

START *Smart* FOR YOUR HEALTH

Eat Right & Be Active

Take Steps to a Healthier You!



Getting Started

Making small changes can go a long way. This booklet will help you understand what you can do to eat right and be active. Choose the ones that are right for you. Start with one or two of the activities for one week. Then add more each week to build a healthier you!



Consult your doctor before starting any exercise or activity program, or before making changes to your diet. Listen to your doctor's advice regarding exercise and nutrition. They know what is best for you.

Ask your doctor about your body mass index (BMI). A BMI is calculated by looking at weight compared to height. The number gives you and your doctor a general idea of whether you are underweight, normal weight, overweight, or obese. This number can help guide your diet and activity plan. You should have this done at least once per year. You can earn a reward on your CentAccount when you get this done by your doctor.

Visit these websites to learn more:

www.StartSmartForYourHealth.com for:

- Information on eating right and being active.
- Resources for parents, like healthy recipes for kids.
- And more!

www.MyPyramid.gov for:

- The food groups and recommended amounts to eat from each group.
- Sample menus.
- Calculate your daily calorie needs.
- And more!

Your Goals

Write in your answers to the below questions. This will help you figure out your goals. You can look back at this if you need a reminder of why you are making healthy changes!

My reasons for wanting to eat right are:

By eating right, I want to:

(check one or more):

- Lose weight
- Maintain current weight
- Be healthy and help avoid illnesses caused by being overweight
- Feel better
- Other _____



Changes I want to make to my diet and healthy foods I will try to include:



My target calorie count each day is:*

By being active, I want to:

(check one or more):

- Lose weight
- Maintain current weight
- Be healthy and help avoid illnesses
- Feel better
- Other _____

My reasons for wanting to be active are:



The types of activities that I would like to try:

My target number of minutes being active each day is:*



**You can use MyPyramid.gov to help determine what is right for you. Consult your doctor before starting any exercise or activity program, or before making changes to your diet.*

Make Smart Food Choices

The Basics of Smart Food Choices

Daily recommendations for each food group:

Grains:

1 oz. is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta. Make half your grains whole. Grains are things like rice, oatmeal, pasta, bread and crackers.



6 ounces (oz.)

Meat & Beans:

1 oz is the same as 1 egg or 2 table-spoons of peanut butter. For meat, 3 ozs, which is about half of your daily requirement, is about the size of a deck of playing cards. Be sure to vary your foods so you eat more fish, beans, nuts and seeds. When you do eat meat and poultry, choose the lean version.



5 ½ ounces (oz.)

Vegetables:

Make sure to eat more fresh vegetables that are dark green (broccoli, spinach and other dark leafy greens) and orange (carrots and sweet potatoes). Also, don't forget beans and peas are also good vegetables to eat.



2 ½ cups

Milk:

1 ½ ounces of cheese is the same thing as 1 cup of milk. Choose fat-free or low fat most of the time.



3 cups
(kids ages 2-8 should have at least 2 cups)

Fruits:

Fresh, frozen, canned or dried fruit are better than juices. Be sure to eat a variety. There are many fruits to choose from such as grapes, bananas, peaches, strawberries and the list goes on!



2 cups

Oils & Fat:

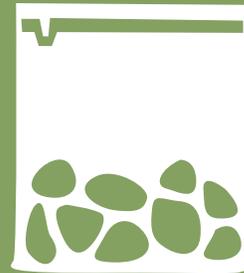
Limit how much oil and fat you eat. There are some oils and fats that are better for you than others. Fats that come from fish, nuts or vegetable oils are better than others. Using vegetable oil for cooking is better than using butter.

Tips & Tricks



Keep track of what you eat for the day. Small snacks and bites of things can add up.

Portion out snacks in small bags so you know how much you are eating. You'll be able to quickly take snacks with you that are the right serving size too!



Portion your plate to help you remember smart food choices.

1/2 vegetables & fruits
1/4 protein (meats & beans)
1/4 carbohydrates (grains)



Wait 10-15 minutes before going back for seconds. It takes about this long to feel full from what you just ate.

You don't have to stop eating all of the foods you love. Moderation is key. The chart below will help show the foods that you should eat most often, the food that should only be eaten sometimes and foods that should be eaten only once in a while.

Food Group	Almost Anytime Foods	
Nutrient - Dense ←		
Vegetable	Almost all fresh, frozen, and canned vegetables without added fat and sauces	
Fruits	All fresh, frozen, canned in juice	
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	
Sweets and Snacks*		
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	
Beverages	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	

* Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

** Vegetable and olive oils contain no saturated or trans fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)

Sometimes Foods	Once in a While Foods
 Calorie - Dense	
All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; sweetened breakfast cereals
2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

Chart Reference: The National Heart Lung, and Blood Institute who adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc. 2002.

Shop Smart

Now that you know how much and what kinds of foods are healthy to eat, you'll want to make sure you have these foods at home. Listed below are suggestions for foods from each food group you may want to have in your home. Add other healthy foods that you like. Bring this list with you when you go shopping.

Milk & Dairy Group:

- Fat free or low fat milk
- Yogurt
- Cheese
- Cottage cheese
- Light or diet margarine



- _____
- _____
- _____

Breads & Grains:

- Whole wheat sandwich bread, bagels, English muffins
- Soft corn tortillas or low fat flour tortillas
- Plain cereal
- Rice
- Pasta



- _____
- _____
- _____

Meat & Beans:

- Lean white meat chicken or turkey (no skin)
- Fish (not battered)
- Lean beef
- Dry beans and peas
- Eggs



- _____
- _____
- _____

Fruits:

- Bananas
- Grapes
- Cherries
- Canned or frozen fruits in light syrup



- _____
- _____
- _____

Vegetables:

- Carrots
- Broccoli
- Dark leafy greens
- Fresh, frozen or canned vegetables (no salt added)



- _____
- _____
- _____

Fats & Oils:

- Salsa
- Nonfat salad dressing
- Mustard
- Vinegar



- _____
- _____
- _____

And don't forget...

- Pay attention to the serving size. Look to see how many servings are in the items you buy.
- Read labels to make sure you know how many calories you are eating.
- Fat free doesn't mean calorie free.

Eating Out

You won't always be able to eat at home. Sometimes you will eat out, but you can still make healthier choices.



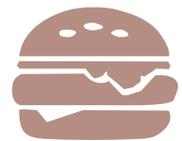
When ordering a sandwich, ask for lean meat and add lettuce and tomato. Get your sandwich on wheat or rye bread instead of white bread. Ask for your order without sauce such as mayonnaise, or have them put it on the side so you control how much is put on.

Put fast food on a plate so you can see everything. You might be surprised at the amount of food and order smaller portions next time.



At Chinese restaurants, order with brown rice instead of white and get extra vegetables with your meals.

At fast food restaurants order smaller burgers instead of the double meat burgers. Grilled chicken sandwiches or salads with low-calorie dressing can also be a good choice. Skip the fries and get fruit or other healthier side item. Choose milk or water for a drink.



For pizza, order a veggie for toppings like peppers and onions. You can also ask for half of the cheese and whole-wheat crust at most places.



When dining out, order an appetizer instead of an entrée.

You don't have to eat everything on your plate. Take the leftovers home for another meal or snack.

If you bring your take out home to eat, here are some healthy side dishes you can add!

- Vegetables or salad
- Vegetable soup
- Fruit, either fresh or canned
- Pudding made with fat-free milk

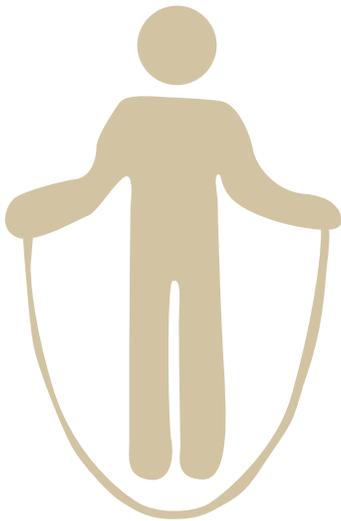
Get Active



How active should you be?

- For good health, MyPyramid recommends at least 30 minutes of activity 3-5 days per week. However, 30 minutes every day is best.
- To prevent weight gain, many people need about 60 minutes of physical activity on most days.
- To keep off lost pounds, many people need about 60 to 90 minutes of physical activity daily.
- Children and adolescents need 60 minutes of physical activity daily.

You don't have to go to a gym to be active. Exercise can be easy to fit into your schedule and can even be fun!



- Take a walk. Increase the amount of time you walk each day.
- Take a walk over your lunch break.
- Mix it up. Walk one day, swim the next.
- Park further away so you get in extra steps.
- Stretch, lift weights or do jumping jacks while you watch T.V. You can even do this just during the commercials.
- Play! Kick a ball, play basketball or jump rope.
- Cut the grass or wash your car.

Write in other activities you are going to try below.

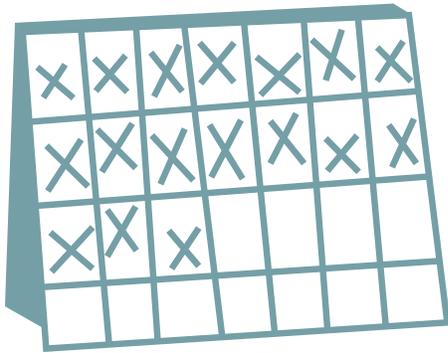
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Keep a log of the amount of activity you do each day. This will help you keep track of your progress.



Make it a Habit

Making healthy choices is important. It is also important to stick with your new healthy lifestyle. Be sure the changes you make are ones you will be able to make a habit. Remember, eating right and being more active are long-term changes in your lifestyle.



Don't worry if you have a day you don't stick to your healthy changes. Just be sure to get back on track the next day. It might help to look back at your goals and reasons for wanting to make these changes.

**Congratulations
on taking steps**



**to build a
healthier you!**



Magnolia[®]
Health Plan