

Healthy Weight For Life



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Health Education
Services

www.hanford.gov/amh

ahew@rl.gov

509-376-3939

My Health Vision

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Spend a few moments imagining your ideal self. This is *your* version of ideal, not your spouse's version, society's version, or anyone else. What would you be like as the ideal you? Would you have more energy? Would you be wearing a smaller size of clothing? Would you be shopping for groceries differently? Would you be experiencing less chronic pain? Would you be participating in exercise programs or community events, such as 5K walks or runs?

My Health Vision is:

Weekly Health Goals

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What types of actions can you take *this week* that will bring you closer to your health vision? When you write your three weekly goals, remember this acronym: SMART.

S=Specific.	What exactly do you plan to do? Will you go for a 30 minute walk on Monday and Wednesday? Will you wake up 10 minutes earlier on Tuesday and Thursday so you have time to eat a healthy breakfast?
M=Measurable	How can you measure your progress? Will you measure the number of times you do some activity? Will you measure pounds on the scale? Will you rate your energy level on a regular basis?
A=Attainable	Given your unique circumstances is your goal realistic for you? The more attainable your goal, your chance of success is much greater.
R=Reward based	Becoming healthier is a reward in itself, but there is a great benefit in allowing ourselves a reward for the efforts we place in changing our lifestyle. When you reach your goal, will you go somewhere you've always wanted to go, or buy something nice for yourself?
T=Timeframe	Having a timeframe helps us reach our goals by giving us a deadline. If we have all the time in the world to accomplish something, we're more likely to procrastinate. If we know that we need to complete a goal, or task in 3 months, we're more likely to make plans that allow the goal to be reached.

My weekly goals:

- 1.
- 2.
- 3.

What are you ready to change?

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Readiness to change exercise:

This exercise will help you assess your readiness to change behavioral areas related to your health and wellness. First, rate how important making behavioral change is to you on each of the relevant areas. In the second column, rate your current level of confidence in making change in these same areas.

Behavior	Importance	Confidence
Reduce or quit tobacco use (T)		
Improve weight management (W)		
Increase physical activity (P)		
Improve nutrition (N)		
Improve stress management (S)		
Improve medication compliance (M)		

Importance of change rating:

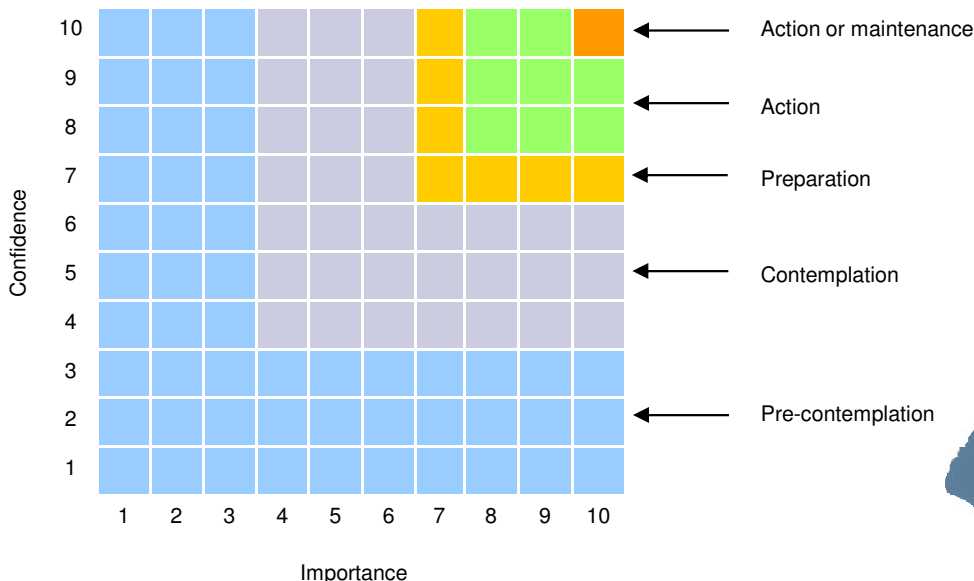
- NA = Not applicable
- 1 = Not important
- 5 = Somewhat important
- 10 = Extremely important

Confidence in change rating

- NA = Not applicable
- 1 = Not confident at all
- 5 = Somewhat confident
- 10 = Extremely confident

Readiness to change graph:

For the behaviors that apply to you, plot the intersection of your rating of the importance with your level of confidence; mark this intersection with the behavior letters.



Obstacles and Strategies

Anytime we make life changes, we run up against obstacles. Sometimes these are unexpected reactions or events, such as accidental injuries. Other times, these obstacles are familiar, like our struggle to “find time”. Reasons we may have opted to do nothing for our health in the past can be reduced to minor annoyances if we can learn to adopt effective strategies to overcome these obstacles.

Use this sheet to list a few obstacles to adopting your health goals. Make sure to clearly describe *why and how* the event or problem is keeping you from doing what you want to do for your health.

For every problem, there is a solution. Typically, we operate by following the path of least resistance, which sometimes means allowing the problem to continue instead of working upstream (strategy) towards a solution. Take a few minutes to write down how you might handle some of the obstacles you listed above. Consider what the obstacle has to do with your goal, and perhaps separate the two so that you can see opportunities to experience success.

Tips for Being Prepared

Nutrition

- Make time each week for a trip to the grocery store. Make a list before you go, so that you can be sure you have all the healthy foods you need.
- Don't forget to stock up on fruits and vegetables. These foods add color and texture to your meals. They are full of vitamins, minerals, and antioxidants. Fruits and vegetables fill us up without adding a lot of calories. And—they're convenient. Most vegetables and nearly all fruits can be eaten fresh, with very little preparation.
- Buy plastic snack bag and/or an assortment of *small* food containers for easy food packaging.
- Use prepackaged foods, such as low-calorie frozen meals, for busy times and easy calorie monitoring. Small snacks, such as fiber bars, yogurts, and single-serving cheeses are really quick and easy to grab when you're in a hurry.
- Invest in an insulated lunchbox for packing perishables for the road or to work. Don't forget the freezer packs!
- Know your calorie goals. If you need 2000 calories/day, and you are going to have five meals/day, know that about 1200 calories need to be packed in your lunchbox for work so you have two snacks and one lunch.

Exercise

- Have options—Identify some exercises you enjoy. If you love to play team sports, look for an intramural team or pick-up session. If you prefer to be outside, identify a couple different modes of cardiovascular exercises that you like, such as bicycling during warm weather and cross-country skiing during winter months.
- Make sure you have appropriate clothing and footwear. Comfort and safety during exercise is very important.
- Keep a bag of exercise clothes and shoes in your car or office. Be prepared to exercise whenever the opportunity presents itself. If someone wants to walk at lunch or you feel like going to the gym after work, you'll be ready!
- Take every chance to add exercise where it's least expected. Use the stairs all the time. Park further away from buildings. Walk during meetings.
- Get up and stretch or move around every hour. The longer you sit in one spot, the less motivated you are. The more you move, the more you'll feel like moving.

Heart Healthy Shopping List

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This list is based on the principles of the DASH diet (Dietary Approaches to Stop Hypertension), a proven hypertension controlling approach to food that emphasizes fruits, veggies, and whole grains, but also incorporates nuts, seeds healthy fats, low-fat dairy, and lean protein sources.

Whole Grains:

Opt for products that are 100% whole wheat or whole grain, contain at least 3 grams of fiber per serving, and are “low sodium”.

- Whole wheat, rye, or multigrain bread and crackers
- Unprocessed or lightly processed oatmeal, such as steel-cut oats
- Brown rice
- Whole wheat pasta
- Whole-grain breakfast cereal

Vegetables:

Choose fresh or frozen when you can; opt for canned only if it's “low sodium”.

- Asparagus
- Broccoli
- Carrots
- Green beans
- Kale
- Onions
- Sprouts
- Artichokes
- Brussels sprouts
- Cauliflower
- Peas
- Leeks
- Potatoes
- Squash
- Bell peppers
- Cabbage
- Collards
- Pumpkin
- Mushrooms
- Spinach

Fruit:

Choose fresh or frozen when you can; make dried or canned your second choice.

- Strawberries
- Apples
- Dates
- Mangoes
- Peaches
- Persimmons
- Blueberries
- Nectarines
- Kiwifruit
- Pears
- Figs
- Grapes
- Melons
- Pineapples
- Raisins
- Cranberries
- Citrus
- Plums
- Bananas
- Cherries
- Oranges
- Tangerines
- Prunes
- Raspberries
- Blackberries
- Tomatoes
- Apricots

Heart Healthy Shopping List

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Fat-Free or Low-Fat Dairy:

- Skim or low-fat (1%) milk
- Low-fat, low-sodium, natural cheeses, such as mozzarella or cheddar
- Nonfat or low-fat yogurt or frozen yogurt

Lean Meats, Poultry, or Fish:

- Low-mercury fish, such as salmon, herring, sardines, trout, and Pollack
- Skinless cuts of white-meat chicken or turkey
- Lean, trimmed, unprocessed cuts of red meat (use sparingly)
- Eggs (limit yourself to four per week)

Nuts, Seeds, and Legumes:

- Unsalted peanuts, walnuts, almonds, hazelnuts
- Nut butters (peanut butter, almond butter)
- Sesame seeds, pumpkin seeds, flaxseed
- Lentils
- Garbanzo beans
- Black beans
- Kidney beans

Fats and oils:

- Vegetable oils, such as olive, canola, or safflower oil
- Trans-fat-free margarine
- Fat-free cooking sprays

Use these seasonings to add interest:

- Fresh herbs, such as rosemary, basil, mint, dill, and chives
- Salt-free spices, such as lemon pepper, dried onion, and garlic powder
- Malt, cider, or red wine vinegar
- Lemon, lime, or orange juice or zest



Estimating Daily Caloric Needs

Using the Harris-Benedict principle

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Step #1: Calculate your BMR with the following formula. Please note that this formula applies only to adults.

Women: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

BMR = _____

Step #2: Calculate Activity

If you are sedentary : $\text{BMR} \times 1.2$

If you are lightly active: $\text{BMR} \times 1.375$

If you are moderately active (You exercise most days a week.): $\text{BMR} \times 1.55$

If you are very active (You exercise daily.): $\text{BMR} \times 1.725$

If you are extra active (You do hard labor or are in athletic training.): $\text{BMR} \times 1.9$

Daily Caloric Needs = _____ (to maintain current body weight)

Step #3: Caloric Deficit

Daily Caloric Needs $\times 0.8 =$ _____ (to lose body weight)

Step #4: Meal Distribution:

Eating multiple, small meals throughout the day aids in weight management. Less food energy will be stored as fat, because with multiple, light meals, your body will use the energy between each meal. Frequent small meals also help curb cravings and over-eating.

Daily Caloric Needs $\div 5$ meals per day = _____ calories per meal.

Food and Exercise Journal

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Keeping track of your daily caloric intake and expenditure is a very important step in managing a healthy weight. Just like a financial budget, each of us has a calorie budget. If we keep the calories balanced, we are better able to maintain weight. When we eat without considering the caloric “cost” of food, it’s difficult to make needed adjustments to the diet. But when all foods are written down and accounted for, we have the opportunity to identify and minimize high calorie foods, or notice deficiencies in certain nutrients or food groups.

Tracking exercise lets us account for calories expended. Calories expended brings good news: we either have a larger budget for caloric intake, or we enjoy the benefit of losing weight more rapidly.

To generate this journal electronically, visit www.amhchallenge tracker.com.

My daily calorie needs:			(transfer from your worksheet)
Meals	Goal calories per meal	Foods eaten	Your total calories per meal
#1			
#2			
#3			
#4			
#5			
Daily total			
Today's exercise			

Food Journal Resources

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To calculate your calories and create a food and exercise journal electronically, visit our Health Challenge Tracker at www.amhchallenge tracker.com.

These websites are helpful for searching a variety of foods for their nutritional content.

- www.calorieking.com
- www.nutritiondata.com

This website is very useful as an interactive nutrition and exercise tracking tool.

- www.sparkpeople.com

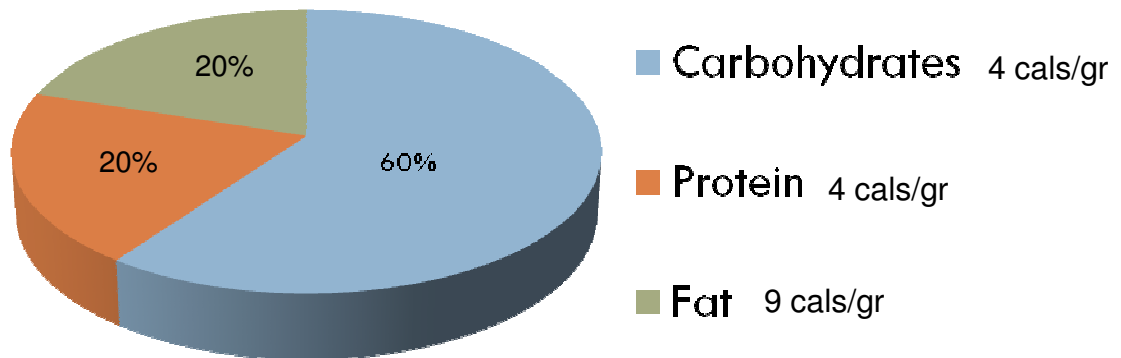
To learn about serving sizes of your favorite foods, reference this website:

- http://www.hanford.gov/amh/Nutrition/sub_serving.html



Nutrient Balance

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Daily caloric needs (from worksheet) _____

Carbohydrates:

Daily caloric needs $\times 0.6 =$ _____ $\div 4$ cal/gram = _____ grams of carbs per day

Protein

Daily caloric needs $\times 0.2 =$ _____ $\div 4$ cal/gram = _____ grams of protein per day

Fat

Daily caloric needs $\times 0.2 =$ _____ $\div 9$ cal/gram = _____ grams of fat per day

Portion Control Tips

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Many of us tend to underestimate the amount of food we eat and tend to overestimate the recommended portion sizes for many foods. For example, try pouring out your usual portion of pasta, then measure it! Compare it to the label portion size. You may be eating two or three times the amount on the label.

If you are confused when reading a food label, try relating the portion size of a serving to everyday items. It is an easy way to visualize what a true portion size looks like.

Everyday item	Food serving
A woman's fist or a baseball	A serving of vegetables or fruit
A rounded handful	About ½ cup of cooked or raw vegetables or fruit, ½ cup of cooked rice or pasta, or a snack serving such as chips or pretzels
Deck of cards	A serving of meat or poultry
Golf ball	About ¼ cup of dried fruit or nuts
Tennis ball	About ½ cup of ice cream
Computer mouse	About the size of a small baked potato
Compact disc	About the size of one serving of pancake or small waffle
Ping pong ball	About two teaspoons of peanut butter
Six dice	A serving of cheese
Checkbook	A serving of fish

The screenshot shows the AMH Nutrition website interface. At the top, it says 'NUTRITION' and 'It's Your Health own it!'. Below that, a green banner reads 'learn about food groups and serving sizes.' There are six food group icons: Grains, Dairy, Vegetables, Fruit, Meats & Beans, and Fat & Oil. A text box on the left explains that a healthy nutrition plan consists of a variety of foods from each of the following food groups: grains, dairy, fruits, vegetables, and meats, while being very selective with fats, sweets, and oils. It also mentions that consuming a balanced diet with adequate servings from each food group supports your health. At the bottom, there is a link to visit the MyPyramid Plan to find out how many servings of each group is recommended for you daily. The footer includes the AdvanceMed Hanford logo and 'Occupational Health Services'.

Visit the AMH website for an interactive portion sizing module which features nutrition information from the **USDA Food Guide Pyramid:**
http://www.hanford.gov/amh/Nutrition/sub_serving.html

Reading Food Labels

Whether you are trying to lose weight or just want to learn how to eat a healthy, balanced diet, reading labels is a necessary habit to develop. Remember when Grandma said, "You are what you eat"? She was right! All the building blocks in your food are transformed in your body to create cells which make up your organs, muscles, hormones, and everything else you're made of. Lucky for you, the facts are waiting patiently to be read, right on the label on the box.

In this sheet, we'll show you the anatomy of a nutrition label, so you can make wise food choices to reach your goal. Remember, for foods that have no label, such as a healthy piece of fruit, or a lean chicken breast, you can look up a food label online at www.calorieking.com or www.nutritiondata.com.

Sample label for
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

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%
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

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

Carbohydrates



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Consume a diet rich in vegetables and fruits.

Most vegetables and fruits are rich in nutrients, low in calories and high in fiber. Therefore, diets high in vegetables and fruits meet vitamin, mineral and fiber needs without adding a lot of calories. We are still learning whether it is the vegetables and fruits themselves, or the foods that you avoid eating by eating vegetables and fruits, that are associated reducing cardiovascular risk. Either way, diets rich in vegetables and fruits have been shown to lower blood pressure and improve other cardiovascular disease risk factors.

Eating a variety of whole (fresh, frozen, or canned) vegetables and fruits is recommended. Eat more deeply colored vegetables and fruit such as spinach, carrots, peaches and berries because they tend to contain higher amounts of vitamins and minerals than others such as potatoes and corn. Choose whole fruits over juice most often because whole fruit contains more fiber and may fill you up more than juice.

Choose whole-grain, high fiber foods.

At least half of your grain intake should come from whole-grain foods. Whole-grain foods also contain fiber and other beneficial nutrients. Dietary fiber may make you feel full which may help you to decrease the total amount of calories you eat. Other types of fiber found in whole-grain foods may reduce your LDL cholesterol levels and has been associated with a decreased risk of developing cardiovascular disease.

Minimize the intake of beverages and foods with added sugars.

The primary reasons to reduce the intake of beverages and foods with added sugars are to lower total calorie intake and to get enough of the nutrients your body needs. People who consume large amounts of beverages with added sugars tend to consume more calories. Some experts believe that calories consumed as liquid are not as satisfying and filling as calories consumed as food. This may have a negative effect on people who are trying to achieve and maintain a healthy body weight.

How many servings of fruits, vegetables and whole-grain foods should I eat?

For a person who needs 2,000 calories each day to maintain a healthy body weight, a healthy dietary pattern could consist of eating 6 to 8 servings of grains (at least half of the servings should be whole-grain foods) and 8 to 10 servings of vegetables and fruits (about $\frac{1}{2}$ cup counts as a serving). You should increase or decrease how much you eat based on the total amount of calories you need.

Protein



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Meat and poultry are favorite sources of essential protein yet they can be high in fat, especially unhealthy saturated fat and cholesterol. Because of this, most healthy diets recommend just modest amounts of these nutritious foods. Knowing how to pick the right cuts of meat and practicing low-fat cooking techniques can cut unnecessary fat from your diet and help you achieve your healthy eating goals. These 10 tips can help.

- ❑ **Choose lean cuts of meat and poultry.** The leanest poultry choice is white meat from the breast of chicken or turkey, without the skin. Lean cuts of beef include round, chuck, sirloin or tenderloin. Lean pork includes tenderloin and loin chops.
- ❑ **Check labels on ground meat.** When buying ground beef, look for packages with the highest percentage lean meat — 90 percent or higher. Most grocery stores offer several types of ground beef with varying percentages of lean meat by weight.
- ❑ **Try low-fat ground turkey or chicken breast meat.** Ground poultry can have as much fat as ground beef has, or more, because it often includes dark meat and skin. To make the leanest choice, choose ground breast meat, or look for low-fat ground chicken or turkey.
- ❑ **Select meat with the least amount of visible fat.** Marbled meat is streaked with fat. Select beef that is labeled "Choice" or "Select" instead of "Prime" — which usually has more fat.
- ❑ **Trim off any visible, solid fat from meat and poultry.** This includes the skin on poultry. When roasting a whole chicken or turkey, leave the skin on during cooking, but remove it and the fat underneath before eating. Also, remove any visible fat from pork and beef after cooking.
- ❑ **Choose low-fat marinades.** Marinades can enhance flavor, tenderize meat and keep food moist while cooking. Choose low-fat marinades, such as mixtures of herbs or spices with wine, soy sauce, cider vinegar or lemon juice.
- ❑ **Use low-fat cooking methods.** Low-fat cooking methods include grilling, broiling, roasting, sauteing and baking. When cooking meat in your oven, be sure to put the meat on a rack within a baking pan so that the fat drips away.
- ❑ **Cook meat in advance.** Make soups, stews and other dishes in which you boil the meat in liquid a day or two in advance and then refrigerate it. As the dish chills, the fat hardens on the top and you can easily remove the fat.
- ❑ **Drain fat after cooking.** After cooking ground meat, drain the fat from the pan and rinse the meat with hot water. Blot the meat with a paper towel to remove the water.
- ❑ **Watch serving sizes.** Three ounces of meat is about the size of a deck of cards. Three ounces also equals 1/2 of a boneless, skinless chicken breast, 1 skinless chicken leg with thigh and 2 thin slices of lean roast beef.

Fat and oils

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Choose from:

- Vegetable oils and margarines with liquid vegetable oil as the first listed ingredient and no more than 2 grams of saturated fat per tablespoon. Examples are canola, corn, olive, safflower, sesame, soybean and sunflower oils.
- Liquid or tub margarines that are low in saturated fat and trans fat. Trans fats raise LDL ("bad") cholesterol and total cholesterol.
- Reduced-fat and no-fat salad dressings and mayonnaise with no more than 1 gram of saturated fat per tablespoon.

Shopping and preparation tips

- Use fats and oils sparingly. And use the ones lowest in saturated fat and cholesterol for cooking, baking and in spreads.
- Use hydrogenated shortenings sparingly. And choose those made from vegetable fat such as corn oil or canola oil. They're lower in saturated fat than those made from animal- or vegetable-fat blends.
- Use reduced-fat or no-fat salad dressings with salads, for dips or as a marinade.
- Use cooking styles that add little or no fat to food, and request foods cooked that way when you eat out.
- Remember to count the "hidden fat" in bakery and snack foods as well as the fats used in cooking and on vegetables and breads. Read food labels.
- Remember that coconut oil, palm oil and palm kernel oil are high in saturated fat, even though they're vegetable oils and have no cholesterol. Read food labels



Heart Rate Training Zones

$$\text{MHR} - \text{RHR} = \text{HRR}$$

18	Estimated Maximum Heart Rate (MHR)	Resting Heart Rate (RHR)	Heart Rate Reserve (HRR)
	Male: $220 - \text{age} =$ Female: $226 - \text{age} =$		

Get the most out of your cardio!! By estimating your heart rate training zones you can ensure that you are training at a safe and effective level to reach your goal.

Zone 1	A great deal of research indicates that being active at 50-60% of your MHR consistently and for a total of 30 minutes on most days, reduces the risk of developing many chronic diseases.
	Lower Target Heart Rate Zone = $(\text{HRR} \times 50\%) + \text{RHR} =$ Upper Target Heart Rate Zone = $(\text{HRR} \times 60\%) + \text{RHR} =$
Zone 2	If your goal is to reduce body fat and you have been relatively inactive, you will need to train at a level of 60-70% of your MHR.
	Lower Target Heart Rate Zone = $(\text{HRR} \times 60\%) + \text{RHR} =$ Upper Target Heart Rate Zone = $(\text{HRR} \times 70\%) + \text{RHR} =$
Zone 3	If your goal is to improve your cardio-vascular conditioning, you should train within a zone of 70-80% of your MHR. This is also a good zone for fat burning if you are already fairly fit.
	Lower Target Heart Rate Zone = $(\text{HRR} \times 70\%) + \text{RHR} =$ Upper Target Heart Rate Zone = $(\text{HRR} \times 80\%) + \text{RHR} =$
Zone 4	If you are in top shape and training for a sporting event, you might need to include some workouts that are in 80-90% of your MHR. This level of training is both physically and mentally demanding so it is not something you would do on a daily basis. This zone is also a fat burning zone if you are extremely fit.
	Lower Target Heart Rate Zone = $(\text{HRR} \times 80\%) + \text{RHR} =$ Upper Target Heart Rate Zone = $(\text{HRR} \times 90\%) + \text{RHR} =$
Zone 5	This is the highest level of intensity training – 90-100% of you MHR. You should only train at this level if you are extremely fit. You can use this zone for high-intensity interval training. Since fat loss is always dependant on total calories burned, a high volume of training (which can only be accomplished if you are very fit) in this zone can also be deemed a fat burning zone.
	Lower Target Heart Rate Zone = $(\text{HRR} \times 90\%) + \text{RHR} =$ Upper Target Heart Rate Zone = $(\text{HRR} \times 100\%) + \text{RHR} =$

Note: Training in one or all of these zones can play a part in your overall fitness program, depending on your individual goals.

