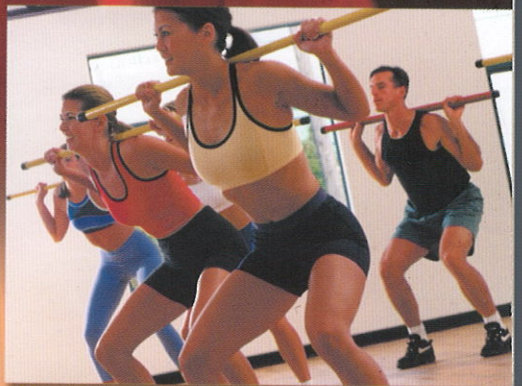


# Eating and Exercising for **Better Health**







## 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

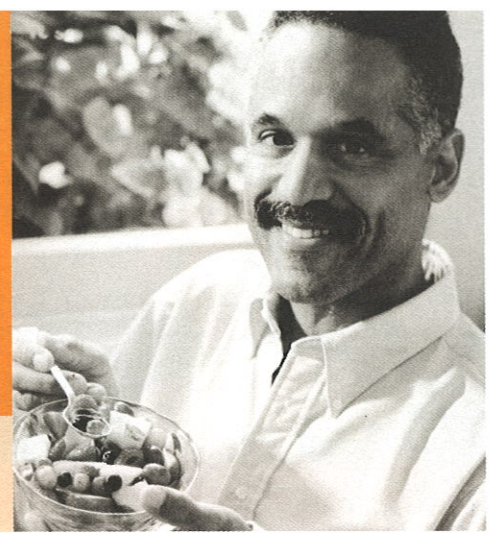
## Learn more

Sources of information .....	30
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# 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?

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



# Different people have different nutrition needs.

Know about any special needs you may have.



## Men

generally need:

- 2,000-2,400 calories a day if not active
- 2,400-3,000 calories a day if active.

## Women

generally need:

- 1,600-2,000 calories a day if not active
- 2,000-2,400 calories a day if active.

Pregnant women need more of certain nutrients, including iron and folate (folic acid). If you are pregnant or planning to become pregnant, talk to your health-care provider about these and other dietary needs.

## Older adults

generally need fewer calories than when they were younger. Moderately active older men need about 2,200-2,400 calories a day. Moderately active older women need about 1,800 calories a day. But nutrient needs stay the same—or may increase in some cases, such as for vitamin D. So it's important for older adults to:

- choose foods that are low in calories and high in nutrients
- ask a health-care provider about the need for any supplements
- ask how to get the right amount of calories and nutrients if a health condition or medication affects your appetite.

Feelings of thirst may decline with age. But getting enough water is still important for good health. Older adults should ask their health-care providers about how much water they should drink.

**See pages 8-9 for more information on the food groups.**

## Ask your health-care provider or a dietitian or nutritionist how many calories are right for you.

Also ask about any other special nutrition needs (such as for supplements).

Recommended calories per day: \_\_\_\_\_

Other recommendations:

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## 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.

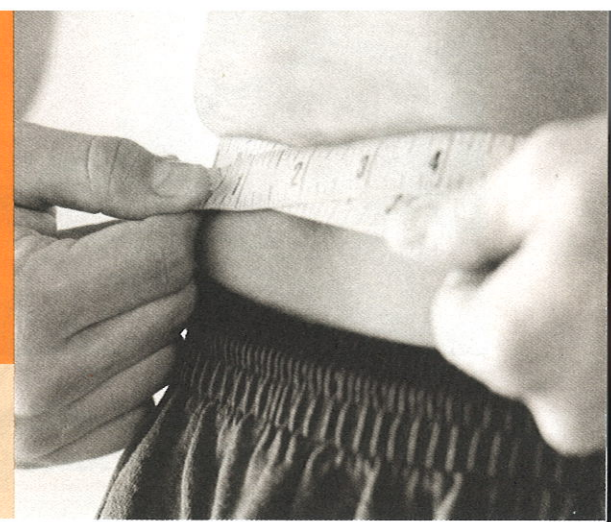
Some people may also need medication.

**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?

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# 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.

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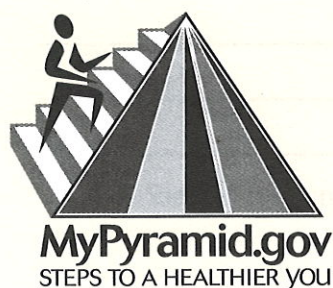


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## How much food is right for you?

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.