

‘Weigh’ to Get Started: Reduce Heart Disease Risk by Losing Weight



‘Weigh’ To Get Started: Reduce Heart Disease Risk by Losing Weight

Fourth edition

Developed by Allina Health.

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This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.





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Chapter 1:

General Information

In This Chapter:

- Are You Ready to Lose Weight?
- A Healthier Lifestyle is Key to Losing Weight
- Your Waist Measurement
- Body Shape
- Body Mass Index (BMI)
- Your Plan for Losing Weight



Chapter 1: Introduction

Are You Ready to Lose Weight?

Note

In this booklet, “men” refers to males at birth and “women” refers to females at birth.

Are you ready to feel better? Are you ready to improve your health? Are you ready to make positive lifestyle changes? Is there anything holding you back from making these changes?

Losing weight will make you feel better about how you look, and it can help lower your risk of heart disease, stroke, diabetes and other health problems.

There are five stages of change: pre-contemplation, contemplation, preparation, action and maintenance. Read the chart above and answer the following sentences.

■ Your current stage of change:

■ What is your next action:

A Healthier Lifestyle is Key to Losing Weight

You can be successful in living a healthier lifestyle.

There are no quick solutions, no magic diets and nothing to buy to help you lose weight. The only healthful, successful way to lose weight is by making smart food choices and getting regular exercise.

If you want to lose weight, remember that a healthy weight loss plan includes balanced meals from the basic food groups: grains, fruits, vegetables, protein and dairy. If you have an allergy to an entire food group, you may need to see a dietitian for meal planning.

A good way for you to start a weight loss program is to look at your current eating pattern. Are you in too much of a hurry to eat regular meals and snacks? This can lead to eating fast foods or convenience foods. These kinds of foods often don't contain fruits, vegetables or whole grains but they do add fat and calories to your diet.

Exercise has many benefits to your heart and circulatory system and it can reduce your risk for getting certain diseases (such as diabetes), and maintaining a healthy weight.

Don't get discouraged. Losing weight takes time. You will need to commit to — and stick with — your healthier lifestyle plan. Remember, you are making positive changes even before you notice weight loss.

With a healthful diet and regular exercise you may be building muscle and reducing fat, improving your pulse rate, improving your circulation, and sleeping better.

Tip

Losing 5 pounds of fat spares your heart from pumping blood through an extra 10 miles of blood vessels.

Tip

Walking has been shown to decrease deep abdominal fat.

Benefits of losing weight

Losing 5 to 10 percent of your total body weight (by healthy eating and regular exercise) has many health benefits.

Losing weight can:

- lower your heart rate and blood pressure
- lower your blood glucose level (if you have type 2 diabetes)
- lower your total cholesterol and triglycerides
- lower your risk of heart disease or stroke
- raise your HDL (good) cholesterol level
- manage your stress
- improve how well your heart, muscles and blood vessels work (giving your muscles and tissues more oxygen)
- reduce your risk of diabetes
- reduce your risk of heart attack and stroke
- reduce your risk of many forms of cancer
- reduce your risk of pain in your joints (such as knees, hips and elbows).

Forget about diets

It is common to lose weight on a diet and then gain it all back — plus more — once the diet has ended. Forget about the latest fad diet or any plan that does not include balanced nutrition from all food groups.

Focus instead on making choices for better health. Good health is a lifetime commitment.

Your Waist Measurement

The size of your waist may also tell if you are at risk for heart disease and other diseases. Your risk increases as your abdominal fat increases.

To get your waist circumference, place a measuring tape snugly around your waist (where you bend). Breathe out and take the measurement. Your risk increases if your waist measures:

- more than 40 inches for men
- more than 35 inches for women.

Body Shape

Your body shape is generally known as an apple or pear. This indicates where the fat settles on your body.

■ Apple-shaped

- Fat settles around the abdomen.
- No matter how much you weigh, you have an increased risk for heart disease. This is because fat around your abdomen is more likely to break down and enter your bloodstream, which may clog your arteries.
- Apple shapes are also at increased risk for diabetes, stroke and high blood pressure.

■ Pear-shaped

- Fat settles around the buttocks, hips and thighs.
- This does not increase risk for disease, but carrying around any excess weight may place extra strain on your cardiovascular system. Try to maintain a body weight that is right for your height.

Body Mass Index (BMI)

Tip

The BMI chart may not be accurate for people who have a muscular build or for older people who have lost muscle mass.

The body mass index (BMI) is a measure of body fat based on height and weight. It's a mathematical formula that calculates your risk of obesity.

The numbers on the BMI are grouped into 4 categories:

- less than 18.5 — underweight
- 18.5 to 24.9 — normal weight
- 25 to 29.9 — overweight
- 30 or more — obese.

If you are obese, you are at risk for diabetes, high blood pressure, heart disease, stroke, arthritis, respiratory disorders, high cholesterol and other health disorders.

To use the BMI charts on the next two pages:

- Find your height in the far left column.
- Follow the line to the right until you reach your weight.
- Follow this column up to read your BMI.

Body Mass Index (BMI) Chart

	Normal						Overweight						Obese						Extreme Obesity																	
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Your Plan for Losing Weight

Tip

Set realistic, short-term goals that will lead to long-term weight change.

Make sure your goals are specific, reachable, and forgiving. A good goal may be: "I will walk 30 minutes four times a week." This is a specific goal, something you can do indoors or outdoors, and gives you choices for when to walk.

Weight loss is all about calories: eating fewer and burning more.

Take a moment and consider what you could do to improve your situation. Example: I will walk 30 minutes a day, 4 days a week for 12 weeks.

■ The behavior I want to change: _____

_____.

■ What I plan to do: _____

_____.

■ How often will I do it: _____

_____.

■ How long will I do it: _____

_____.

■ My goal: _____

_____.

■ What health benefits do I expect to see:

_____.


■ What am I including in my plan to lose weight:

_____.

■ How will I reward myself: _____

_____.





Chapter 2:

Your Healthful Food Choice Plan

In This Chapter:

- Understanding Calories
- What to Put on Your Plate
- Understanding Fats
- Added Sugars
- Empty Calories
- Sodium and Salt
- Low-fat and Fat-free Foods
- How to Read Food Labels
- Portion Sizes
- Food and Exercise Diary
- Weight Loss Tips



Chapter 2: Your Healthful Food Choice Plan

Understanding Calories

Tips

- A calorie is a calorie, whether you get it from a cookie or an apple. Keep in mind that every calorie counts!
- Remember, your goal is for gradual weight loss. You should lose no more than 1 to 2 pounds a week.

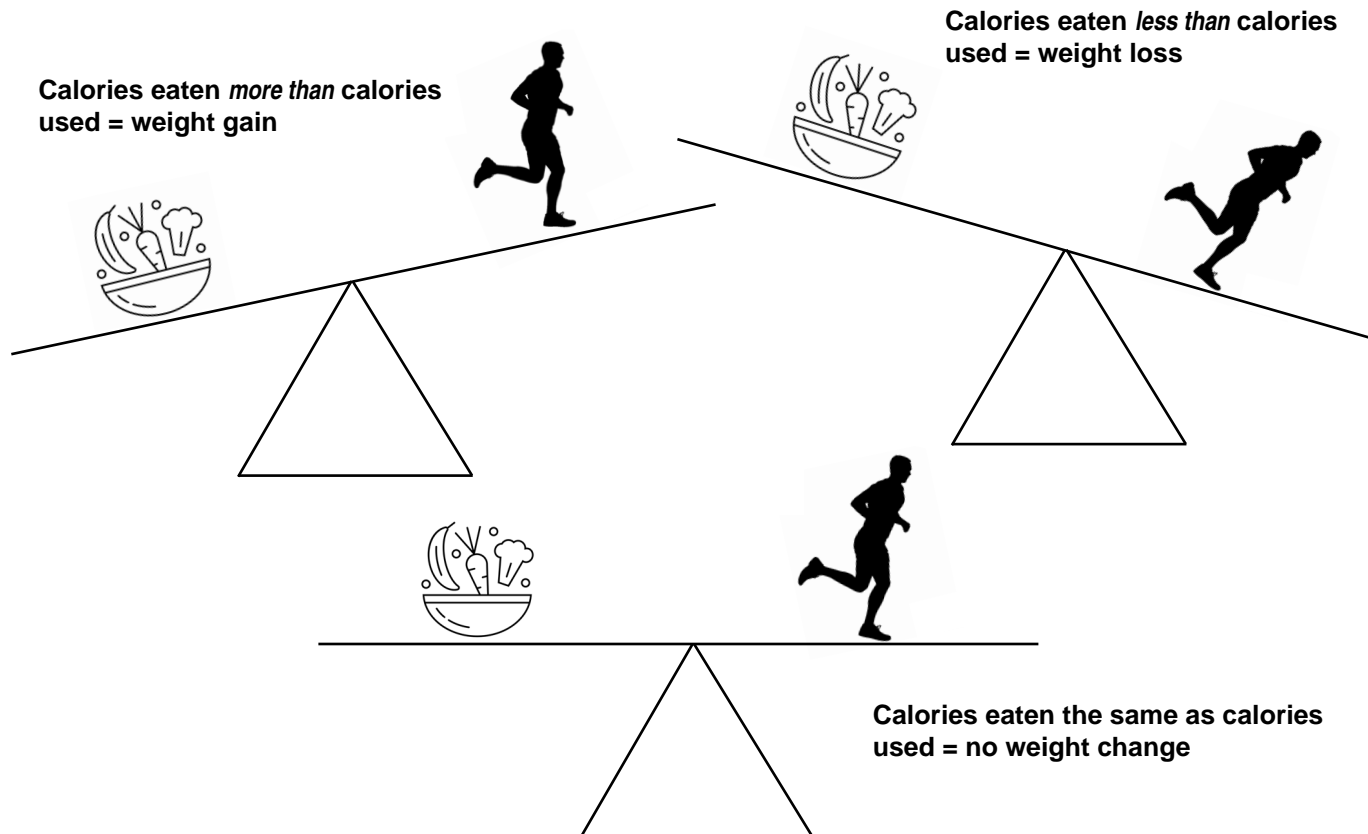
The amount of calories in a food tells you how much energy is stored in that food. Your body needs energy (calories) to perform everyday tasks.

If you have an active lifestyle, your body needs more calories to give you more energy. If you have an inactive (sedentary) lifestyle, you do not need as many calories as an active person.

If you get regular physical activity, your metabolism will increase. This means that your body can use (or burn) calories from food at a faster rate.

The calories that your body does not burn turn into fat. This means if you eat more calories than your body needs, you will gain weight.

The pictures below show what happens when your diet is out of balance.



Did You Know

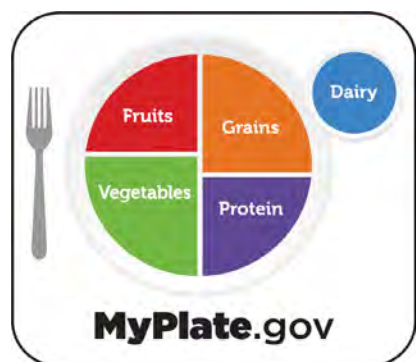
You need fewer calories the older you get. Your calorie needs peak at age 25 and decline by 2 percent every 10 years.

How Many Calories You Need

Your body needs a certain amount of calories each day to function. Your need depends on your body weight and your activity and exercise levels. As a guideline, typical calorie needs are as follows:

	Daily calories needed to stay the same weight	Daily calories needed to lose weight
Men*	2,000 to 2,500 calories	1,500 to 2,000 calories
Women	1,600 to 2,000 calories	1,200 to 1,600 calories
*Men need more calories than women because they have more muscle mass, which burns more calories than fat.		

What to Put on Your Plate



The nutrition information in this section is from myplate.gov.

Good nutrition is essential for a healthy body. Eating well-balanced meals will help you feel your best. According to the U.S. Department of Agriculture, a healthful diet is one that:

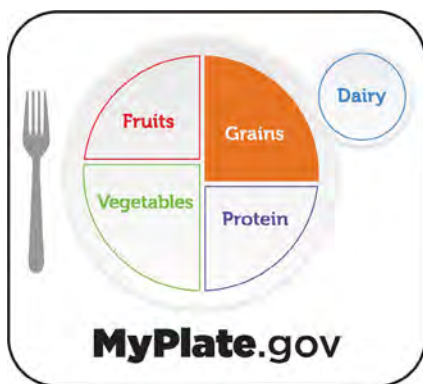
- focuses on fruit, vegetables, whole grains, and fat-free or low-fat milk
- includes lean meats, poultry, fish, beans, eggs and nuts
- is low in saturated fats, trans fats, cholesterol, salt and added sugars.

For complete information, go to choosemyplate.gov.

The website contains tips and resources, foods to eat more **and** less of, and nutrition information for women who are pregnant or breastfeeding, children, and people who want to lose weight.

In general:

- Eat smaller portion sizes.
- Make half of your grains whole.
- Make half of your plate vegetables and fruits.
- Drink fat-free or low-fat milk.
- Eat lean proteins.



What is One Serving?

1 ounce of grains equals:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- five whole wheat crackers
- ½ English muffin
- 1 pancake 4 ½ inches in diameter
- 3 cups popped popcorn
- 1 flour tortilla 6 inches in diameter.

Make at least half of your grains whole grains.

Grains Group

Grain products are made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples are bread, pasta, oatmeal, tortillas and grits. Grains are split into two groups:

■ whole grains

These contain the entire grain kernel (bran, germ and endosperm). The whole grains are rich in fiber, B vitamins and iron. Examples are whole-wheat flour, bulgur, oatmeal and brown rice.

■ refined grains

These have gone through a process to remove the bran and germ. This gives the grains a fine texture but removes the fiber, iron and several B vitamins. Examples are white flour, white bread and white rice.

Most refined grains are enriched. This means some B vitamins and iron are added back in after processing.

Benefits of eating whole grains

- Eating a diet rich in fiber may:
 - reduce the risk of heart disease, obesity and type 2 diabetes
 - help lower cholesterol levels
 - reduce constipation
 - helps keep you feeling “full” longer.
- Whole grains contain fiber, many B vitamins (such as thiamin, riboflavin, niacin and folate) and minerals (such as iron and magnesium).
- The vitamins and minerals in whole grains help build red blood cells, build bones, and release energy.

Tips for eating whole grains

- Try whole-wheat bread, whole-wheat pasta or brown rice instead of white bread, white pasta or white rice.
- Use whole grains in mixed dishes. For instance, use barley in vegetable soups or stews and bulgur wheat in casseroles.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Add whole-grain flour or oatmeal when making cookies.
- Try a 100 percent whole-grain snack.
- Foods with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain” or “bran” are usually **not** whole-grain products.

Amounts needed each day

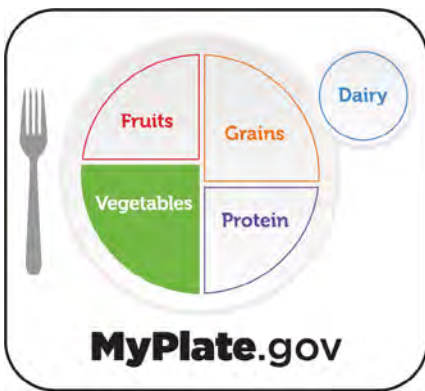
The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

■ Women

- 19 to 50 years: 6 ounces
- 51 + years: 5 ounces

■ Men:

- 19 to 30 years: 8 ounces
- 31 to 50 years: 7 ounces
- 51 + years: 6 ounces.



What is One Serving?

1 cup of vegetables equals:

- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy greens.

Make at least half of your plate vegetables and fruits.

Vegetable Group

Any vegetable or 100 percent vegetable juice is included in this group. Vegetables may be raw, cooked, fresh, frozen, canned or dried. They are split up into 5 groups:

■ dark green

bok choy, broccoli, collard greens, dark green leafy lettuce, kale, romaine lettuce, spinach, turnip greens

■ red and orange

acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes, tomatoes

■ beans and peas

black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, white beans

■ starchy

cassava, corn, green peas, plantains, potatoes, taro

■ other vegetables

artichokes, asparagus, bean sprouts, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, zucchini.

Benefits of eating vegetables

Most vegetables are low in fat and calories. Vegetables do not have cholesterol. Vegetables are a good source of potassium, fiber and vitamins A and C.

- Eating a diet rich in vegetables may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity, and lower blood pressure
 - help you manage your weight (helps keep you feeling “full” longer).
- Vitamin A in vegetables helps keep your eyes and skin healthy.
- Vitamin C in vegetables helps keep your teeth and gums healthy. It helps your body absorb iron, and helps your body heal from cuts and wounds.

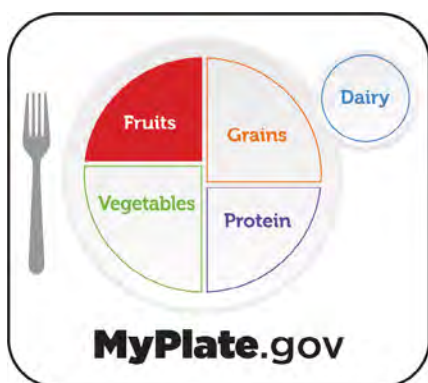
Tips for eating vegetables

- Buy fresh vegetables when in season.
- Stock up on frozen vegetables.
- Vary your vegetables.
- Prepare more foods from fresh ingredients. If you use canned vegetables, look for cans that are labeled “reduced sodium,” “low sodium” or “no salt added.”
- Use vegetables as main dishes.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads or muffins.
- Add chopped vegetables to pizza or in pasta sauce.
- Eat raw vegetables with low-fat salad dressing or other low-fat dip. They make a great snack.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

- **Women:**
 - 19 to 50 years: 2 ½ cups
 - 51 + years: 2 cups
- **Men:**
 - 19 to 50 years: 3 cups
 - 51 + years: 2 ½ cups



What is One Serving?

1 cup of fruit equals:

- ½ cup of dried fruit
- 1 large banana
(8 to 9 inches long)
- 32 seedless grapes
- about eight large strawberries
- 1 large peach or two halves, canned
- 1 medium pear
- 1 large orange
- 1 small apple.

Make at least half of your plate fruits and vegetables.

Fruit Group

Any fruit or 100 percent fruit juice is included in this group. Fruits may be fresh, frozen, canned or dried.

Benefits of eating fruits

Most fruits are low in fat, sodium and calories. They do not have cholesterol. Fruits are rich in potassium, fiber, vitamin C and folate (folic acid).

- Eating a diet rich in fruits may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity, and lower blood pressure
 - help protect against certain cancers
 - help you manage your weight (helps keep you feeling “full” longer).
 - help lower your cholesterol.

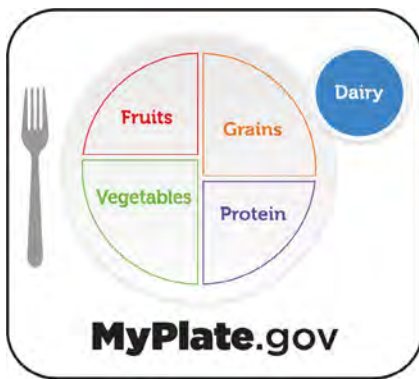
Tips for eating fruits

- Keep a bowl of whole fruit on the table, counter or in the refrigerator.
- Buy fresh fruits in season.
- Buy fruits that are dried, frozen and canned (in water or 100 percent juice).
- Cut up fruit (or buy pre-cut fruit) to have on hand for snacks.
- Choose fruits that are high in potassium, such as bananas, prunes and prune juice, peaches, apricots and orange juice.
- Vary your fruit choices.
- Add cut-up bananas or peaches to cereal.
- Spread peanut butter on apple slices.
- Keep a package of dried fruit handy for snacks.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

- **Women:**
 - 19 to 30 years: 2 cups
 - 31 to 51 + years: 1 ½ cups
- **Men:**
 - 19 to 51 + years: 2 cups



What is One Serving?

One cup of dairy is equal to:

- 1 cup of milk
- 1 cup (8 ounces) yogurt
- 1 ½ ounces of natural cheeses
- 2 ounces of processed cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 cup pudding made with milk
- 1 ½ cups ice cream.

Choose low-fat or fat-free milk, yogurt and cheese.

Dairy Group

Foods in the milk group are those made from milk or fluid milk products. Foods in the milk group contain calcium, potassium, vitamin D and protein. Most dairy group choices should be fat-free or low-fat.

Foods made from milk that have little to no calcium (such as cream cheese, cream and butter) are not part of this group.

Common choices in this group are:

- milk
- milk-based desserts (puddings, ice milk, frozen yogurt, ice cream)
- calcium-fortified soymilk
- cheese
- yogurt.

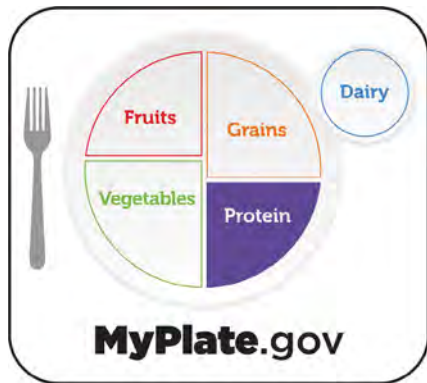
Benefits of eating/drinking dairy products

Calcium in milk and milk products helps build and maintain bones and teeth. Foods in the dairy group also have potassium, vitamin D and protein.

- Eating a diet rich in low-fat or fat-free dairy may:
 - reduce your risk of osteoporosis (weak, brittle bones)
 - reduce the risk for type 2 diabetes, stroke, heart disease.
- Most milk group choices should be fat-free or low-fat. Many cheese, whole milk and products made from them are high in cholesterol. Limit the amount of these foods you eat.

Tips for making wise choices

- Include milk or calcium-fortified soymilk at meals. Choose low-fat or fat-free milk.
- If you usually drink whole milk, switch to reduced fat (2 percent), then low-fat (1 percent) and then fat-free (skim).
- If you have coffee drinks with milk, ask for fat-free milk.
- Use fat-free or low-fat milk when making condensed cream soups.
- Have fat-free or low-fat yogurt as a snack.
- Make fruit-yogurt smoothies in a blender.
- Eat cut-up fruit with flavored yogurt for a dessert.
- Top a baked potato with fat-free or low-fat yogurt.



What is One Serving?

1 ounce of food from the protein group equals:

- 1 ounce of meat, poultry or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts and seeds.

Choose a variety of protein foods. Eat lean or low-fat meats and poultry.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

■ Women:

— 19 to 51 + years: 3 cups

■ Men:

— 19 to 51 + years: 3 cups

Protein Group

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are included in the protein group. (Beans and peas are also in the vegetable group.)

Select a variety of foods from this group. Examples of foods in this group include:

■ meats (choose lean or low-fat meats):

beef, ham, lamb, pork, veal

■ poultry (choose lean or low-fat poultry):

chicken, turkey, goose and duck

■ beans and peas:

black beans, black-eyed peas, chickpeas, falafel, kidney beans, lentils, navy beans, pinto beans, split beans, processed soy products (tofu, bean or veggie burgers, tempeh)

■ nuts and seeds (choose unsalted nuts and seeds):

almonds, cashews, hazelnuts, mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sunflower seeds, walnuts

■ seafood:

finfish (cod, haddock, halibut, mackerel, salmon, sea bass, swordfish, trout, tuna), shellfish (clams, crab, crayfish, lobster, oysters, scallops, shrimp), canned fish (anchovies, tuna, sardines)

■ eggs:

chicken and duck eggs

Benefits of eating protein products

Food in the protein group provides protein, B vitamins, vitamin E, iron, zinc and magnesium. These nutrients help keep bones, muscles, cartilage, skin and blood healthy. Iron is used to carry oxygen in the blood.

- Eating a diet rich in low-fat or lean proteins may reduce your risk of heart disease.

- Eat at least 8 ounces of seafood each week. Seafood is rich in omega-3 fatty acids, which helps protect your heart against heart disease.
 - Follow any precautions if you have a shellfish allergy.
 - If you are pregnant, visit the Minnesota Department of Health website to read the Statewide Safe Eating Guidelines (health.state.mn.us/fish).
- Some meats and poultry are high in cholesterol and/or saturated fat. These foods can raise your blood cholesterol level. Limit the amount of these foods you eat: fatty cuts of beef, pork and lamb; regular ground beef; sausages, hot dogs and bacon; some luncheon meats (bologna and salami); duck; egg yolks; organ meats.

Safety

- Keep meats and poultry away from other foods in your grocery cart and refrigerator.
- Prepare meats to the proper temperature.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after touching raw meat or poultry.
- Wash your hands well before and after handling food.

For more food safety tips, visit foodsafety.gov.

Tips for making wise choices

- Read food labels for saturated fat, trans fat, cholesterol and sodium content of packaged foods.
- Choose lean cuts of meat, including:
 - beef: round steaks and roasts, top loin, top sirloin, chuck shoulder, arm roasts, extra lean ground beef (90 to 95 percent lean)
 - pork: pork loin, tenderloin, center loin, ham
 - poultry: boneless, skinless chicken breasts and turkey cutlets.
- Choose lean turkey, roast beef, ham or low-fat luncheon (deli) meats for sandwiches.
- Trim fats from meat and poultry before cooking.
- Broil, grill, roast, poach or boil meat, poultry or fish.
- Drain off any fat during cooking.
- Prepare beans or peas without added fats.
- Choose seafoods high in omega-3 fatty acids, such as salmon, trout and herring.
- Choose beans, peas or soy products as a main dish or part of a meal often.
- Choose unsalted nuts as a snack, on salads or in main dishes.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

■ Women:

- 19 to 30 years: 5 ½ ounces
- 31 to 51 + years: 5 ounces

■ Men:

- 19 to 30 years: 6 ½ ounces
- 31 to 50 years: 6 ounces
- 51 + years: 5 ½ ounces

Understanding Fats

How much fat you need

The USDA dietary guidelines recommend that fat be limited to 25 to 35 percent of calories. In general:

Daily Calories	Total Fat Grams*	Saturated Fat Grams**
1,200 calories	33-47	9-13
1,500 calories	42-58	12-17
1,800 calories	50-70	14-20
2,000 calories	56-78	16-22
2,200 calories	61-86	17-24
2,500 calories	69-97	19-28

* 25 to 35 percent of total calories

** 7 to 10 percent of total calories

Different kinds of fat

Fats are an essential nutrient, but you only need small amounts each day. Total dietary fat is made up of saturated, polyunsaturated and monounsaturated fats.

- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil).

Saturated fats raise blood cholesterol more than anything else in your diet.

- **Polyunsaturated fats** can help lower cholesterol if you eat them instead of saturated fats. Polyunsaturated fats usually come from vegetable products such as corn, safflower, sunflower, soybean and sesame seed oils.
- **Monounsaturated fats**, in the right amounts, may lower your total cholesterol and LDL (bad) cholesterol levels. Monounsaturated fats usually come from seeds or nuts such as avocado, olive, peanut and canola oils.
- **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, soybean oil, canola oil, walnuts and fatty fish (such as salmon, mackerel, herring and trout). If your triglycerides are high, try to add these foods to your diet.
- **Trans fatty acids** result from a chemical process known as hydrogenation. Trans fats can raise LDL cholesterol levels and add to heart disease.

Shortening, partially hydrogenated vegetable oil and hydrogenated vegetable oils are examples of trans fats. They also occur naturally in some foods such as meat and milk.

- Read ingredient labels and buy items that have a recommended fat, such as canola or soybean oil.
- Avoid foods that have hydrogenated vegetable oil, partially hydrogenated oil or shortening.
- Choose foods that have as close to zero grams trans fat as possible.

Trans fats are often used in cooking in many restaurants and fast food chains.

How to lower fat in your foods

- Limit the fats you add to foods in cooking or at the table.
- Remove all fat from meats and skin from poultry before cooking.
- Prepare foods by boiling, broiling, baking, roasting, poaching, steaming, sauteing, or by using the microwave instead of frying.
- Use a low-calorie vegetable oil cooking spray instead of shortening, butter or margarine when cooking.
- Avoid gravies made with fat drippings. Use a gravy strainer to separate fat from the juices.
- Skim fat from soups and stews before serving.
- Use herbs, spices or lemon juice to add flavor, instead of butter or bacon.
- When making a salad or sandwich, watch the calorie and fat content of each ingredient. For example, 2 teaspoons of regular mayonnaise equals 10 grams of fat (about 2 servings from the fat group).
- Choose skim or 1 percent milk and nonfat or low-fat yogurt and cheeses.

Oils and liquid fats

Oils are fats that are liquid at room temperature. They come from plants and from fish. Oils are not a food group but they are important for your overall health. Liquid, plant-based oils do not contain cholesterol.

Common oils are canola, corn, cottonseed, olive, safflower, soybean and sunflower.

Foods naturally high in oils include nuts, olives, some fish and avocados.

Foods that are mainly oil include mayonnaise, some salad dressings, and soft margarine with no trans fats. (Read food labels to find margarines that have 0 grams of trans fat.)

Most oils are high in monounsaturated or polyunsaturated fats and low in saturated fats. They also contain vitamin E. Oils from plant sources (vegetable and nut oils) do not have cholesterol.

Choose fats that have monounsaturated or polyunsaturated fats. These do not raise the LDL ("bad") cholesterol in your blood.

Tip

Common foods that have solid fats:

- baked goods
- many cheeses
- sausages, hot dogs and bacon
- regular ground beef and cuts of meat that have marbeling (fat you can see)
- fried chicken and chicken dishes that contain the skin.

Solid fats

Solid fats are solid at room temperature (like butter and shortening). They come from many animal foods and are also made from vegetable oils through a process called hydrogenation.

Common fats include butter, cream, milk fat, tallow, chicken fat, lard, stick margarine, shortening and partially hydrogenated oil.

Most solid fats are high in saturated fats and trans fats or both. These can raise the LDL (“bad”) cholesterol levels in your blood. This increases your risk for heart disease.

Health and calorie count

Monounsaturated and polyunsaturated fats are liquid at room temperature (such as oils). Saturated fats are solid at room temperature (such as butter or stick margarine).

Liquid oils are, in general, better for your health than solid fats because they have less saturated and trans fats. Both oils and solids fat contain about 120 calories in 1 tablespoon.

Added Sugars

Tip

Added sugar means added calories.

Sugars are found naturally in fruits and milk.

Added sugars are sugars and syrups that are added to foods. Major sources of foods and drinks that have added sugars are:

- regular soft drinks, energy drinks, sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, doughnuts
- fruit drinks
- dairy desserts (such as ice cream).

To tell if a food has added sugar, look at the food label for words that include “sugar” or “-ose” at the end of a word. These words include:

- brown sugar, powdered sugar, invert sugar, white granulated sugar, raw sugar
- dextrose, fructose, lactose, sucrose
- corn syrup
- honey
- maple syrup
- molasses
- nectars.

How to lower sugars in your foods

- Choose few foods that are high in sugars.
- Drink water instead of sugary drinks.
- Limit the sugars you add to foods in cooking or at the table.

Empty Calories

Empty calories are calories you eat or drink from solid fats or added sugars. These foods have calories but very few nutrients.

Solid fats and added sugars can make a food or drink more tasty but they can add a lot of calories. The foods and drinks that have the most empty calories are:

- cakes, cookies, pastries, doughnuts
- sodas, energy drinks, sports drinks, fruit drinks
- cream cheese, butter, salad dressings
- ice cream
- sausages, hot dogs, bacon.

It is important to limit empty calories. Your limit is based on how many calories you need each day, your gender, age and how much exercise you get.

The following recommendations are for adults who get less than 30 minutes of exercise a day:

Sex and age	Daily calories	Daily limit for empty calories
Women:		
19 to 21 years	2,000 calories	260
22 to 49 years	1,800 calories	160
50 + years	1,600 calories	120
Men:		
19 to 36 years	2,600 calories	360
37 to 57 years	2,400 calories	330
58 to 77 years	2,200 calories	270
78 to 97 years	2,000 calories	260
98 + years	1,800 calories	160

Based on a 5-foot, 4-inch woman who weighs 120 pounds and a 5-foot, 10-inch man who weighs 170 pounds. (Both are of average height and ideal weight.)

How to lower empty calories in your foods

- Eat and drink food with empty calories less often.
- Choose smaller amounts to eat or drink.
- Choose foods and drinks that have fewer solid fats and added sugars.

Sodium and Salt

Sodium is a compound that is found in nature as well as in foods. Many foods have sodium naturally, but do not taste salty. The general recommendation is to limit sodium to 2,300 milligrams or less each day.

You do not need to limit or eliminate salt from your diet to lose weight, but a diet high in salt is linked to high blood pressure.

There are a few simple things you can do to reduce the sodium in your diet. They are:

- Use less salt when you cook.
- Leave the salt shaker off the table.
- If salt is important to the flavor of the food, reduce the salt amount gradually (by a fourth, then by a half, and then by three-fourths).

- Use herbs and spices to season food.
 - Try flavored vinegar, sherry, wine and lemon juice.
 - Parsley, thyme, and basil are easy to grow and flavorful in many foods.
- Cut back or eliminate:
 - processed foods (such as luncheon meats, prepackaged soups and sauces, TV dinners)
 - salty foods (such as pickles, olives, sauerkraut, salted snacks, flavored salts, seasoned salts).
- Avoid products with these words on the labels: monosodium glutamate (MSG), sodium nitrate, sodium benzoate, sodium bicarbonate.
- Use bouillon granules in half the amount called for on packaging; they contain a high amount of sodium. Use lower sodium bouillon granules.
- Use lemon and lime juices or tomatoes to add zest to meat, salads, vegetables and fruits.

Low-fat and Fat-free Foods

Tip

If you don't have one, set an eating schedule. This can be helpful if you tend to skip a meal and overeat later.

Be sure to read labels when looking at foods labeled "low-fat," "nonfat" and "fat-free." They can be deceiving. They may have less or no fat, but they do have calories. With fat-free or low-fat foods, you may also be tempted to eat more.

For example, three reduced-fat chocolate chip cookies have 118 calories. Three regular chocolate chip cookies (same weight) have 142 calories. If you eat twice as many reduced-fat cookies, you have taken in more calories than you would have eaten in a single serving of the regular cookies.

When choosing low-fat or fat-free foods, remember that calories count!

How to Read Food Labels

Use the nutrition label below to understand the following.

- **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- **Calories:** Calories are a measure of energy released by a food. Try to limit your food choices to those that have less than one-third calories from fat.


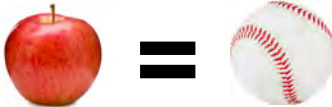
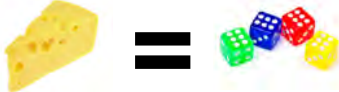
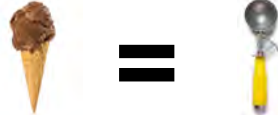

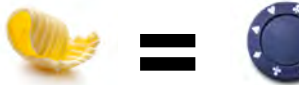
Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value 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.	

Source of labels: U.S. Food and Drug Administration

- **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Try to eat foods low in saturated and trans fats.
- **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats can raise LDL cholesterol, lower HDL (“good”) cholesterol, and add to heart disease. Eat as little trans fats as possible. Avoid foods that contain “partially hydrogenated” oils.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol.
- **Sodium:** You need sodium (salt) to help your organs work well and keep your fluids in balance. Too much sodium can lead to high blood pressure. One teaspoon of salt has 2,400 milligrams of sodium. This is the upper limit most people need each day.
- **Total carbohydrate:** Carbohydrates give your body energy. Too many can raise your blood glucose. Everyone’s blood glucose is affected by carbohydrates differently.
- **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and working well.
- **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.
- **Added sugars:** Part of the total sugars is added when the food was made.
- **Protein:** Protein is important for healing, building muscle, strengthening your immune system.
- **Percent (%) daily value:** This number tells you if a serving is low or high in the listed nutrients. In general:
 - 5% or less is low in the nutrient
 - 20% or more is high in the nutrient.

Portion Sizes

A key part of a healthy lifestyle is eating the right portion sizes. To help keep servings sizes in proportion, use smaller plates. Use the following chart for correct portion sizes:

3 ounces of meat is about the size and thickness of a deck of playing cards.	
1 medium apple or 1 cup of raw vegetables is about the size of a baseball.	
1 ounce of cheese is about the size of 4 stacked dice.	
½ cup of ice cream or ½ cup of cooked pasta is about the size of an ice cream scoop.	
1 slice of bread or 1 6-inch tortilla is about the size of a DVD.	
1 teaspoon of butter is about the size of a poker chip.	

Hunger Scale

Rate your hunger on a scale of 0 to 10 with the following scale.

Level of Hunger	Descriptions
0	very hungry, feeling irritable
3	somewhat hungry
5	satisfied
7	pants feel tight
10	feel stuffed and miserable

Food and Exercise Diary

To help you make changes to your diet, you may want to keep a food and exercise diary. This is a helpful way to see:

- if you are getting balanced nutrition from all the food groups
- if emotions play a role in your eating
- how much physical activity you are getting every day.

Use the chart on page 41 to help you keep a record of your food and exercise.

- Write everything you eat and drink for breakfast, lunch, dinner and snacks. Be specific. Instead of writing “cereal, milk, toast, grapefruit and coffee,” for breakfast, be specific: one-half grapefruit with 1 teaspoon sugar, 1 cup Raisin Bran® with one-half cup skim milk, 1 slice whole wheat toast, and 1 cup coffee (black).”
- Write your emotions or how you were feeling while you were eating. This can help you identify situations where you are eating for an emotional reason, or situations when you are rushed for time.

For example, if you had a snack from a vending machine, indicate what you were doing or how you were feeling: “felt tired and needed a pick-me-up,” “had to run from meeting to meeting and didn’t have time to eat,” or “had to take the kids to appointments and was too busy to eat.”

- Write how many times you eat in restaurants and exactly what you eat.
- Write what triggers hunger: sights, smells, time of day, or being invited to eat with others.
- Write if you sample while preparing meals, or if you finish your child’s food. These habits add calories, too!

After a couple of weeks, you should be able to identify the areas that need improvement for balanced eating and physical activity.

While you keep a diary, think of ways you can make simple changes in your lifestyle, such as:

- Eat every 4 to 5 hours to fuel your body. Do not skip meals.
- Eat slowly. Try to allow 15 to 20 minutes per meal.
- Drink skim or 1 percent milk instead of 2 percent.
- Eat whole wheat pasta and other grains.
- Eat a variety of fruits and vegetables.
- Use cooking methods that use little or no fat: boil, broil, bake, roast, poach, steam, saute, stir-fry with a small amount of recommended oil or use the microwave. Remove all fat before cooking.
- Limit snacking when you watch TV or when you feel bored.
- Drink a full glass of water before a meal.
- Limit appetizers and alcohol when eating out.
- Cut up raw vegetables to keep on hand for snacks.
- Use salad dressings in small amounts or use lemon juice or flavored vinegars.
- Ask yourself what you can do to increase physical activity.

Weight Loss Tips

The following tips may help you lose weight, but they may also help you keep the weight off once you've lost it.

- Eat a variety of healthful foods.
- Eat balanced meals that are satisfying.
- Choose a diet rich in grains, fruits and vegetables.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet low in added sugars or salt.
- Eat when you are hungry.
- Eat slowly. Your brain gets the signal you are full (or satisfied) about 15 to 20 minutes after you eat. Take small bites and chew your food well. Put your fork down between bites. Wait 5 minutes before taking seconds.
- Limit sampling foods while cooking.
- Keep serving bowls off the table.
- Eat at the table. Eating while you watch TV or while you do another activity may not make you realize when you're full.
- Use smaller plates so you don't take too much food.
- Don't go for long periods without eating. Getting too hungry can lead to overeating.
- Don't eat small amounts in the morning and afternoon and then have a large meal in the evening.
- Drink alcohol in moderation. Have no more than 1 drink a day if you are a woman and no more than 2 drinks a day if you are a man.
- Do your grocery shopping when you are not hungry. Stick to your shopping list.

Food and Exercise Diary*

Date:

Meal	Food/Beverage	Amount	Food Group	Physical Activity (Exercise)
Breakfast	bran flakes banana milk toast light margarine orange juice coffee, regular	1 cup 1 small ¾ cup 1 slice 1 teaspoon ¾ cup 1 cup	grain fruit milk grain fat fruit	Walked for 30 minutes before breakfast.
Lunch	whole wheat bread lean roast beef lettuce tomato mayonnaise (low calorie) apple water	2 slices 2 ounces 1 leaf 3 medium slices 2 teaspoons 1 medium 8 ounces	grain meat vegetable vegetable fat fruit	
Dinner	salmon (broiled) vegetable oil potato (baked) margarine green beans w/ margarine carrots dinner roll (white)	3 ounces 1 ½ teaspoon ¾ medium 1 teaspoon ½ cup ½ cup 1 medium	meat fat vegetable fat vegetable vegetable grain	
Snacks	popcorn margarine	2 ½ cups ½ teaspoon	grain fat	Watched movies.

*Use this example for how to fill out the diary on the next page. You can make copies of the diary or keep track of the information in a notebook.

Food and Exercise Diary*

Date:

Meal	Food/Beverage	Amount	Food Group	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				

Food and Exercise Diary*

Date:

Meal	Food/Beverage	Amount	Food Group	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				

Food and Exercise Diary*

Date:

Meal	Food/Beverage	Amount	Food Group	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				

Food and Exercise Diary*

Date:

Meal	Food/Beverage	Amount	Food Group	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				



Chapter 3:

Exercise

In This Chapter:

- Why You Should Exercise
- Benefits of Exercise
- Exercise Guidelines
- Exercise Pyramid
- What it Takes to Lose 1 Pound in 1 Week
- Burning Calories



Chapter 3: Exercise

Why You Should Exercise

Important

Talk with your doctor before starting an exercise program — especially if you have any health concerns.

Lack of regular exercise puts you at risk for heart disease. When exercise is done on a regular basis, it helps increase your tolerance for activity and more exercise, improves your overall health and reduces your risk for heart disease. It also helps you handle and recover from stress.

If you move your body, you will most likely feel better. Aim for at least 30 minutes of exercise most days of the week. Even a little exercise is better than none at all

The American Heart Association recommends moderate exercise for 30 to 60 minutes most days each week. If you can't get 1 full hour of exercise and activity, try splitting it up during your day. Go for a 30 minute walk in the morning and another one in the afternoon.

There are two types of exercise that can help keep you physically healthy:

- **aerobic:** Aerobic exercise is a rhythmic, repetitive activity such as walking, swimming and biking that continues for at least 30 minutes. This exercise restores a steady supply of oxygen to the muscles that are being exercised.
- **strength training:** Strength training improves your muscle strength and tone, reduces body fat and may reduce pain in your low back. There are several different types of strength training: elastic bands, cuff and hand weights, free weights, wall pulleys and weight machines.

Benefits of Exercise

Exercise:

- helps you lose excess weight and maintain an ideal weight
- increases your muscle strength and flexibility
- helps build and maintain healthy bones, muscles and joints
- lowers your risk for heart disease, colon cancer and diabetes
- helps control your blood pressure and glucose
- helps increase HDL ("good") cholesterol
- makes you feel better, increases your self-esteem
- reduces your stress
- helps control your appetite.

Tip

If exercise is new to you:

- Start by walking around the block once or twice. The more exercise you do, the stronger you'll get.
- Use a combination of activities and exercises to keep you interested.
- Be sure to get plenty of sleep along with eating healthful foods and getting regular exercise.

Differences between exercise and activity

Activities are things you do each day, such as brushing your teeth, making a meal, doing a hobby, or housework. Exercises are physically-exerting activities done to make your muscles, heart and lungs stronger.

Positive changes you will notice

Beginning an exercise program can be a challenge, but after a few days or weeks you will begin to see and feel these positive changes:

- more confidence and independence
- more energy to do your everyday activities
- less difficulty reducing or maintaining weight
- more strength and endurance
- increased flexibility and balance
- improved feeling of well-being and a reduction in stress
- better quality sleep.

You don't need to join a health club or buy expensive health equipment to exercise. Choose an exercise you enjoy so you will stick with it. If you feel adventurous, try something new. You may find a hidden talent or new passion.

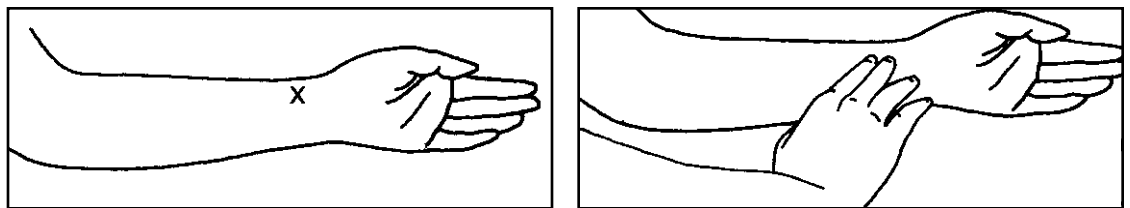
Exercise Guidelines

Remember these basic exercise guidelines.

- Wear layers of loose-fitting clothing so you may adapt to temperature/environment changes. Wear comfortable athletic shoes that tie.
- Avoid outdoor exercise in extremely hot and cold temperatures.
- Start your exercise slowly by stretching and warming up (slow pace of exercise for 5 minutes). Finish your exercise by cooling down (slower pace exercise for 10 minutes).
- Do not exercise if you are not feeling well or if you have a temperature higher than 100 F.
- Do not drink alcohol right before or after exercise.
- Drink plenty of water before, during and after you exercise (1 quart every 15 minutes).

- Check your heart rate when you exercise. To do this:
 - Find your pulse on your wrist. (See illustration below.)
 - Put two fingers on the inside of your wrist just below your thumb. (See illustration below.)
 - Press lightly until you feel your pulse.
 - Count the heartbeats for 10 seconds. Multiply the heartbeats by six.
 - If your pulse is irregular or skips beats, count the beats for a full 60 seconds.
 - The average resting rate is between 60 to 100 beats each minute.
 - If your rate is higher than average, slow down and don't exercise so hard.

Remember, start your exercise program slowly and work up to your abilities.



© Allina Health System

(Left) Put two fingers on the inside of your wrist just below your thumb. (Right) Press lightly until you feel your pulse.

Tip

If you are just starting an exercise routine, you may want to start out at 60 to 70 percent of your target heart rate. As you become more fit, you may want to progress to 70 to 80 percent of your target heart rate.

Target heart rate

The target heart rate is a guideline that can help you stay in a safe exercise heart rate range. As your age increases, your target heart rate will decrease. The target heart rate, is based on 60 to 80 percent of a maximum heart rate.

In general, if you are staying in the hospital (inpatient) and you have angina, had a heart attack, or have heart failure, your target heart rate is the resting heart rate plus 25 beats per minute as the maximum heart rate.

If you had open heart surgery or valve surgery, your target heart rate is the resting heart rate plus 35 beats per minute as the maximum heart rate.

- If you keep your heart rate in the lower range of the guideline, you will be able to exercise longer.
- If you keep your heart rate in the higher range of the guideline, you will have better cardiorespiratory fitness.

Target Heart Rate Maximum Target Training Zones							
	Approximate maximum heart rate	Maximum target training zones (beats per minute)					
Age	Heart rate	60%	65%	70%	75%	80%	85%
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	120	128
75	145	87	94	102	109	116	123
80	140	84	91	98	105	112	119

10 Second Pulse Check	
Number of pulses	Beats per minute
10	60
11	66
12	72
13	78
14	84
15	90
16	96
17	102
18	108
19	114
20	120
21	126
22	132
23	138
24	144
25	150

Take the number of pulses in 10 seconds and multiply by six to get the beats per minute.

Example: If you are 30 years old and just started an exercise program, your target heart rate would be between 114 and 133 beats per minute, and 19 to 22 beats per 10 second count. (See the “10 second pulse check” chart at left.)

To tell how hard you are exercising, you can also use the “talk test.” This is your ability to have a fairly normal conversation while exercising. If you can sing, you need to work a little harder. If you have trouble talking, you need to slow down. Use the scale below.

Borg RPE Scale®

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Borg-RPE-skalan®
© Gunnar Borg, 1970, 1985, 1994, 1998

The scale with correct instructions can be obtained from Borg Perception, see the home page: www.borgperception.se/index.html.

When you should stop exercising

You always need to be aware of the way your body responds to what you are doing. This will tell you if you are working at a level that is good for you. This is especially true if you are not used to exercising on a regular basis.

Stop exercising and call your health care provider if you have or feel:

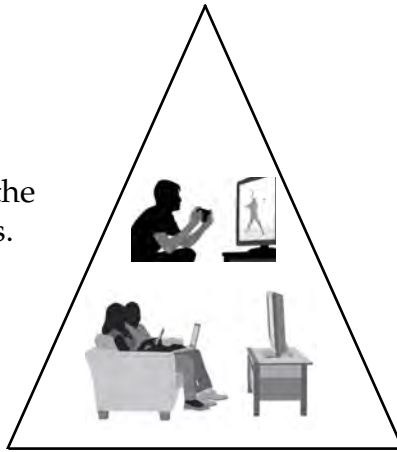
- dizzy or lightheaded
- nausea and vomiting
- cold sweat
- shortness of breath that makes talking difficult
- unusual fatigue or extreme exhaustion
- fainting or black-out spells
- your heart is skipping beats or is becoming irregular
- chest pain or pressure, tightness, heaviness, ache (including the neck, jaw or arm)
- joint or muscle pain
- visual disturbances
- numbness/tingling in your arms or legs.

Exercise Pyramid

Think of your weekly activity/exercise as a pyramid much like the food pyramid.

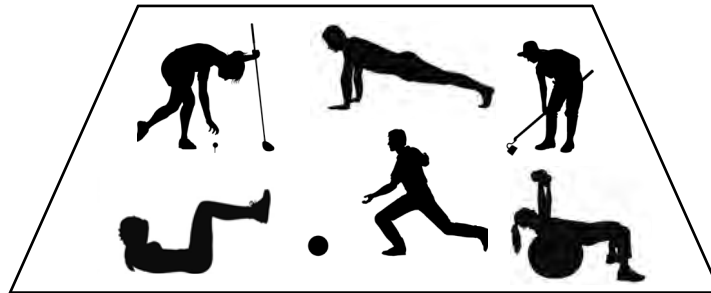
Use the weekly activity pyramid on the next page to improve your physical fitness. Begin at the bottom of the pyramid and choose activities you will do every day. Gradually increase the amount of exercise and physical activities and decrease your sitting activities.

Sparingly:
Sitting to watch TV, surf the internet and play games.



2-3 times a week:

- Activities such as bowling, golf or gardening.
- Strength training such as abdominal crunches, push ups or lifting weights.



3-5 times a week:
Activities such as biking, dancing, skiing, swimming, walking, basketball, racquetball, tennis or volleyball.



Every day:

- Take your pet for a walk.
- Use the stairs now and then instead of the elevator.
- Walk to the mailbox instead of driving to the post office.
- Park your car at the end of the parking lot and walk to the store.
- During TV or gaming breaks, walk around the house or up and down the stairs.

What it Takes to Lose 1 Pound in 1 Week

There are 3,500 calories in 1 pound. This means that to lose 1 pound in 1 week, you need to eat 500 fewer calories each day.

You can do this by eating and drinking less than normal and by exercising.

To figure out how many calories you need each day to lose 1 pound, subtract 500 from your daily calorie level. The number is your new number of daily calories to promote a healthy weight loss. The formula is:

_____ current daily calories - 500 = _____ new daily calories.

This means a person who weighs 200 pounds and is active (2,200 daily calories) will lose 1 pound in 1 week by reducing his or her daily calorie level to 1,700 calories.

Burning Calories

Tip

To lose 1 pound in 1 week, you need to burn or decrease 500 calories a day.

To lose 2 pounds in 1 week, you need to burn or decrease 1,000 calories a day.

When you exercise, your body burns calories (energy from food). If you burn more calories than you eat, you will lose weight.

The healthiest way to lose 1 pound in 1 week is to:

- burn 250 calories

and

- cut 250 calories out of your diet each day.

To help you think about your current routines, try the following.

- Keep track of your current diet habits and look for easy targets to cut out. If, for example, you have one 20-ounce soft drink each day with lunch, that can add up to more than 800 calories in one week. Do you always have sweets for dessert? Try fruit instead. Not only is it healthier, it will help fulfill your daily servings of fruit.
- Keep track of your exercise and activity habits. Do you always look for the closest parking spot in the parking lot? Do you take the escalator or elevator rather than walk up a few flights of stairs?

Once you look at your current patterns, you can increase your exercise and activity and make different food choices.

The following chart shows how many calories are burned in **10 minutes** by doing certain exercises and activities, according to how much you weigh.

Exercise/Activity	Your Weight in Pounds		
	120 to 130	160 to 170	190 to 200
Walking 2 mph (30 minutes per mile)	30	40	45
Walking 3 mph (20 minutes per mile)	40	50	60
Walking 4 mph (15 minutes per mile)	55	70	85
Aerobic dance	60 to 105	75 to 140	90 to 165
Bicycling (outdoors)	40 to 145	50 to 195	60 to 230
Bicycling (indoor stationary)	25 to 145	30 to 195	40 to 230
Calisthenics	40 to 105	50 to 140	60 to 165
Dancing	30 to 80	40 to 150	45 to 120
Jogging 5 mph (12 minutes per mile)	90	115	135
Jogging 6 mph (10 minutes per mile)	105	140	165
Skiing (cross country)	60 to 145	75 to 195	90 to 230
Swimming	50 to 125	65 to 165	75 to 200

Tip

Thirty minutes of nonstop exercise is the same as taking 10,000 steps. If you like to swim, bike, ski or work out at a gym, you can use those exercises in place of walking, running or jogging.

'10,000 Steps Program'

"Shape Up America!" promotes the 10,000 Steps Program. Your everyday activities do not provide you with enough physical activity to maintain a healthy weight.

To get the right amount of activity you should take 10,000 steps a day. The average person takes between 700 and 2,500 steps a day! To reach the goal of 10,000 steps a day, you can walk, jog or run.

For 2 weeks, check how many steps you take every day by wearing a pedometer. (It will count slow and fast steps.) Keep track of your steps.

At the end of the two weeks, make a goal for adding steps. For instance, you may want to take 2,500 steps a day for 2 weeks. Keep adding steps until you reach 10,000 steps a day.

Remember to eat a healthful, well-balanced diet and drink plenty of water while increasing your exercise.

Before you start any new exercise routine, follow the exercise guidelines starting on page 48.



Chapter 4:

Body Image

In This Chapter:

- Rethink Your Body Image
- Build a Support Team



Chapter 4: Body Image

Rethink Your Body Image

Your current situation was shaped — at least in part — by your past experiences. Take the time to think about what happened in your youth or adulthood that set up your patterns of negative thoughts and eating routines.

Also, understand the medical history of your family. Be aware if obesity, heart disease, cancer or other diseases run in your family. This will help you understand if you are at increased risk for these diseases. Losing weight can help lower many health risks.

Live in the present

It is important to live in the present. Don't think about your past or dredge up hurtful situations or feelings.

Accept yourself for who you are and where you are at this time in your life. If you can do that, you will be more motivated to follow a healthy diet and exercise program.

Think positively about yourself

You will learn to feel good about yourself by nurturing and putting good thoughts in your mind.

Focus on your good qualities and assets. By doing that and ignoring negative thoughts, you will begin to see a change in yourself. And, you will start to view yourself differently.

Don't compare yourself to others

People are bombarded every day with images of “attractive” body types: muscular athletes, actors with chiseled features, waif-like models and actresses who seem to be flawless. These are nothing more than images — and images can be deceiving.

If you want to lose weight, choose appropriate role models. Maybe you have a family member, friend or coworker who has successfully lost weight and become healthy. Talk to them for support or guidance.

Instead of focusing on who you aren't, focus on who you are. You will begin to realize how beautiful and valuable you are.

Reward yourself when you make changes

Give yourself praise and rewards. Recognize the positive changes you are making to become healthy.

Eating a healthful diet and exercising takes strength and self-confidence. You are working hard to become healthier and you deserve to feel good about yourself. Give yourself credit.

Don't reward yourself with food. Instead, think positive thoughts, call a friend, share a funny story or give yourself a pat on the back for the good work you have done.

Don't get discouraged if you slip

It's hard to make several positive changes all at once. Don't get discouraged if you skip a couple of days of exercise or ate too many cookies! Get back on track the next day.

Build a Support Team

You may find losing weight will be easier if you have a support team.

Talk with family members, friends or co-workers to see if they will support your decision to lose weight. Ask if they can give you praise for healthful choices and reminders for unhealthy choices.

Ask if someone is willing to exercise with you, or help you shop for groceries. Find people who will be supportive and listen if you need someone to talk to.

If you have other family members who may be overweight or obese, talk to them to hear how they feel about your weight loss plan. Do they feel jealous or resentful? Or are they positive and ready to lose weight with you?

You are in control of your weight loss. Don't let anyone undermine your efforts. Find people who are supportive. Share your goals with them and ask for their help in achieving your goals.

Find a support team willing to support you. They should want you to be happy and healthy.



Chapter 5:

Keeping the Weight Off

In This Chapter:

- Weight Loss Management
- What Works



Chapter 5: Keeping the Weight Off

Weight Loss Management

Tip

The website for the National Weight Control Registry is: nwcr.ws.

Maybe you've lost weight in the past but regained all the weight (plus a few more pounds). To help keep the weight off, the following tips are from a long-term study of 3,000 people who each lost an average of 60 pounds and kept it off for 5 years. The people are enrolled in the National Weight Control Registry.

- Eat breakfast every day. Eating breakfast prevents extreme hunger and keeps you from overeating in the evening. Some research shows that people who skip breakfast tend to gain weight.
- Watch your weight. Weigh yourself every week. Keep track of how well your clothes fit. This can let you take action if you start to gain weight.
- Keep a food diary every now and then. Writing down what you eat forces you to look at what, when, where and how much you are eating. You can make adjustments, if needed.
- Exercise regularly. Get at least 30 to 60 minutes of exercise every day. You can do aerobic exercises (such as walking, jogging or swimming), weight lifting or resistance training 2 to 3 times a week.
- Follow the Food Guide Pyramid recommendations. Eat a healthful, balanced diet full of grains, fruits and vegetables, meats, beans, fish, and dairy, with moderate amounts of fat.


Eating a healthful diet and getting regular exercise can become as routine as brushing your teeth. Stick with it and remember your goal — your health.

If you need more information, talk to your doctor, nutritionist, dietitian or county extension home economist.

What Works

Studies have shown that you need to do four things to lose weight successfully:

- Get regular exercise. Try to walk 4 miles a day 5 times a week.
- Reduce your calories. Men* should limit calories to 1,500 to 1,700 calories a day and women should limit calories to 1,300 to 1,500 calories a day.
- Eat a diet low in fat. Limit your calories from fat to about 24 percent each day.
- Make lifestyle changes. Keep food and activity records, find supportive people to help you and look at the emotional and behavioral reasons you eat.



Chapter 6:

Resources

In This Chapter:

- Websites
- Books



Chapter 6: Resources

Websites

- **allinahealth.org:**
There are several helpful weight loss sections.
- **nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm:**
The National Institutes of Health Web site has a meal planner that includes portion sizes and calories. The main website is nih.gov.
- **win.niddk.nih.gov/:**
The Weight-control Information Network is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. It provides science-based information on obesity, weight control, and nutrition.
- **obesity.org:**
The American Obesity Association has information on obesity education, research, prevention and treatment.
- **americanheart.org:**
The American Heart Association has a variety of information on how to keep your heart healthy.
- **exploreminnesota.com:**
You can find lots of information about places in Minnesota to bike, hike, winter activities and more.
- **dnr.state.mn.us/outdoor_activities/index.html:**
The Minnesota Department of Natural Resources has a variety of information on outdoor sports.

Books

- “American Heart Association Low-calorie Cookbook,” American Heart Association, 2004
- “Dieting for Dummies,” Jane, RD Kirby and The American Dietetic Association , 2003
- “Don’t Diet, Live It! Workbook. Healing Food, Weight and Body Issues,” Andrea LoBue and Marsea Marcus, 1999
- “Feeding the Body Nourishing the Soul: Essentials of Eating for Physical, Emotional, and Spiritual Well-Being,” Deborah Kesten, 1997
- “Moving Away From Diets,” Nancy King, Karin Kratina, and Dayle Hayes, 1996
- “The Learn Program for Weight Management 2000 (10th Ed.),” Kelly D. Brownell, 2000
- “The Way to Eat: A Six-Step Path to Lifelong Weight Control,” David. L. Katz and Harrigan Gonzalez, 2004
- “Thin for Life: 10 Keys to Success From People Who Have Lost Weight and Kept it Off,” Anne M. Fletcher, 2003
- “Workouts for Dummies,” Tamilee Webb and Lori Seeger, 1998

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Fax: 612-262-4370
GrievanceCoordinator@allina.com

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200 Independence Avenue, SW Room 509F, HHH Building
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