publications; Council Publications; and *Fitness Fundamentals*. The site also contains many other fitness-related materials.

Or call: 202-690-5000

### **Guidelines on Walking for Your Health**

Go to: [www.fitness.gov](http://www.fitness.gov) and click on Publications; Council Publications; and *Walking Works*. Or call: 202-690-5000

## Both

### **"Daily Tracker" Journal Forms To Keep Track of What You Eat and Drink and Your Physical Activities**

Go to: [www.ndep.nih.gov/diabetes/pubs/50Ways\\_tips.pdf](http://www.ndep.nih.gov/diabetes/pubs/50Ways_tips.pdf)

### **Tip Sheets for Reaching Your Bright Future Goals**

Find Bright Futures tip sheets on increasing calcium and iron in your diet, healthy eating out and grocery shopping, using the food label, weight control, getting started/daily physical activity, physical activity for women with physical limitations, and walking.

Go to: [www.hrsa.gov/WomensHealth](http://www.hrsa.gov/WomensHealth)

## General Information

### **Health Resources and Services Administration, Office of Rural Health Policy**

Go to: [www.ruralhealth.hrsa.gov](http://www.ruralhealth.hrsa.gov)

### **National Women's Health Information Center**

Go to: [www.womenshealth.gov](http://www.womenshealth.gov)

Or call: 1-800-994-9662

### **Rural Assistance Center**

Go to: [www.raconline.org](http://www.raconline.org)

Or call: 1-800-270-1898



