

# Activity & Eating

## Small Steps to a Healthier You



### Reality check ... where do you stand?

Yes No

- Do you worry more about how you look than your health?
- Are you often trying the latest diet?
- Do you feel guilty if you eat your favorite foods?
- Are you confused about which foods you should eat?
- Do you often skip breakfast?
- Does a lack of time or energy keep you from being physically active?
- Do you spend two or more hours a day watching TV or playing on the computer?

Did you mark **YES** on 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.

The struggle to maintain a healthy weight and eat better is very common, but it can be easier than you think to eat well and be physically active.

Be realistic—**small changes can lead to big results** over time. Read on to learn more.

# Am I at a healthy weight?

If you are not comfortable with your weight or you just want to make healthy changes, only **small steps are needed**:

- ▲ **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 make a big difference** by lowering your blood pressure and improving your blood sugar level.

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

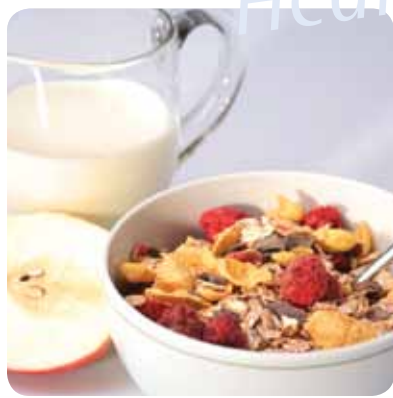
# What about food choices?

**Choose nutrient-rich foods.** These are foods that naturally have a lot of vitamins, minerals and fewer calories. They are low in solid fats, added sugar or salt.



- ▲ **Eat more:**
  - Low-fat or fat-free milk products
  - Whole grains
  - Vegetables
  - Fruits
  - Lean meats, seafood and beans

- ▲ **Eat less:**
  - Added sugars
  - Fat
  - Salt



- ▲ **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.

# What are my best calorie choices?



## ▲ Plan meals to:

- Balance healthy food choices over the week
- Throw out less food
- Save time by making a shopping list



Find great recipes at [MealsMatter.org](http://MealsMatter.org)

## ▲ Home-cooked meals:

- 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

### Oversized Serving



820 Calories

### Healthy Serving



320 Calories

### Too big?

#### ▲ Watch serving sizes.

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

# How do food labels help?

Use food labels to help you make good choices. Here's how:

### 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 fat, sodium and sugars.

### Get enough.

Focus on fiber, calcium, iron, Vitamin A and Vitamin C.

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

Nutrition Facts		
Serving Size 8 fl oz (245g)		
Servings Per Container 8		
Amount Per Serving		
<b>Calories</b>	170	Calories from Fat 20
%Daily Value*		
<b>Total Fat</b>	2.5g	4 %
Saturated Fat	1.5g	8 %
Trans Fat	0g	0 %
<b>Cholesterol</b>	5mg	2 %
<b>Sodium</b>	190mg	8 %
<b>Total Carbohydrate</b>	29g	10 %
Dietary Fiber	1g	5 %
Sugars	27g	
<b>Protein</b>	8g	
Vitamin A	10%	Vitamin C 6%
Calcium	30%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Look at the big picture.





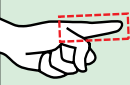


No label? Choose fresh foods like vegetables, fruit and lean meats, which are rich in nutrients but may not have food labels. These are good choices, along with low-fat dairy and whole grains.



**Foods naturally rich in nutrients are also rich in taste!**

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

What is  
Serving Size?



My Total

Goal\*

My Gap

## Milk & Milk Products

Choose low-fat or fat-free dairy most often

1 cup milk or yogurt,  
1½ ounces hard cheese

- Low-fat cheese
- Fat-free milk
- String cheese
- Low-fat milk (1%)
- Low-fat milk (2%)
- Fat-free yogurt, plain
- Mozzarella cheese
- Low-fat yogurt, plain
- Whole milk
- Chocolate milk, low-fat
- Low-fat cottage cheese
- Cheese: American, Cheddar, Jack and Swiss
- Cudding
- Cottage cheese
- Fat-free yogurt, flavored
- Custard or flan
- Frozen yogurt
- Ice cream

\_\_\_\_\_ TOTAL

3 cups

+ or - \_\_\_\_\_

## Vegetables

Vary your veggies

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

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

\_\_\_\_\_ TOTAL

2½ cups

+ or - \_\_\_\_\_

\* This chart is based on 1,800 calories.

## More options for improvement

- ▲ **Eat foods rich in nutrients and that have fewer calories.**  
Eat foods in the lighter-shaded areas or smaller servings of foods in the darker shading, which are higher in calories. One idea: Choose low-fat milk instead of soda, or oatmeal instead of a pastry.
- ▲ Eat foods from **all food groups** for a balanced diet.



Find your calorie needs with the Personal Nutrition Planner.

[MealsMatter.org/tools](http://MealsMatter.org/tools)



### Fruits

**Make most choices fruit, not juice**

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

- 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
- Avocado

**TOTAL**

**1½ cups**

+ or - \_\_\_\_\_

### Grains

**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
- Bread crumb
- Pancake waffle
- Corn tortilla
- Pretzel
- Pasta or noodles
- Whole-grain cereal
- Graham crackers
- Bagel
- Cracker
- French toast
- Flour tortilla
- Cornbread
- Granola
- Muffin

**TOTAL**

**6 ounces**

+ or - \_\_\_\_\_

### Meat & Beans

**Go lean with protein**

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

- Beans: pinto, black
- Egg
- Tofu
- Shellfish
- Meat
- Peanut butter
- Tuna fish
- Pork and ham, lean
- Chicken and turkey (white meat, no skin)
- Fish
- Hot dogs
- Fish, fried
- Nuts and seeds
- Beef, lean
- Chicken, fried
- Sausage

**TOTAL**

**5 ounces**

+ or - \_\_\_\_\_

### Extra Foods

**These don't fit in a food group.**

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

- Ketchup
- Barbecue sauce
- Jelly/jam
- Salad dressing
- Bacon
- Mayonnaise
- Fruit drink
- Chocolate candy
- Cookies
- Potato chips
- Soda
- Cake
- Pie
- Doughnut

**TOTAL**

**Limit amount**



**Small steps I can make to improve my food choices:**

**Idea:** Baked potato instead of French fries.

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I will start my new activity: \_\_\_\_\_

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 five days a week.
- ▲ Can't find 30 minutes to move? Aim for three 10-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

- ▲ Increase strength by doing things 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.

The infographic features a large blue arrow pointing upwards. To the left of the arrow, the text 'Move More' is written vertically in white, and 'Do Less' is written vertically in white below a dashed line. To the right of the arrow, a list of activities is presented in white text on a blue background. The activities are: Run, Swim, Cycle, Basketball, Fast walk, Fitness class, Stair climb, Walk, Dance, Yoga/stretch, Weight lifting, Housework, and Yard work. Below these activities, the text 'Computer/TV', 'Video games', and 'Sitting still' is listed. A silhouette of a person in a yoga pose is shown on the right side of the infographic, and a silhouette of a person sitting at a desk is shown at the bottom right.

**Health Problems?** Consult your health care provider first.

# Am I getting enough physical activity?

Aim for **30 minutes**  
**5 days a week or more.**

**Move more!**

Get your heart working  
so you breathe harder.



▲ Write down physical activities you do now.

My Physical Activity Plan	Days and Minutes of Activity						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Example:</b> Walk with a neighbor after breakfast.		20 min.		20 min.	30 min.	30 min.	
<b>Total minutes:</b>							

▲ 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” 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

▲ **Need more ideas?**  
Try the MyFitness Planner: [MealsMatter.org/Tools](http://MealsMatter.org/Tools)



Keep a weekly physical activity journal at home:  
[MealsMatter.org/Journal](http://MealsMatter.org/Journal)



# How can I make healthier choices?

## Shopping list

**Foods rich in nutrients I can choose.**

### Milk & Milk Products (dairy)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Vegetables

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Fruits

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Grains

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

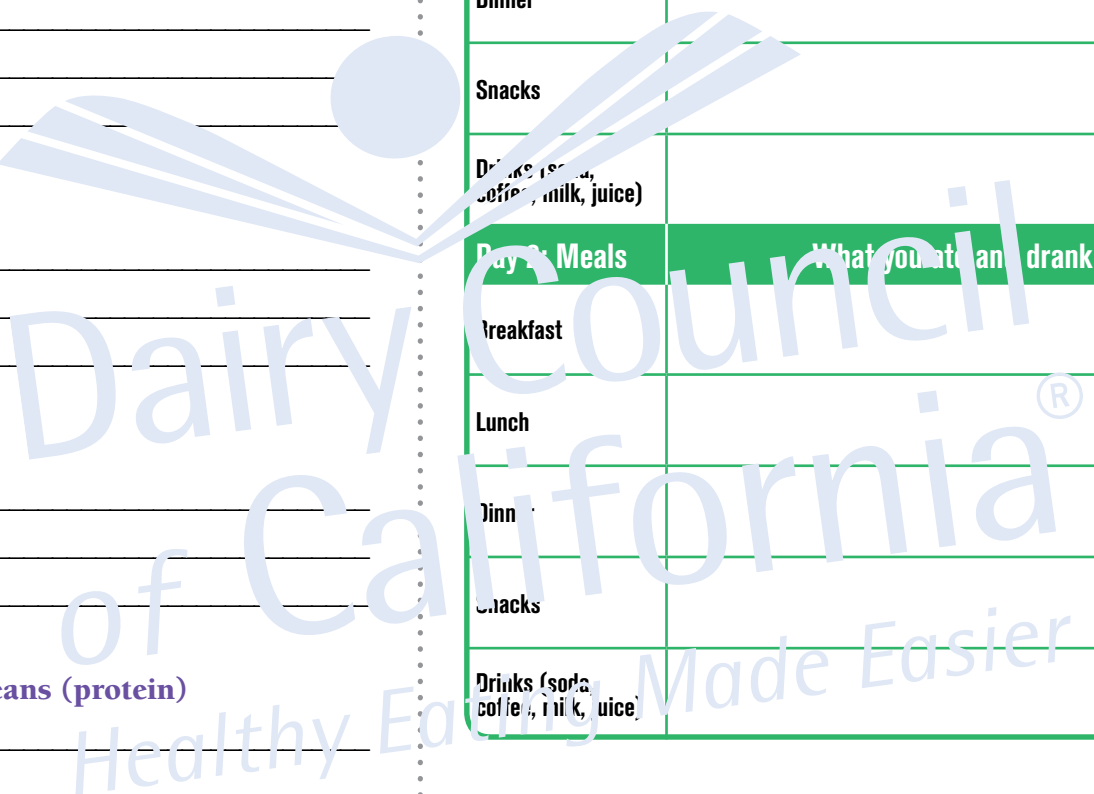
### Meat & Beans (protein)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Food diary

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

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



This program, brought to you by Dairy Council of California, aligns with the 2010 Dietary Guidelines.

## My health goals

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

**Idea:** I will trade an extra food for a snack from a food group, such as a small handful of nuts instead of potato chips.

1. \_\_\_\_\_
- \_\_\_\_\_
2. \_\_\_\_\_
- \_\_\_\_\_

▲ I will start my goals: \_\_\_\_\_ date