

Activity + Eating for Adults

A Healthier
You

Learn how small changes
can lead to big
results over time.




DAIRY COUNCIL
of **CALIFORNIA**[®]
Healthy Eating Made Easier[®]
HealthyEating.org

Reality check ... where do you stand?



Yes No

- Are you often trying the latest diet?
- Do you feel guilty if you eat your favorite foods?
- Do you often skip breakfast?
- Do you spend 2 or more hours a day watching TV or using the computer?

Did you mark **YES** to one or more questions? If so, then it's time to make healthy food choices and become more physically active. It can help you feel better, improve your health and improve your weight.

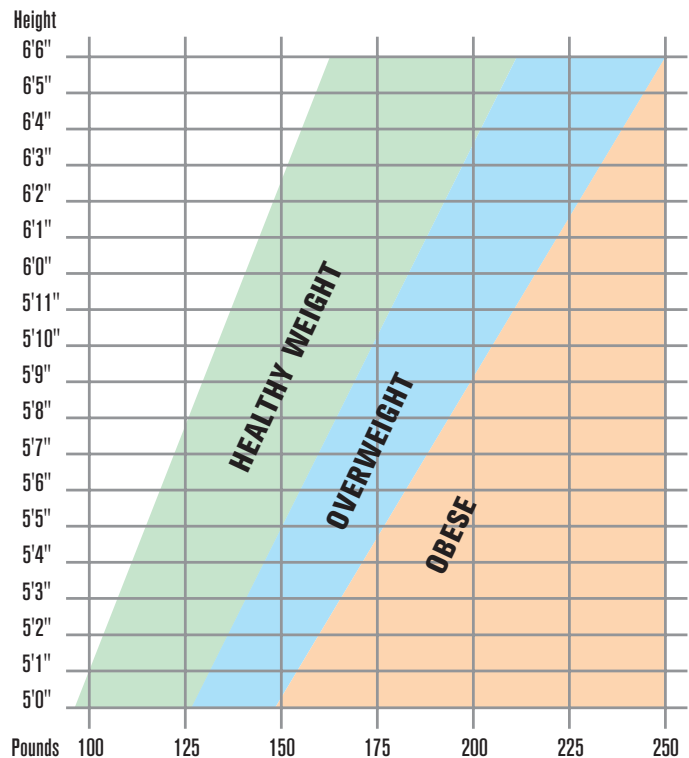
Am I at a healthy weight?

If you are not comfortable with your weight or you just want to make healthy changes, **small steps can make a big difference:**

- **Pack more nutrients into your food choices.** Replace a high-calorie snack with a lower-calorie snack such as a piece of fruit.
- **Move more.** Walk for 30–60 minutes every day.
- **Track what you eat and how much you eat.** Eating up to 50 extra calories each day could make you gain up to 5 pounds in a year.
- **Losing just 1–2 pounds a week** is a healthy goal. Don't give up if the scale says your weight hasn't changed! You may find that you lose fat and gain muscle, which can make your clothes fit better.

Losing a little weight can really improve your health and help you feel better.

1. Find your weight in pounds. Draw a line going up.
2. Find your height. Draw a line across until you meet your weight line.



3. Is your weight where you'd like it to be?
Yes No

How can I make every calorie count?

These are foods that taste great and naturally have a lot of vitamins and minerals.

They are lower in calories, fats, salt or added sugars.



Eat more:

- Low-fat or fat-free dairy foods
- Vegetables
- Fruits
- Whole grains
- Lean meats, seafood and beans

Eat less:

- Fats
- Salt
- Added sugars

What are my best calorie choices?

Start your day with breakfast:



- Skipping breakfast may lead to weight gain because you may eat or snack more later in the day.
- Eating high-fiber breakfast cereal may help you keep weight off.

Plan home-cooked meals that:

- Can be as fast to make as eating out.
- Often are lower in calories than restaurant meals.
- Include more variety of foods.
- Cost less money than eating out.

For more information visit HealthyEating.org.

How do food labels help?

Use food labels to help you make good choices.

Here's how:

Low-fat milk

Nutrition Facts		
4 serving per container		
Serving size		1 cup (245g)
Amount Per Serving		105
Calories		
%Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	130mg	5%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Total Sugars	12g	
Includes	0g	Added Sugars 0%
Protein	8g	
Vitamin D	2.5mcg	25%
Calcium	300mg	30%
Iron	0.12mg	0%
Potassium	397mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check serving sizes.

One container isn't always one serving. Compare your serving size to what's listed on the label as a serving size.

Limit these numbers.

Watch calories. Avoid excess fats, sodium and added sugars.

Get enough.

Focus on fiber, vitamin D, calcium, iron and potassium.

- 10% is good
- 20% or more is excellent

Too big?

Watch serving sizes

They may be too big! Control how much food you eat. Look at the hand symbol chart on Page 4.

Oversized Serving



820 Calories


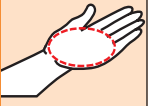



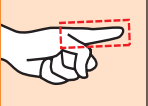


Healthy Serving



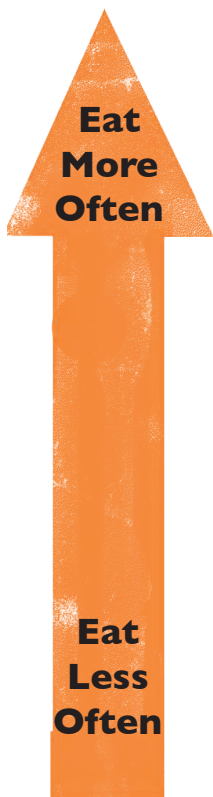
320 Calories

What am I eating now?

Mark how much food you ate and drank for meals and snacks yesterday. Write the total for each food group at the bottom of each column.

Symbol	Serving Size	Food
	One fist 1 cup	Dry cereal, Milk, Yogurt, Vegetables, Fruit
	Palm 3 ounces	Chicken, Beef, Fish, Pork
	Handful 1/2 cup	Noodles, Rice, Oatmeal
	Two fists 2 cups	Salad
	Thumb 1 tablespoon	Peanut butter
	Pointer finger 1 1/2 ounces	Cheese
	Flat hand 1 slice	Slice of whole-wheat bread
	Thumb tip 1 teaspoon	Cooking oil, Mayonnaise, Butter, Sugar

What is a Serving Size?



My Total

Goal*

Dairy

Milk, Yogurt, Cheese
Choose low-fat or fat-free dairy most often

- 1 cup milk or yogurt
- 1 1/2 ounces hard cheese
- Low-fat cheese
- Fat-free milk
- String cheese
- Low-fat milk (1%)
- Reduced-fat milk (2%)
- Fat-free yogurt, plain
- Mozzarella cheese
- Low-fat yogurt, plain
- Whole milk
- Low-fat chocolate milk
- Low-fat cottage cheese
- Cheese: American, Cheddar, Jack and Swiss
- Pudding
- Cottage cheese
- Fat-free yogurt, flavored
- Custard or flan
- Frozen yogurt
- Ice cream

_____ TOTAL

3 cups

Vegetables

Vary your veggies

- Fresh, frozen or canned
- 1 cup raw or cooked
- 1 cup juice
- 2 cups raw leafy greens

- Lettuce
- Spinach
- Peppers
- Broccoli
- Tomatoes, raw
- Bok choy
- Greens: collard, kale, mustard
- Asparagus
- Green beans
- Carrots
- Peas
- Squash
- Sweet potato
- Spaghetti sauce, no meat
- Potato
- Corn
- Avocado
- Oven-baked french fries

_____ TOTAL

2 1/2 cups

* This chart is based on 1,800 calories.

More options for improvement

Eat foods that are rich in nutrients and have fewer calories.

Eat foods in the lighter-shaded areas or smaller servings of higher-calorie foods shown in the darker shading. Ideas: Choose low-fat milk instead of a soft drink or oatmeal instead of a pastry.

Eat foods from **all food groups** for a balanced diet.



Find your calorie needs with Healthy Eating Planner at HealthyEating.org/Plan



Fruits
 Make most choices fruit, not juice

Fresh, frozen or canned in own juices
 1 cup cut-up fruit
 1 cup juice
 ¼ cup dried fruit

- ___ Grapefruit
- ___ Berries
- ___ Papaya
- ___ Peach
- ___ Cantaloupe
- ___ Orange
- ___ Apricot
- ___ Apple
- ___ Pineapple
- ___ Grapes
- ___ Pear
- ___ Raisins and other dried fruit
- ___ Mango
- ___ Banana
- ___ Fruit juice (100%)
- ___ Canned fruit in syrup

_____ TOTAL

1 ½ cups

Grains
 Breads, Cereals, Pasta
 Make half your grains whole grain

1 ounce = 1 slice bread;
 1 cup dry cereal;
 ½ cup rice, pasta or cooked cereal

- ___ Hamburger or hot dog bun
- ___ English muffin
- ___ Whole-grain bread
- ___ Hot cereal or oatmeal
- ___ Roll
- ___ Brown or white rice
- ___ Pancake or waffle
- ___ Corn tortilla
- ___ Pretzels
- ___ Pasta or noodles
- ___ Whole-grain cereal
- ___ Graham crackers
- ___ Bagel
- ___ Crackers
- ___ French toast
- ___ Flour tortilla
- ___ Cornbread
- ___ Granola
- ___ Muffin

_____ TOTAL

6 ounces

Protein
 Meat, Beans, Nuts
 Go lean with protein

3 ounces meat, fish or poultry
 1 ounce = 1 egg;
 ½ cup beans;
 1 tablespoon peanut butter or ½ ounce nuts

- ___ Beans: pinto, black
- ___ Egg
- ___ Tofu
- ___ Shrimp and shellfish
- ___ Lunch meat
- ___ Peanut butter
- ___ Tuna fish
- ___ Pork and ham, lean
- ___ Chicken and turkey (white meat, no skin)
- ___ Fish
- ___ Hot dog
- ___ Fish, fried
- ___ Nuts and seeds
- ___ Beef, lean
- ___ Chicken, fried
- ___ Sausage

_____ TOTAL

5 ounces

“extra” Foods
 These don't fit in a food group

Eat less. These are often higher in calories, added fats, salt or added sugars and low in nutrients.

- ___ Ketchup
- ___ Barbecue sauce
- ___ Jelly/jam
- ___ Salad dressing
- ___ Bacon
- ___ Mayonnaise
- ___ Fruit drink
- ___ Chocolate candy
- ___ Cookies
- ___ Potato chips
- ___ Soft drink
- ___ Cake
- ___ Pie
- ___ Doughnut
- ___ Fast-food french fries

_____ TOTAL

Limit amount



Small steps I can take to improve my food choices:

Idea: Baked potato instead of french fries.

To start my new habit I will:

- Buy a different food
- Eat slower
- Watch portion size
- Eat at home more often
- Other: _____

I will start my new habit (date) _____

Be active ... get moving!

Start with 30 minutes a day—that's all it takes!



Boost your heart rate

- Make your heart beat faster for 30 minutes at least 5 days a week.
- Can't find 30 minutes to move? Aim for 3 ten-minute sessions each day. You can take the stairs, park farther from the store or turn a meeting into a walk.
- Work your way up to 60–90 minutes most days to lose weight or maintain weight loss.

Build muscle

- Include strength training like lifting weights, push-ups, sit-ups or yoga to build or keep your muscles strong.
- Building muscles improves strength, balance and bone strength.

Why be physically active?

Circle what motivates you!

- Give yourself more energy.
- Reduce stress and sleep better.
- Lose body fat and keep it off.
- Increase strength.
- Reduce your risk of diseases such as heart disease and diabetes.
- Lower high blood pressure.
- Keep bones healthy.
- Improve concentration and productivity at work.



Health problems? Consult your health care provider first.

Am I getting enough physical activity?

Write down physical activities you do now.

Aim for
30 minutes
5 days
a week
or more.



Move more!
Get your heart
working so you
breathe harder.

My Physical Activities	Days and Minutes of Activity						
	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Example: Walk with a neighbor after breakfast.		20 min.		20 min.	30 min.	30 min.	
Total minutes:							



Find ways to **increase** your activities. Walk at lunch, try a team sport or borrow a workout video.

My idea: _____

Mark an idea to try this week.

- Trade “do less often” time for “move more” time.** Do sit-ups or jumping jacks while watching TV. Walk with a friend.
- Be active at work.** Use break time to stretch, walk and do simple exercises like squats and arm circles.
- Add more time** to each activity. Walk for 30 minutes instead of 20 minutes.
- Work a little harder.** Turn your easy walks into power walks or jogs.

I will start my new activity:

_____ (date)

How can I make healthier choices?



Food diary

Keep a weekly food diary to see if you are eating foods from your chart. Remember to list what you eat for snacks.

Day 1: Meals	What you ate and drank
Breakfast	
Lunch	
Dinner	
Snacks	
Drinks (soft drink, coffee, milk, juice)	
Day 2: Meals	What you ate and drank
Breakfast	
Lunch	
Dinner	
Snacks	
Drinks (soft drink, coffee, milk, juice)	

My health goals

Go back and look at the inside pages to create 2 small steps for better health.

1.
2.

I will start my goals: _____ (date)



This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating habits. For more information and additional resources, visit HealthyEating.org.