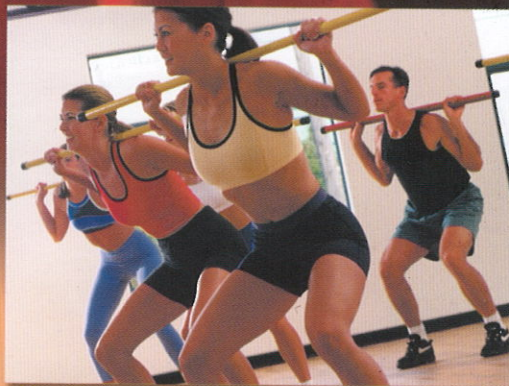
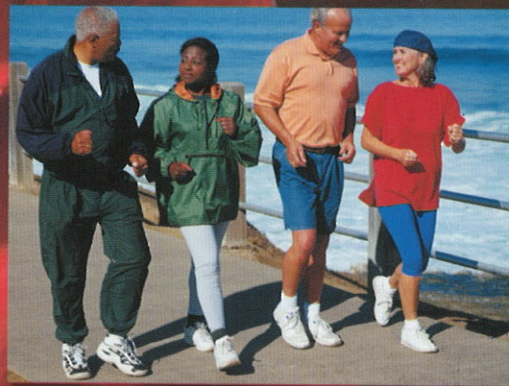


# Eating and Exercising for Better Health





# If you would like to improve your eating and exercise habits,

this handbook is for you. It will help you:

## Think about the benefits

of eating healthier and being more active. They include:

- reducing the risk for—or managing—a health problem (such as heart disease, stroke, high blood pressure, high cholesterol, diabetes, arthritis and certain types of cancer)
- having more energy and managing stress better
- losing weight to feel and look better.

## Chart your course

for making healthy changes. To help you stay motivated:

- Keep reminding yourself of the benefits.
- Make a plan that helps these changes become a normal part of your day.
- Set realistic goals and track your progress.

## Work with your health-care provider

to make a plan that's right for you. You may also want to ask about working with a dietitian or nutritionist, or a personal trainer.

**Eating healthier and being more active are keys to feeling your best—physically and mentally!**

# Contents

## Eating better for better health

Knowing what's part of a healthy eating plan .....4

Special nutrition needs.....5

Having a healthy weight .....7

Eating right .....8

Reading the Nutrition Facts label.....10

Making healthy food choices .....12

Some questions and answers .....14

Barriers, goals and progress .....15

## Being more active for better health

Knowing what's part of a healthy exercise plan .....18

Your special exercise needs .....19

Making an exercise plan .....20

Aerobic exercise .....22

Other types of exercise .....23

Monitoring exercise intensity .....24

Other steps to exercise properly .....26

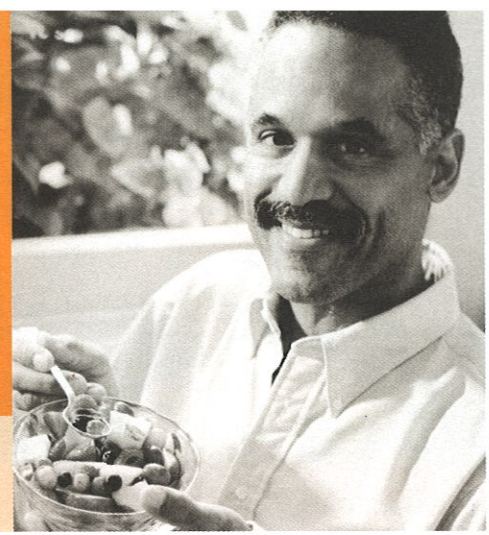
Barriers, goals and progress .....27

## Learn more

Sources of information .....30



# Eating better for better health



Start by knowing what's part of a healthy eating plan. In general, healthy eating involves:

## Eating a variety of foods

- This helps you get all the nutrients you need. (See box below.)
- It also helps you get enough fiber. Fiber is important for digestion. Good sources of fiber include fruits, vegetables, beans, peas and whole grains.

## Eating the right amounts of different foods

- Eat plenty of whole grains and low-fat milk products.
- Eat a variety of fruits and vegetables.
- Limit total fat, especially saturated fat and trans fat.
- Limit cholesterol.
- Limit sugars and salt (sodium).

## Taking other healthy steps

- Balance eating and physical activity to reach or maintain a healthy weight.
- Limit alcohol—or don't drink at all. People who should not drink at all include women who are pregnant or planning to become pregnant, and alcoholics. Ask your health-care provider what's best for you.

Nutrient	Good sources include:
carbohydrates	whole grains, potatoes, cereals, pasta, fruits and vegetables
protein	lean meats, poultry, fish, eggs, dairy products, dry beans, soybeans and nuts
vitamins	vegetables, fruits, dairy products, dry beans and whole grains
minerals (such as calcium and iron)	dairy products, green vegetables, lean meats, poultry, dry beans and dried fruits
fats	most liquid vegetable oils, nuts and some fish
water	tap or bottled water, milk, juice, soup, and nonalcoholic and caffeine-free beverages.

## Ask yourself:

How happy am I with my eating habits? What do I do well? What would I like to change? Would tracking what I eat for a few days help me see what I need to change?

---



---



---



---



---



---



---

**See pages 8-13 for more on making healthy food choices.**





## People with certain health conditions

may also have special nutrition needs. Talk with your health-care provider or a dietitian or nutritionist about your needs.

### People who have high blood pressure

need to:

- lose weight, if they are overweight
- limit sodium (salt) intake to 2,300 mg per day (depending on their condition, their health-care provider may recommend limiting sodium to 1,500 mg per day)
- follow other dietary advice from their health-care provider, such as cutting back on fats.

Some people may also need medication.

### People who have diabetes

need to:

- lose weight, if they are overweight
- follow the meal plan they develop with their health-care provider (including when to eat).

Some people may also need insulin or other medication.

### People who have high cholesterol

need to:

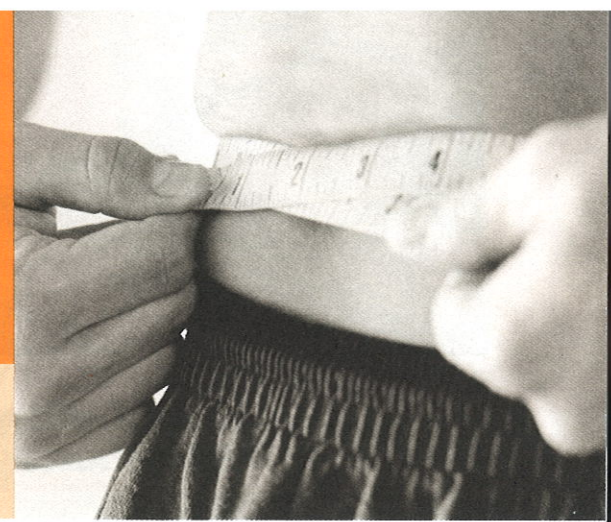
- lose weight, if they are overweight
- limit saturated fat and cholesterol to the same general amounts recommended for everyone (see page 11), or to lower amounts in some cases (for example, to help manage heart disease)
- limit trans fat—found in baked goods, margarine, fried foods, snack foods and other processed foods that contain “partially hydrogenated” oils
- work with a dietitian or nutritionist, in some cases.

Some people may also need medication.

**If you have another health condition, be sure to talk with your health-care provider or a dietitian or nutritionist about any special nutrition needs.**

# Having a healthy weight is a key to your good health.

It can help reduce your risk for future health problems. Talk with your health-care provider about what's a healthy weight for you. He or she may:



## Figure out your body mass index (BMI)

- BMI is figured by a special formula that relates weight and height.
- A BMI of 19 to 24 is considered healthy.
- A BMI of 25 to 29 is considered overweight.
- A BMI of 30 or above is considered obese.

You can also calculate your BMI by visiting the National Heart, Lung, and Blood Institute's Web site at [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi).

## Measure your waist

- This can help tell how much fat is around your abdomen—too much is a health risk.
- Health risks increase if a man's waist is over 40 inches or a woman's waist is over 35 inches.

## Recommend steps for losing weight, if you are overweight

Keep in mind:

- Making permanent, healthy changes in your eating and exercise habits helps you lose fat, not needed muscle. Having healthy muscles helps your body be leaner and burn more calories—and be healthier overall.
- Losing weight slowly (about 1-2 pounds a week) is generally best. Avoid crash or fad diets (for example, high-protein diets). These can be dangerous to your health. And any weight lost is usually regained.

## Focus on having good health—not on having an “ideal” body size or shape.

That size or shape may be unrealistic or unhealthy for you. Ask yourself:

How happy am I with my weight, and my body size and shape? \_\_\_\_\_

What changes, if any, would I like to see? \_\_\_\_\_

Does my health-care provider see these changes as realistic? \_\_\_\_\_

What weight, and ways to reach or maintain it, does my health-care provider recommend for me?

---

---

---

---

---

# Eat right.

A healthy diet combines:



## Variety

Different foods provide different vitamins, minerals and nutrients.

## Moderation

Limit fats, cholesterol, salt (sodium), added sugars and calories with no nutritional value.\* **Make lean, low-fat or nonfat choices** when possible. Reading food labels can help. Use lower-fat ways of cooking, too.

\*Do not restrict fat for children under age 2. Ask your health-care provider about other nutritional needs for young children.

## Activity

Find a healthy balance between what you eat and your physical activity. See pages 18-26 to learn more.

## Proportion

For example, have more grains, vegetables and fruits than meats and high-fat foods. And only get as many calories as you need.

## Write down any special needs you may have

for how much of a food to eat, or when to eat (for example, to manage diabetes or another health condition). Ask your health-care provider or a dietitian or nutritionist for help.

---

---

---

---

---

---

---

---

## How much food is right for you?

It depends. This chart estimates calorie needs. Use the lower number if you're not active—the higher number if you're active.

	Age	Daily calories
<b>Child</b>	2-3	1,000-1,400
<b>Female</b>	4-8	1,200-1,800
	9-13	1,400-2,200
	14-30	1,800-2,400
	31-50	1,800-2,200
	51+	1,600-2,200
<b>Male</b>	4-8	1,200-2,000
	9-13	1,600-2,600
	14-18	2,000-3,200
	19-30	2,400-3,000
	31-50	2,200-3,000
	51+	2,000-2,800



Go to [www.MyPyramid.gov](http://www.MyPyramid.gov) or talk to your health-care provider for a personal nutrition plan.

Source: U.S. Department of Agriculture



**Make smart choices from each food group every day. Here are the suggested amounts for a daily diet of 2,000 calories and some examples of food amounts:**

**Grains (6 ounces)**

At least half should be whole grains. Count each as 1 ounce:

- 1 slice of bread or 1 small muffin
- 1 cup of ready-to-eat or ½ cup of cooked cereal
- 1 ounce of dry or ½ cup of cooked pasta or rice.

**Vegetables (2½ cups)**

Have plenty of dark-green and orange vegetables, as well as beans and peas.\* Count each as 1 cup:

- 1 cup of raw, cooked or juiced vegetables
- 2 cups of leafy salad greens.

**Fruits (2 cups)**

1 cup of raw, cooked or juiced fruit counts as 1 cup. But limit juices.

**Milk products (3 cups)**

(Ages 9 and up need 3 cups. Ages 2–8 need 2 cups.) Get calcium from other sources if not from milk products. Count each as 1 cup:

- 1 cup of milk or yogurt
- 1½ ounces of natural cheese, like cheddar, or 2 ounces of processed cheese.

Note: Do not give cow's milk to children under age 1.

**Meat and beans (5½ ounces)**

Vary your protein sources. Count each as 1 ounce:

- 1 ounce of lean meat, poultry or fish
- 1 egg
- ¼ cup of cooked dry beans or tofu.\*

\*Count beans, peas and soybean products for either the vegetable group or the meat and beans group—but not for both in the same day.

**Learn how to estimate food amounts.**

You can:

- Compare food amounts to the size of a common object. (For example, 2-3 oz. of meat is about the size of a deck of playing cards.)
- Compare food amounts to the size of your fist, palm or thumb. (For example, figure out how 1½ oz. of natural cheese compares to your thumb, or how ½ cup of cooked rice compares to your fist.)

You may also want to keep measuring cups and a food scale on hand.





# Reading the Nutrition Facts label

can also help you make healthy food choices. It can help you quickly compare different foods before buying them. The format of labels may vary somewhat. But in general, you can check them for:

## Serving size and number of servings per container

—size is given in household measures, such as cups, and metric measures, such as milligrams (mg) or grams (g).

## The number of calories in a serving

and how many calories come from fat. (Depending on your calorie needs, you may want to eat less than a full serving size.)

## How much of certain items a food contains

—for example, this food contains 30 milligrams of cholesterol.

Source: U.S. Food and Drug Administration.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 260      Calories from Fat 120

### % Daily Value\*

**Total Fat** 13g      **20%**

Saturated Fat 5g      **25%**

Trans Fat 2g

**Cholesterol** 30mg      **10%**

**Sodium** 660mg      **28%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 0g      **0%**

Sugars 5g

**Protein** 5g

Vitamin A 4%      •      Vitamin C 2%

Calcium 15%      •      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

Calories per gram:  
Fat 9      •      Carbohydrate 4      •      Protein 4

## Percent (%) Daily Value

—to see how the food fits into your overall daily diet. For example, a serving of this food contains 25% of the total saturated fat allowed if you're on a 2,000-calorie diet.

## Daily Values footnote

—for the suggested daily intake for certain nutrients. For example, your total fiber intake should be at least 25 grams if you're on a 2,000-calorie diet.

## Conversion information

—for example, there are 4 calories in each gram of protein and 5 grams of protein in a serving of this food, so 20 calories per serving come from protein.

## Ask yourself:

Do I usually read nutrition labels? \_\_\_\_\_

If yes, how do they help me? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If no, what's stopping me? \_\_\_\_\_

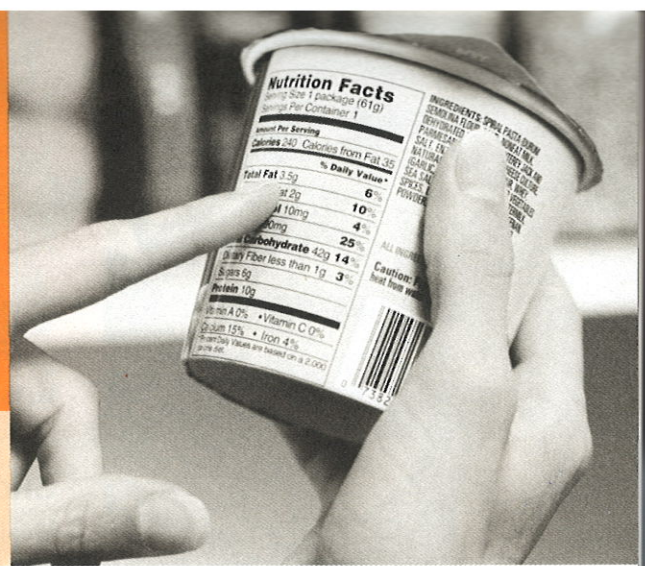
\_\_\_\_\_

\_\_\_\_\_

Reading the Nutrition Facts label may be new to you. If it is, practice by comparing labels on some foods you have at home.

# You can use the Nutrition Facts label to keep track of items you should limit.

You can also use it to help track any items you may need to eat more of (vitamins or minerals, for example).



## Recommended limits for most people

are:

- 20-35% or less of total calories from total fat
- less than 10% of total calories from saturated fat
- less than 300 mg per day of cholesterol
- less than 2,300 mg\* (about 1 teaspoon) per day of sodium (salt).

(No daily limit has been established for trans fat, but you should avoid it, when possible.)

Remember, these guidelines apply to foods eaten over the course of a day—not to a single food or meal.

\*The U.S. government's *Dietary Guidelines for Americans* recommends less than 2,300 mg of sodium per day.

## Every so often, check to see if you are eating the right amounts.

To do this, compare your recommended amounts with the amounts you actually eat. (Use the Nutrition Facts label to help add up the amounts you eat.)

Use the chart below to learn how many grams of fat you need each day. If the amount of calories you need (from page 5) is not listed, ask your health-care provider to help you figure out your fat needs.

	Total calorie level		
	1,600	2,200	2,800
<b>Total grams of fat</b>	36-62	49-86	62-109
<b>Total grams of saturated fat</b>	18	24	31

## Ask your health-care provider if you need any special limits

—or if there are any items you need to eat more of than you do now. Write them here:

---

---

---

---

---

---

---

---

---

---

---



# Know how to make healthy food choices in every situation.

Follow the tips below. And ask your health-care provider or a dietitian or nutritionist for other tips. Write them in the spaces below.

## Shopping

Healthy choices for meals and snacks include:

- fruits and vegetables—fresh, frozen or canned (no added salt, sauce or syrup)
- whole-grain bread, oatmeal, pasta and brown rice
- nonfat or low-fat (1%) milk and other nonfat or low-fat dairy products
- meats labeled “lean” or “extra lean,” fresh fish, skinless poultry, light tuna packed in water, soy products (such as tofu), dry beans and nuts.

## Eating fast food

- Order a salad (with dressing on the side) or a baked potato (plain, or with low-fat toppings).
- Choose a small, plain burger or order skinless chicken (grilled, roasted or baked).
- Avoid added cheese or bacon, fried sandwiches, French fries, mayonnaise and high-fat sauces.

## Eating out

- Avoid high-fat foods (those that are crispy, fried, creamed or “au gratin”).
- Ask how food is prepared. Request a healthier cooking method (such as steaming vegetables or leaving out salt). Choose restaurants that prepare food to order.
- Skip dessert or order a low-fat treat, such as fresh fruit or sherbet, or nonfat frozen yogurt.
- Share a meal or take some home.

## Cooking

- Trim fat from meat and remove skin from poultry. Eat less meat, and more grains and vegetables.
- Cook with vegetable oil spray. Use oils high in unsaturated fat (such as olive, canola, corn or soybean).
- Flavor with parsley or other herbs instead of butter, sauces or salt.
- Poach, steam, roast, broil or grill instead of frying.

---

---

---

---

---

---







# What's keeping you from eating healthier?

Write down what you want to gain from eating healthier. Then think about what may be keeping you from doing it. Read some of the common barriers listed, and write your own. Talk with your health-care provider about ideas for change. Use these to help make your plan (see page 16).

## Benefits

I would like to eat healthier, to help me...

---

---

---

## Barrier

## Possible change

I don't have time to sit down and eat a meal.

Pack easy-to-carry foods, such as fruit, carrot sticks and crackers with low-fat cheese.

I live alone—preparing a healthy meal isn't worth it.

Prepare extra to freeze for other meals.

I eat to relieve stress.

Take a walk or talk to a friend instead.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



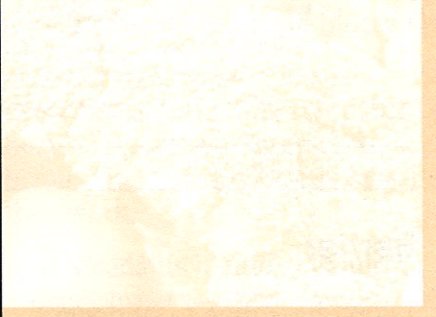







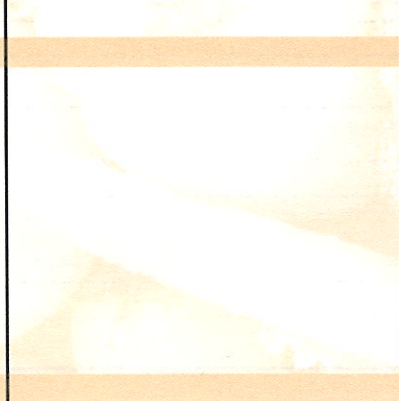

---

---

---

# Set your personal goals

for healthier eating. Ask your health-care provider or a dietitian or nutritionist to help you plan 1 or 2 changes to try each week. Use your notes from pages 13 and 15.


Example:	<b>Instead of...</b> Drinking whole milk	<b>Try...</b> Low-fat or nonfat milk	<b>Notes</b> I got used to the new taste.
Week 1			
Week 2			
Week 3			
Week 4			

# Track your progress

toward healthier eating. Especially in the first month or so, recording your successes and any benefits you notice can help you stay motivated. You may also find it helpful to note any problems reaching a goal, and other ideas to try.

	I succeeded in	I had trouble with	Notes
Week 1			
Week 2			
Week 3			
Week 4			





## Being more active— another key to better health

Be sure to talk with your health-care provider before starting or changing an exercise program. In general, a healthy exercise plan involves:

### Keeping the benefits in mind

Most people can improve their health and quality of life through a modest increase in physical activity. People of all ages can benefit from regular physical activity. Especially early on, keep reminding yourself that physical activity can:

- help control weight and reduce the risk of health conditions (such as heart disease, high blood pressure, colon cancer and diabetes)
- help muscles, bones and joints stay healthy
- improve energy levels, mental health and the ability to manage stress.

### Getting the proper amounts and kinds of physical activity

The key is to find a healthy balance between the calories you eat and those you burn. In general:

- Get at least 150 minutes of **moderate**—or 75 minutes of **vigorous**—physical activity each week.
- You may need more activity to lose weight or keep off weight you've lost (up to 300 minutes or more of moderate—or 150 minutes or more of vigorous—activity each week).
- Try to spread your activity throughout the week, getting at least 10 minutes at a time.
- Also do muscle-strengthening exercises at least 2 days each week.

See pages 22-23 for examples of all types of exercise.

### Making physical activity a part of daily life

This doesn't have to mean making major changes. Keep in mind that there are many ways to fit physical activity into your day. And every little bit counts. Say your goal is 150 minutes of physical activity in a week. If you did yardwork for 30 minutes on 2 days, took a 15-minute walk to the post office on 4 days and rode your bike for 30 minutes on 1 day, you've reached your goal!

# Some people may have special exercise needs.

## Know what special needs you may have.

Keep in mind that most people can benefit from being more active. But your health-care provider may have special advice about how to do this if you:

- are a man over age 40, especially if you have not been active
- are a woman over age 50, especially if you have not been active
- need to manage heart disease (or reduce your risk for it), diabetes, arthritis or another chronic health condition.

## Talk with your health-care provider.

Discuss any special exercise needs you may have. Write them here. Use the information to help you complete the charts on pages 27-29.



---

---

---

---

---

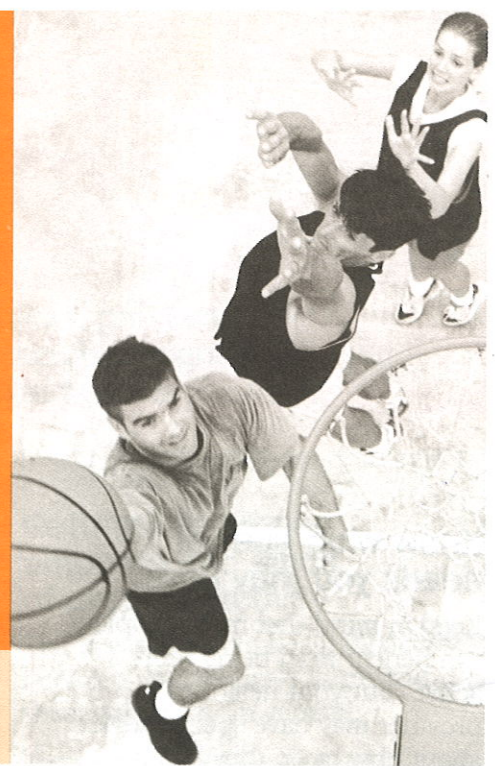
---

---

---

## Making an exercise plan that works for you

To help make a plan that you're likely to stick with, try to:



### Include a variety of activities that you enjoy.

This can help keep you interested. Consider these examples:

- walking
- swimming
- bicycling
- dancing
- yardwork or gardening
- a group sport, such as soccer or basketball.

### Think about how you can fit some physical activity in every day.

For example:

- Could you set aside a regular time, such as when you get up in the morning or get home from work?
- Could you do smaller amounts of exercise throughout the day? For example, walk to work or take a walk at lunchtime? Or make a habit of using stairs instead of elevators, or parking at the far end of the parking lot when shopping?

(Be sure to keep personal safety in mind at all times.)

### Set realistic goals.

This can help you:

- prevent injury
- avoid becoming discouraged.

Especially if you have not been very active, it's important to start slowly (exercising for short amounts of time, for example). It's also important to build up gradually, at a rate that's right for you. (See pages 24-25 for ways to monitor your exercise intensity.)











# Monitoring the intensity of your exercise

can help you make sure you're exercising hard enough, but not too hard. It can also help you see your progress as you become more fit. Here are some ways to monitor exercise intensity:

## Using the talk test

Try talking out loud while exercising. Keep these general guidelines in mind:

- You should be able to carry on a conversation while exercising. If you can carry on a conversation without difficulty, you're exercising at a **moderate intensity**. If conversation is difficult or broken, you're exercising at a **vigorous intensity**.
- If you can sing, you're only exercising at a light intensity. Try to speed up or work harder.
- If you are unable to speak, you're working too hard and should slow down.

## Rating how hard you feel you're exercising

This involves paying attention to how your whole body feels while exercising. One way to rate how hard you feel you're working is to ask yourself if it feels like you are:

- doing no activity
- doing very light activity
- working somewhat hard
- working hard
- working very, very hard.

In general, stay in the middle range to improve endurance.

## Ask your health-care provider for more information about what range to aim for.

Ask about warming up, cooling down and different types of exercises (such as strengthening). You may also want to ask for ideas about activities to help you stay within that range.

---

---

---

---

---

---

---

---

---

---



## Knowing your target heart rate

This is how fast your heart needs to beat each minute during exercise for you to get the most benefit. Many beginners may want to aim for a target heart rate that is 50-60% of their maximum heart rate. (Your maximum heart rate is the fastest your heart can beat. Never exercise at this rate.)

### Ask your health-care provider to help you figure out your target heart rate.

Use these steps:

1. Subtract your age from 220 to find your maximum heart rate.

$$220 - \frac{\text{age}}{\text{(age)}} = \frac{\text{max. heart rate}}{\text{(max. heart rate)}}$$

2. Multiply your maximum heart rate by the correct percentage to find your target heart rate. (Your health-care provider can tell you what percentage is right for you.)

$$\frac{\text{max.}}{\text{(max.)}} \times \frac{\text{percentage}}{\text{(percentage)}} = \frac{\text{target}}{\text{(target)}}$$

### Example for a 40-year-old with a recommended target heart rate of 60%:

1.  $220 - 40 = 180$ .
2.  $180 \times .60 = 108$  beats per minute.

## Taking your pulse

This is a way to monitor your target heart rate during exercise. You may also want to take your pulse before and after you exercise. Here's one method for taking your pulse:

1. Lightly place your index and middle fingers on the underside of your wrist, below the base of your thumb.
2. When you feel a steady beat, count the number of beats in 15 seconds.
3. Multiply the number of beats by 4 to get the number of beats per minute.

### Ask your health-care provider for help taking your pulse if you need it.

It may also help to practice when you're not exercising. And ask what your pulse should be at other times, such as during rest (about 60-100 beats per minute is usually considered normal).

Notes:

---

---

---

---

---

---

---

---

**Exercising for more time at a lower level of intensity is just as helpful as exercising for less time at a higher level.**





# What's keeping you from being more active?

Write down the benefits you want from being more active. Then think about what may be keeping you from doing it. Read some of the common barriers listed, and write your own (if time is a barrier, see page 20 for some ideas). Talk with your health-care provider about ideas for change. Use these to help make your plan (see page 28).

## Benefits

I would like to be more active, to help me...

---

---

---

## Barrier

## Possible change

Exercising costs too much.

Focus on activities with little or no cost, such as walking or gardening.

I get bored when I exercise.

Make exercise a social time, by including my family or friends.

I might get hurt.

Try an easier activity, such as walking, and build up gradually.

I'm too tired most of the time.

Try a small amount when I wake up or during lunch. Track my energy level, to see if I notice an improvement.

---

---

---

---

---

---






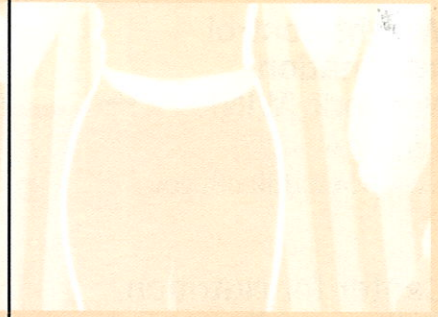
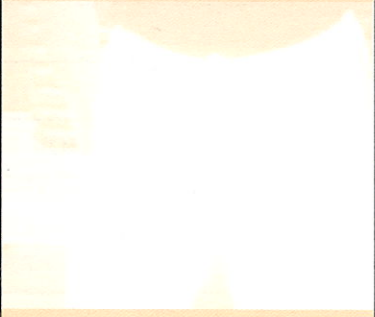



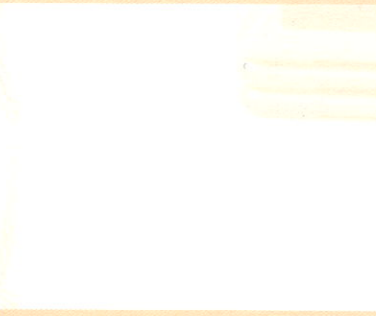
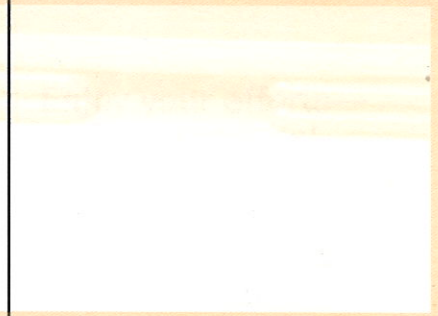
# Set your personal goals

for being more active. Ask your health-care provider to help you plan the first 4 weeks of your exercise program. (Make copies of this chart.)

Week of _____	Activity	When	How long	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

# Track your progress

toward being more active. Help yourself stay motivated during your first month of exercising. Record successes and any benefits you notice, any problems reaching a goal and other ideas to try.

	I succeeded in	I had trouble with	Notes
Week 1			
Week 2			
Week 3			
Week 4			





## You can make healthy changes for a healthier life!

### **Work with your health-care provider**

to help make eating and exercise plans that work for you.

### **Build healthier eating habits**

by making changes a little at a time.

### **Increase your physical activity**

at a rate that's right for you, doing activities you enjoy.

### **Track your progress**

to help you stay motivated and make any needed changes.

**Enjoy your efforts—  
and your results!**

