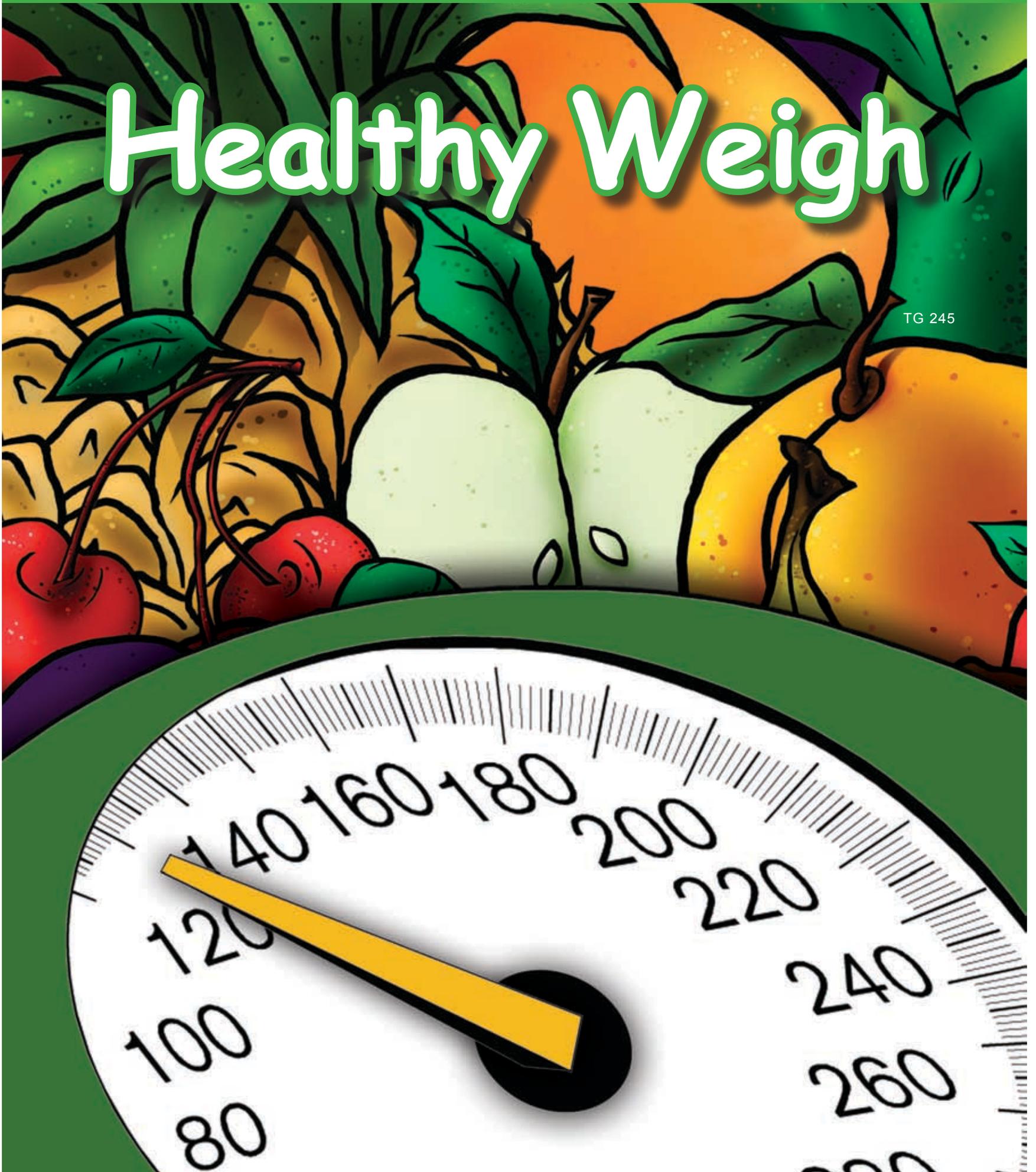


Healthy Weigh

TG 245



Prepared and Distributed under the direction of:

**The U.S. Army Center for Health Promotion and Preventive Medicine
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Introduction

Military readiness requires a healthy and fit force on demand. To sustain maximum readiness and war-fighting capability, you must be physically fit before, during, and after deployment.

Stronger, fitter military members --

- ✓ Are less likely to be injured accidentally;
- ✓ More readily withstand exposure to diseases and stress; and
- ✓ Recover from wounds and injuries faster.

Weight is one measure of fitness. Carrying too much or too little body fat can limit your performance and affect your ability to carry out a mission. There are also health issues associated with being too thin and too heavy. Possible health effects of being overweight or overfat include high blood pressure, diabetes, high blood cholesterol, cancer, heart disease, arthritis, stroke, and gout. Risks associated with too little body fat include increased illness and infections, lack of fuel reserves to draw on during high-stress periods, loss of insulation and organ protection, abnormal menstrual functions and bone loss, and poor pregnancy outcomes.

Having a weight and body fat that is within your service's guidelines does not guarantee that you have enough muscle to perform your assigned duties or to pass the physical fitness test. Regular exercise that includes aerobic and resistance training is necessary to do this.

The guide is intended to be a resource for service members in a remote assignment without access to nutrition counseling or weight control classes. It is not intended to replace nutrition therapy by a Registered Dietitian. It can be used as a resource by all service members: Active Duty; Reserve (Active, IMA, IRR); and ROTC cadets.

This guide has been developed to help you devise a personal plan for managing your weight. Whether you are trying to lose weight, gain extra pounds, or maintain your current weight, this guide will assist you in reaching your goal.

You will want to keep this guide handy for easy reference. It has been divided into easy to read sections that you can refer to as often as necessary. You will find that it only takes small changes, done consistently over a period of time, for you to reach and/or maintain your goal weight.

You are fully responsible for your current weight. Your body, as it is today, reflects how you have lived. You can change your body by changing the way you live.

Your habits have created the body you have today. If you don't like what you see when you look in the mirror, you have the ability to change the picture. Changing your habits will help change what you see.

This guide is organized into 7 sections. After you have completed the assessment on page 17, you will know which section(s) of the manual to concentrate on first. However, you will find useful information in all of the sections, so it is recommended that at some point you take the time to read the entire guide.

This is **not** another diet book! If you have tried diets before, it is time to give them up for the following reasons:

- #10: Diets don't work.** Even if you lose weight, you will probably gain it all back and you might gain back more than you lost.
- #9: Diets are expensive.** If you did not buy special diet products, you could save enough to get new clothes, which would improve your outlook right now.
- #8: Diets are boring.** People on diets talk and think about food and practically nothing else. There's a lot more to life.
- #7: Diets don't necessarily improve your health.** Like the weight loss, health improvement is temporary. Dieting can actually cause health problems.
- #6: Diets don't make you beautiful.** Very few people will ever look like models. Glamour is a look, not a size. You don't have to be thin to be attractive.
- #5: Diets are not sexy.** If you want to feel and be more attractive, take care of your body and your appearance. Feeling healthy makes you look your best.
- #4: Diets can turn into eating disorders.** The obsession to be thin can lead to anorexia, bulimia, bingeing, and compulsive exercising.
- #3: Diets can make you afraid of food.** Food nourishes and comforts us, and gives us pleasure. Dieting can make food seem like your enemy, and can deprive you of all the positive things about food.

#2: Diets can rob you of energy. If you want to lead a full and active life, you need good nutrition, and enough food to meet your body's needs.

#1: Learning to love and accept yourself just as you are will give you self-confidence, better health, and a sense of well being that will last a lifetime.

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This guide is designed to help you develop a plan that will best help **you** achieve and/or maintain **your** desired weight. It is based on the five simple messages from the *It's All About You Campaign* of the Dietary Guidelines Alliance that will help you make healthful choices for maintaining your weight. These include:

Be Realistic

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.

Be Adventurous

Expand your tastes to enjoy a variety of foods.

Be Flexible

Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

Be Sensible

Enjoy all foods. Just don't overdo it.

Be Active

Walk the dog. Don't just watch the dog walk.

Be patient and take the time to discover what strategies will work best to help you keep your body operating in top-notch condition. A world of discovery awaits you!

Turn the page if you are ready to get started...

How Much Should You Weigh?

Determine your appropriate weight

1: How Much Should
You Weigh?



How Much Should You Weigh?

To determine your appropriate weight, several factors need to be considered. The best place to start is to use the screening table weight chart in AR 600-9 (Army Weight Control Program). A copy of the table is provided on page 10. Like its name implies, this chart should only be used as a screening tool. It recommends your total body weight. It does not tell you how much of your total weight is muscle, fat, water etc.

If you exceed the recommended weight in the screening table chart, have your body fat measured by trained military personnel. Since muscle weighs more than fat, it is possible for you to exceed the screening table chart, but meet the percent body fat standards for your age and sex as provided in AR 600-9. The Army percent body fat standards are provided on page 12.

Your weight and percent body fat are only two factors that affect your health. Other important factors to consider are the location of the extra weight and whether you have weight-related health problems. Follow these simple guidelines to determine if you need to lose weight.

- Excess body fat located in the stomach area around the waist puts you at a higher risk for early heart disease, high blood pressure, diabetes, and certain types of cancer.
- A weight chart can give you an idea of how your weight compares to a healthy weight.
- Checking your body mass index (BMI) can also help you assess your weight and your risk for weight-related health problems (see page 13).

Weight for height table (screening table weight)

Source: AR 600-9 - Army Weight Control Program (1 September 2006)

Height (in inches)	Minimum weight (in pounds)*	Male weight in pounds, by age				Female weight in pounds, by age			
		17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	91	—	—	—	—	119	121	122	124
59	94	—	—	—	—	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80	173	234	240	247	250	227	230	233	236

Notes on Weight for Height Table (Screening Table Weight):

* Male and female Soldiers who fall below the minimum weights shown will be referred for immediate medical evaluation.

¹ Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than $\frac{1}{2}$ inch, round down to the nearest whole number in inches; if the height fraction is $\frac{1}{2}$ inch or greater, round up to the next highest whole number in inches.

² Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than $\frac{1}{2}$ pound, round down to the nearest pound; if the weight fraction is $\frac{1}{2}$ pound or greater, round up to the next highest pound.

³ All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

⁴ If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.

⁵ Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

Current AR 600-9 Maximum Allowable Percent Body Fat Standards

Age Group	MALES	FEMALES
17-20 years	20%	30%
21-27 years	22%	32%
28-39 years	24%	34%
40 + years	26%	36%

Are you at a healthy weight?

	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	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
59	94	99	104	109	114	119	124	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
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
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	276	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	222	229	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	

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Weight classifications by the National Heart Lung and Blood Institute

BMI cutoffs

Underweight BMI less than 18.5

Normal Weight BMI from 18.5 up to 24.9

Overweight BMI from 25 up to 29.9

Obesity BMI 30 or higher; Obese persons are also overweight.

Extreme Obesity BMI greater than or equal to 40

BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Body Mass Index (BMI)

- Does not consider age or gender
- Is considered the best way to assess health risk related to overweight
- Goal BMI = 18.5 – 24.9

Collecting Necessary Information

Recording your diet, exercise and lifestyle pattern

2: Collecting Necessary Information



Collecting Necessary Information

The more information you have about your current diet, exercise and lifestyle habits, the more likely you will be able to develop a personalized weight management plan that will work for you. You will need to record your diet, exercise and lifestyle pattern for seven days. This will help you evaluate your habits during the week and on the weekend.

Keeping this information will be very valuable to you in determining areas you need to concentrate on to reach your goal weight. Be very specific. Write down everything you eat and drink for the entire period (include the amount eaten, the way the food was prepared, your hunger level and your mood at the time) as well as your exercise pattern for each day.

A log for recording this information is provided in the resource section. You can make seven copies of the log to use in recording your data for the week. If you prefer, you can use a small notebook, daily calendar, or blank book instead. Just make sure that it is small enough to carry and has enough space to record all of the required information.

Be **Specific** and **Honest** in recording your entries. This is the only way the information will be helpful to you. It is important for you to record your entries at the time you eat or drink anything or exercise. If you wait until later, you may forget what you ate or what you did for exercise.

If you are ready to start recording, please go to the resource section of this guide (Section 7).

What is Keeping You From Reaching Your Goal?

	YES	NO
1. Do you feel you are too busy to take good care of yourself?	___	___
2. Do you feel irritable and stressed most of the time?	___	___
3. Do you get at least 8 hours of sleep on most nights?	___	___
4. Do you often skip meals in an effort to lose weight?	___	___
5. Do you omit complete food groups from your diet?	___	___
6. Do you tend to eat the same foods everyday?	___	___
7. Do you count calories as a way to achieve your weight goal?	___	___
8. Do you feel guilty after eating your favorite foods?	___	___
9. Do you eat most of your meals away from home?	___	___
10. Do you eat high-calorie snacks to get you through the day?	___	___
11. Do you get some type of aerobic exercise < 4-5 times/week?	___	___
12. Do you exercise < 30-45 minutes per workout?	___	___
13. Do you include strength-training exercises <2-3 times/wk?	___	___
14. Do you make excuses not to exercise?	___	___

Turn the page for an assessment of your habits...

Assessing Your Habits

If you answered **YES** to one or more of the following questions, you need to make small positive changes in your **LIFESTYLE** to reach and/or maintain your desired weight.

Questions 1, 2, and/or 3

Turn to page **19** to get started.

If you answered **YES** to one or more of the following questions, you need to make small positive changes in your **EATING PATTERN** to reach and/or maintain your desired weight.

Questions 4, 5, 6, 7, 8, 9, and/or 10

Turn to Page **27** to get started.

If you answered **YES** to one or more of the following questions, you need to make small positive changes in your **EXERCISE PATTERN** to reach and/or maintain your desired weight.

Questions 11, 12, 13, and/or 14

Turn to page **75** to get started.

If you answered **YES** to questions in **all three** categories, concentrate on the area (Lifestyle, Eating Pattern, or Exercise Pattern) in which you had the most number of **YES** responses.

If you answered **YES** to all of the questions, begin with the next section and study the rest of this guide in sequential order.

If you answered **NO** to all of the questions and are pleased with your current weight, keep up the good work! This guide may still give you ideas for further changes you can make to avoid becoming bored.

If you answered **NO** to all of the questions and are not pleased with your current weight, study the guide for ideas on other strategies you may try to reach your goal weight.

Remember, no matter where you start, small changes done consistently over time can make a BIG difference in helping you to reach your goal! Small positive steps will lead to long-lasting results.

Turn the page if you are ready to begin...

It's All About Lifestyle

Developing a lifestyle that promotes good nutrition
and physical fitness is the cornerstone



It's All About Lifestyle

Developing a lifestyle that promotes good nutrition and physical fitness is the cornerstone of your efforts in successfully managing your weight. Time spent in gradually forming healthful habits is time well spent. This will provide the support structure needed to successfully reach and maintain your goal. This is the starting point on your journey. You cannot skip this step. It is an essential key that will help to make successfully managing your weight second nature.

What are these habits that will make such a difference in your ability to achieve your goal? They include things such as getting enough rest and relaxation, positively dealing with the stress in your life, avoiding tobacco products, getting regular physical examinations, exercising on a regular basis, and eating because you are hungry instead of eating as a way to deal with being happy, sad, angry, bored, etc.

Although substituting good habits for bad ones is not easy, it is well worth the effort. When trying to form a new habit, it takes about 21 days (3 weeks) for that habit to become ingrained. Just because you have been unsuccessful in the past in reaching and maintaining your goal weight, does not mean that this attempt will be a repeat performance. You are at a different stage in your life and if you follow the suggestions provided in this guide, you will be better prepared to reach your goal.

Take your time in reading this section. While all the suggestions provided may not appeal to you, there are many strategies that you can choose from that will work for you. Also, read this section again from time to time. Things that may not be appealing to you now may appeal to you at a later time.

Think of these strategies as tools you will use for the rest of your life, not just until you reach your goal weight. If you find yourself heading in the wrong direction on the scales, take a good long look at your habits. It could be that you have gradually stopped using strategies that worked to help you keep your weight where you wanted it to be. If so, it's time for a reality check. Just pick yourself up and start over again. The only way you will be unsuccessful in reaching and maintaining your goal is if you give up. It doesn't matter how many times you stray off the path. What does matter is your diligence and consistency in striving to reach your goal.

Remember, it is all about lifestyle. This is not just another diet!

Please turn the page, if you are ready to start changing your lifestyle habits...

Are You Too Busy

Do you seem to meet yourself coming and going? Do you never seem to have enough time to do the things that are really important to you? Well, the first step you need to take is to **STOP** and take a good long look at your lifestyle.

You will need to find a time when you can get away from the hustle and bustle of life. Evaluating where you are at this very moment will help you develop a road map to help you get to where you want to be instead. This is very important so write it on your calendar as a priority. This is going to take longer than 10 minutes. Schedule at least an hour. You may not need the entire time, but at least you won't feel rushed. If you find that an hour isn't enough time, schedule another time as soon as possible. It will be time well spent.

On your scheduled date and time, disconnect the telephone, turn off the television, and anything else that would distract you. Find a quiet spot with no distractions.

Write down all the activities in which you are currently involved. Don't leave anything out. After you have written everything down, start putting your activities into different categories. Different categories could include church activities, time spent with your family, hobbies, and work.

Next, take a moment to write down everything that is **really** important to you. Once you have identified key priorities in your life, devise a plan to concentrate on what matters most to you. In order to do this, you must eliminate or at least limit the things in your life that are causing stress. Although some stress in life is normal, you must be careful not to allow yourself to become overly stressed.

Turn the page for tips to help you effectively deal with stress...

De-Stress Your Life

- Eat a nutritious well-balanced diet. Limit caffeine (found in foods and beverages such as chocolate, coffee, some sodas, and black tea). Section 4 will help you find out if your diet is well balanced and give you guidelines for eating a nutritious diet.
- Make sure you are getting enough exercise. All kinds of physical activity - walking, running, swimming, etc., help to reduce stress.
- Make sure you are breathing deeply enough. While sitting, lying down, or standing, close your eyes and breathe in slowly. Let the breath out for a count of 5-10 seconds. Take ten of these deep breaths any time you feel stressed.
- Take a bath to help you relax. Ask your family to allow you at least 30 minutes of uninterrupted time.
- Do gentle stretches often to help you unwind.
- Take the time to talk to a family member or close friend about things that may be bothering you. Walking in a peaceful serene area, such as a park, can limit distractions.
- Read a good book to help release pent-up emotions.
- Do something you enjoy often such as gardening, reading, or going to the beach.
- Treat yourself to a massage. It is a wonderful way to unwind and feel great.
- Take time to laugh. It is a great way to feel better.
- Create your own healthy stress reducers (without alcohol or drugs). You will feel better and be healthier if you do.

Helpful Tips for Successful Weight Loss and Maintenance

Now that you have identified ways you can limit the stress in your life, you will be better prepared to begin your weight management program. Choose at least five of the tips below to help you reach and maintain your goal weight. Of course, the more tips you incorporate into your lifestyle, the more likely you will be able to reach and maintain your desired weight.

- Don't waste your time and money on diet pills and fad diets that promise weight loss overnight. Most of the weight lost is from water, not fat. You may also lose lean body tissue (muscle) with these types of diets.
- Keep records of how much you eat, where and when you eat, your mood and with whom you eat. After a week, review your records and look for patterns or bad habits.
- Weigh and/or measure your foods so you know exactly how much food you are eating.
- Try not to be food centered. Do not let food become your primary source of enjoyment and satisfaction. Start new hobbies or get involved in sports.
- Set achievable goals. A reasonable and safe weight loss goal per week is 1 – 2 pounds, which is equal to 3500 to 7000 calories. You can lose one pound per week by eating 250 calories less and burning up 250 calories in exercise each day.
- Keep records of your weight, but do not be discouraged if you do not lose weight every week. Water sometimes replaces fat in the tissues, but this situation eventually corrects itself.
- Weigh yourself only once a week, at the same time of day. Your weight varies each day, which makes it discouraging and misleading if you weigh too often.
- Take your body measurements, especially when you've reached a plateau (You are following your diet and exercise plan, but are not losing weight). You may be losing inches although the scales don't show the weight loss.
- When you lose weight, have your clothes taken in or give them away. Keeping two sets of clothes in the closet makes it too easy to put the weight back on.

- Treat yourself to a reward (anything but food) for every five pounds that you lose.
- Learn to eat slowly. Chew each bite well and put your fork down between each bite.
- Eat more fiber and drink water. You can do this by including more fruits, vegetables, and whole grains in your diet. Also, drinking a large glass of water before eating may help to curb your appetite.
- Eat from a small plate to make small portions look large.
- Control alcohol. Alcohol contains a lot of calories, but very few nutrients.
- Eat only when you are hungry. An absorbing activity can divert your mind from eating.
- Eat out if you wish. There's no need to avoid restaurants. Learn to select foods with the least amount of calories and fat.
- Make an effort to eat breakfast. Doing so will help make you more alert, be less prone to accidents, and have less weight management issues.
- Avoid skipping meals. You usually don't save calories and going for long periods of time without eating slows down your metabolic rate (the rate at which your body burns calories).
- Eat vegetables. Raw vegetables are a good snack food and are high in nutrients and low in calories.
- Try to eat more vegetables, fruits, and whole grains and less meat at each meal.
- Drink skim or ½ - 1% reduced fat milk in place of regular whole milk.
- Use lemon juice or vinegar on salads instead of high calorie salad dressings.
- Trim the fat off of meat before cooking it. If it is cooked with the fat on it, do not eat the fat.

- Eat less fried foods. Frying foods adds a lot of unnecessary calories.
- Eat less of your favorite high calorie foods or share them with a friend.
- Buy high calorie snack foods like chips in small individual packages. That way, even if you eat the whole bag, you will have built in portion control.
- If you buy or bake a cake, slice it into small pieces separately and store in the freezer. There will be less temptation to eat it if you have to wait for it to thaw.
- If a snack attacks hits you, reach for low calorie snacks like fresh fruit, raw vegetables or popcorn.
- Avoid distractions at the table. Don't read or watch television while eating. Concentrate only on the food you are eating.
- If possible, try not to leave serving bowls on the table while eating. This tempts you to eat more than you should.
- You do not have to clean your plate. Save food you do not eat for leftovers at another meal.
- Look at yourself in the mirror once a day, but weigh yourself only once a week.
- If you like gelatin, eat sugar-free gelatin dessert between meals.
- Save your fruit from lunch and dinner as an evening snack. Replace dried fruit like raisins and fruit canned in heavy syrup with fresh fruit or fruit canned in water or its own juice.
- Store food only in the kitchen.
- Avoid the night-eating syndrome—that is, starve by day, stuff by night. Try to space your food over the entire day.
- Try not to eat alone. This often leads to overeating.
- Keep foods out of sight as much as possible.

- Only eat when you are seated at your kitchen or dining room table. Many overeaters do their feasting while standing or when sitting in an easy chair watching television.
- If you are the cook, avoid sampling the food too often. Chew sugar-free gum while cooking to avoid eating too much.
- Do not use yourself as a garbage can. Be proud. It is better to throw out the last few tablespoons of food than add the extra calories.
- Vary your menu. MyPyramid allows for great variety in your menu planning. Be creative!
- Don't shop for groceries when you are hungry. You will probably buy too much of the wrong kinds of foods.
- Avoid keeping foods at home that require no preparation. If an in-between meal snack must be cooked, it allows more time to think of the possible consequences.
- Brush your teeth after every meal. This may make you think twice about having an in-between meal snack.
- Plan ahead. If you know you're going to a party and will be eating more than usual, cut back on your eating earlier in the week and exercise more.
- To help you stick with your new way of eating, put a photo of a thinner you on the mirror or refrigerator.
- When faced with TEMPTATION, ask yourself: What is more important, five minutes of delight, or the lasting rewards of a shapely, healthy body?
- If you have eaten more than you should, admit it and start your new way of eating again. Strong feelings of guilt often lead to going back to old eating habits.
- Try to exercise at least 30 minutes each day. This makes it easier to stick to your exercise program. Exercise tones muscles, improves circulation, helps you lose fat and decreases the appetite (See section 5 for more information).

- Find someone to exercise with you. This makes exercise seem more like fun than work.

Nourishing Your Body

Your food choices, lifestyle, environment, and family history all affect your well-being



Nourishing Your Body

Eating is one of life's greatest pleasures. Your food choices, lifestyle, environment, and family history all affect your well-being. Given the variety of foods and the many ways to build a healthy diet, there is a lot of room for choice.

The Dietary Guidelines for Americans developed by the United States Department of Health and Human Services (USDHHS) and the United States Department of Agriculture (USDA) make nine recommendations for promoting health and reducing the risk for chronic diseases such as heart disease, certain types of cancer, diabetes, stroke and osteoporosis. Following these recommendations can also reduce the risk of obesity, high blood pressure and high blood cholesterol.

The Dietary Guidelines for Americans are the best, most up-to-date advice from nutrition experts. They are designed to build healthful eating patterns needed for good health. The guidelines are as follows:

- **Consume a variety of foods within and among the basic food groups while staying within energy needs. These foods are:**

Grains (Make half your grains whole)

Vegetables (Vary your vegetables)

Fruits (Focus on fruits)

Fats (Know your fats)

Calcium-rich Foods (Get your calcium-rich foods)

Protein (Go lean with protein)

- **Control calorie intake to manage weight.**

When it comes to weight control, calories are more important than the proportion of carbohydrate, fat, and protein in the diet. The healthiest way to reduce calorie intake is to reduce saturated fat, added sugars and alcohol.

Carbohydrate, protein and fat provide calories. Vitamins, minerals, and water do not provide calories.

For most people, a reduction of 50 to 100 calories per day will prevent weight gain.

A reduction of 500 calories or more per day is a common goal in weight loss programs.

Controlling portion sizes is important.

- **Be physically active every day.**

To prevent Weight Gain: 30 to 60 minutes

To sustain Weight Loss: 60 – 90 minutes

Short bouts of activity count

- **Increase daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products.**

These foods all contain carbohydrate and provide important health benefits. Carbohydrates are the main energy source for the body.

Eat **5 – 13 servings** of **fruits and vegetables** each day.

Eat at least **3 servings** of **whole grains** each day.

Drink **2 – 3 cups** of **nonfat or low-fat milk** or the equivalent per day.

- **Choose fats wisely for good health.**

Limit intake of fat, especially saturated fat, trans fat and cholesterol.

Fat intake should be no more than 20% - 35% of total calorie intake.

Eat foods rich in Omega-3 fatty acids which provide healthful benefits. Omega-3 fatty acids are found mostly in seafood, especially higher-fat, cold-water varieties, such as salmon, albacore tuna, lake trout, sardines and mackerel.

Eat two servings of fish each week.

- **Choose carbohydrates wisely for good health.**

Reduce intake of added sugars, especially sugar-sweetened beverages.

Reduce the frequency of eating sugars and starches.

Practice good oral hygiene to prevent cavities and gum disease.

Choose fiber-rich fruits, vegetables, and whole- grains.

- **Choose and prepare foods with little or no salt.**

Consume less than 1 teaspoon of salt per day.

Choose potassium-rich foods such as fruits and vegetables.

Consume no more than 1500 mg. of sodium per day AND meet the potassium recommendation (4700 mg. per day) if you have hypertension (high blood pressure), are African American, or middle-aged and older.

- **If you drink alcoholic beverages, do so in moderation.**

Moderation = up to 1 drink per day for women

= up to 2 drinks per day for men

One drink = 12 oz. beer, 5 oz. wine (12% alcohol), or 1.5 oz. of 80 proof distilled spirits.

Do not drink if you:

are a woman who is pregnant, breastfeeding, or of childbearing age,

take medications which may interact with alcohol,

have a medical condition that prohibits drinking or

cannot restrict your alcohol intake.

- **Keep food safe to eat.**

Clean hands, food contact surfaces, and fruits and vegetables.

Separate raw, cooked and ready-to-eat foods.

Cook foods to a safe temperature.

Chill (refrigerate) perishable foods promptly.

Defrost foods properly (avoid defrosting at room temperature).

Avoid raw milk and products made with raw milk, raw or partially cooked eggs or egg product, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Section 4: Nourishing Your Body



Another tool to use to ensure that you are eating a nutritious diet is MyPyramid. MyPyramid provides an outline of foods to eat each day based on the Dietary Guidelines. Using MyPyramid as a guide will help you eat a variety of foods to get the nutrients needed and the right amount of calories to maintain a healthy weight.

MyPyramid includes five major food groups and specifies serving sizes and amounts for each group. Each food group provides some, but not all, of the nutrients needed. For this reason, it is important to keep in mind that foods in one group cannot replace foods in another group.

Using MyPyramid as a guide, start with plenty of whole-grain breads, cereals, rice, and pasta as well as vegetables, and fruits. Add skim and low-fat foods from the milk group and lean choices from the meat and beans group. Limit fats, oils and sweets because they provide a lot of calories. An anatomy of the components of MyPyramid is provided on the following page.

Anatomy of MyPyramid



One Size Doesn't Fit All

USDA's MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It reminds consumers to make healthful food choices and to be active every day. The different parts of the symbol include:

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of foods to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of MyPyramid and oils. This illustrates that foods from all groups are needed each day for good health. The 6 color bands are as follows: Orange (Grains); Green (Vegetables); Red (Fruits); Yellow (Oils); Blue (Milk); Purple (Meat and Beans).

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Key Messages of MyPyramid

Make Half Your Grains Whole

Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta.

Use the Nutrition Facts label as a guide for determining whole grains. Choose products with a higher percent Daily Value for fiber. The Percent Daily Value for fiber is a good clue to the amount of whole grain in a product. Color is not an indication of whole grain. For example, bread can be brown because of added ingredients like molasses.

Choose foods that list one of these whole-grain ingredients first on the Nutrition Facts label: brown rice; bulgur; graham flour; oatmeal; whole-grain corn; whole oats, whole rye, or whole wheat; or wild rice. Foods labeled with the words multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain or bran are usually not whole-grain products.

Vary Your Vegetables

Vegetables are rich in Vitamins A and C, fiber, and phytochemicals. Phytochemicals, also called “fight-o-chemicals,” are natural substances found in food that may help protect against some cancers, heart disease, and other chronic health conditions.

Eat more dark green vegetables like broccoli, spinach, and other dark leafy vegetables.

Dark green vegetables are rich in beta-carotene and vitamin C.

Eat more orange vegetables like carrots and sweet potatoes. Orange vegetables are rich in beta-carotene.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils. Dry beans and peas are rich in fiber.

Focus on Fruits

Like vegetables, fruits are rich in Vitamins A and C, fiber and phytochemicals. Eat more whole fruits instead of fruit juices for the benefits of dietary fiber. When choosing canned fruit, make sure it is canned in water or 100% fruit juice. Fruit canned in heavy syrup is high in sugar.

Know Your Fats

Because oils contain essential fatty acids needed for health, there is an allowance for them in MyPyramid. In addition to the essential fatty acids oils contain, they are the major source of vitamin E in the typical American diet. While consuming some oil is needed for good health, the amount consumed needs to be limited to balance calorie intake.

Make most of your fat sources from fish, nuts, and vegetable oils (Olive oil, Canola oil and Peanut oil are the preferred choices). Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these fats.

No specific serving sizes are provided in MyPyramid for Fats, Oils, & Sweets, so use them **SPARINGLY**. They contain 15 – 120 calories per serving. A serving is:

- 1 teaspoon of oil
- 10 peanuts
- 2 teaspoons of peanut butter
- 1 teaspoon of margarine or butter
- 1 teaspoon of mayonnaise
- 1 tablespoon of salad dressing
- 1 tablespoon of cream cheese
- 1 teaspoon sugar, jam, or jelly

Get Your Calcium-rich Foods

Milk and many other dairy foods are rich in calcium. Go low-fat or fat-free when choosing milk, yogurt, and other milk products. If you currently drink whole milk, gradually switch to low-fat and then to fat-free milk.

If you are lactose intolerant, the most reliable way to get the health benefits of milk is to choose lactose-free alternatives within the milk group, such as cheese, yogurt, or lactose-free milk. Another alternative is to add the enzyme lactase to milk products before consuming (can be purchased over the counter).

If you do not consume milk and milk products, include calcium fortified juices, cereals, breads, soy beverages or rice beverages. Other calcium sources include: canned fish (sardines, salmon with bones), soybeans and other soy products, dried beans and some leafy greens like collard and turnip greens, kale and bok choy. The amount of calcium that can be absorbed in these foods varies.

Go Lean with Protein

Most individuals eat more from this group than is needed for good health, so be sure to watch portion sizes. A three ounce serving is about the size of a deck of cards. In general, one ounce equivalent from the meat and beans group is equal to:

one ounce of lean meat, poultry, or fish

one egg

1 tablespoon of peanut butter

$\frac{1}{4}$ cup of cooked dry beans

$\frac{1}{2}$ ounce of nuts or seeds

Vary your protein choices. Eat more fish (choose fish rich in omega-3 fatty acids, like salmon and trout more often) and dry beans and peas. Use nuts to replace meat or poultry, not in addition to them in the meal.

Lean cuts of beef include: round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. Choose extra lean ground beef (the label should say at least 90% lean).

The leanest cuts of pork include: pork loin, tenderloin, center loin, and ham.

Trim all the visible fat from meats and poultry before cooking. Also, bake, broil or grill meats instead of frying to cut down on the calories and fat. Drain off any fat that accumulates during cooking.

Suggestions for Selecting Foods from MyPyramid

Grains

- Eat at least three servings of whole-grain foods each day.
- Select a variety of whole-grain foods (whole wheat, brown rice, oats, and whole-grain corn) to form the foundation of your diet.
- Combine whole-grains with other foods rich in fiber like fruits and vegetables for nutritious mixed dishes.
- Prepare or choose grain products that contain little or no added saturated fat, sugar and salt.

Vegetables

- Enjoy 5 – 13 servings of fruits and vegetables each day.
- Include a variety of different kinds and colors (blue/purple, green, white, yellow/orange, and red) of fresh, frozen, and canned vegetables in your diet.
- Eat raw vegetables for snacks. They are high in nutrients and fiber and low in calories. For a special treat, serve them with a low- or reduced- fat dip.
- For a change of pace, stir-fry vegetables in a small amount of vegetable oil for a nutritious low-calorie dish.
- Combine vegetables with other foods in salads, casseroles, soups, and sauces. For example, try adding shredded vegetables to meatloaf.
- When eating out, choose a variety of vegetables from the salad bar.
- Use lemon juice or vinegar on salads instead of high calorie salad dressings.
- Eat more vegetables, fruits, and whole grains and less meat at each meal.

Fruits

- Enjoy 5 – 13 servings of fruits and vegetables each day.
- Include a variety of different kinds and colors (blue/purple, green, white, yellow/orange and red) of fresh, frozen, dried and canned fruits in your diet.
- Keep fresh fruit on the table or counter for an easy in-between-meal snack.
- Enjoy fruits as a naturally sweet end to a meal.
- Eat a good source of vitamin C each day such as orange juice or other citrus juices, strawberries, kiwi, or cantaloupe.
- If fresh fruit is very ripe, buy only enough to use right away.

Calcium-rich Foods

- Drink skim or ½ - 1% low-fat milk in place of regular whole milk (Note: 1.5% to 2% fat milk are not considered low-fat, but reduced-fat since they both contain more than 3 grams of fat per serving).
- Use nonfat dry milk powder in cooking to reduce calories and fat.
- Choose fat-free or low-fat cheeses for cooking and eating.

Meat

- Remove the fat from meat and the skin from chicken before cooking. If it is cooked with the fat/skin on it, remove it before eating.
- Try to eat more fish, chicken and turkey and less red meat.
- Eat dry beans and peas for a healthy alternative to a meat-based meal.
- Bake, broil, grill, and stir-fry meat, poultry, and fish more often than frying to reduce calories and fat.
- Make foods in this group the accompaniment to the meal rather than the main dish. This will help cut down on the amount of fat and calories in your diet.

Oils

- Eat less fried foods. Frying adds a lot of unnecessary calories.

Portion Sizes

Measure food portions so you know exactly how much food you are eating. If you do not have a food scale or measuring cups, you can still estimate your portion by following these tips:

- 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiocassette.
- A medium apple or peach is about the size of a tennis ball.
- 1 oz of cheese is about the size of 4 stacked dice.
- $\frac{1}{2}$ cup of ice cream is about the size of a racquetball or tennis ball.
- 1 cup of mashed potatoes or broccoli is about the size of your fist.
- 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.
- 1 ounce of nuts or small candies equals one handful.

Estimation of Calories Needed

Step 1: Current Body Weight X 10-12 Calories = _____

Step 2: Take the number of calories that you have calculated in Step 1 and multiply by an activity factor* (depending on how physically active you are).

*Sedentary (no exercise):	1.1
*Sedentary (moderate exercise):	1.2
*Aerobic exercise 3X/week:	1.3
*Aerobic exercise 5X/week:	1.5
*Aerobic exercise 7 days/week:	1.6
*True Athlete:	1.7

= _____

Step 3:

Total Calories Needed = _____

If you are trying to lose weight, subtract 250 calories from the total calories needed to maintain your current weight. You can burn an additional 250 calories through exercise. A deficit of 500 calories per day for one week should result in a one-pound weight loss. Do not eat less than your basic calorie needs. This could compromise your health and ability to perform physically and mentally.

= _____ Calories

If your goal is weight maintenance, try to consume the total calories needed each day to maintain your weight. Be sure to keep your activity and exercise level consistent so you balance out your calorie intake.

= _____ Calories

If your goal is weight gain, add 400 – 600 calories to the number of calories needed to maintain your current weight.

= _____ Calories

Suggested Servings at Various Calorie Levels

Food Group	1200 CALS	1400 CALS	1600 CALS	1800 CALS	2000 CALS
Grains	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq
Fruits	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups
Vegetables	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups
Milk	2 cups	2 cups	3 cups	3 cups	3 cups
Meat and Beans	3 oz- eq	4 oz- eq	5 oz-eq	5 oz-eq	5.5 oz-eq
Oils	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp
Do As You Like Calories	171	171	132	195	267

U.S. Department of Agriculture, MyPyramid Food Intake Patterns

Suggested Servings at Various Calorie Levels

Food Group	2200 CALS	2400 CALS	2600 CALS	2800 CALS	3000 CALS
Grains	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq
Fruits	2 cups	2 cups	2 cups	2.5 cups	2.5 cups
Vegetables	3 cups	3 cups	3.5 cups	3.5 cups	4 cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups
Meat and Beans	6 oz- eq	6.5 oz- eq	6.5 oz-eq	7 oz-eq	7 oz-eq
Oils	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp
Do As You Like Calories	290	362	410	426	512

U.S. Department of Agriculture, MyPyramid Food Intake Patterns

Grains – The following each count as one serving - 1 ounce-equivalent (oz-eq) ½ cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta, or rice, 1 slice bread; 1 small muffin (1 oz); 1 cup ready-to-eat cereal

Fruits and Vegetables – The following count as one 1 cup (2 servings): 1 cup cut-up raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens.

Meat and beans – The following count as 1 ounce-equivalent: 1 ounce lean meat, poultry, or fish, 1 egg; ¼ cup cooked dry beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts or seeds.

Milk – The following each count as 1 cup (1 serving) of milk: 1 cup milk or yogurt, 1 ½ ounces natural cheese such as Cheddar cheese or 2 ounces processed cheese. Discretionary calories must be counted for all choices, except fat-free milk.

Discretionary (Do as you like) **calories** can come from any food.

4 – 5 small meals or snacks are better than 2 – 3 big ones. Try to eat every 3 – 5 hours and try to eat most of your food during the most active part of your day. This will help you stay more in control of your eating and will prevent you from becoming too hungry. Nutritious snacks can be included in your meal plan. Remember, skipping meals will slow down your metabolic rate and make it harder to lose weight. Also, avoid eating a large meal within 3 hours of bedtime.

Use the Daily Food and Exercise Diary in the resource section of this guide (page 95) to help keep track of how much food is eaten throughout the day.

Sample Meal Patterns

Sample 1		Sample 2	
0800	Breakfast	0600	Breakfast
1100	Lunch	1000	Snack
1400	Snack	1300	Lunch
1700	Dinner	1500	Snack
2000	Snack	1900	Dinner

The word diet is often viewed negatively because it is associated with strict and even dangerous quick weight loss schemes. However, the true definition of diet is the foods and beverages that we usually eat and drink each day.

Because of popular fad diets that promise quick and easy weight loss with little or no effort, it is often difficult to separate fact from fiction. However, it will be easier for you to evaluate a diet plan if you make sure it meets the following recommendations of the National Institutes of Health:

- The diet should meet the Recommended Dietary Allowances (RDAs) for vitamins, minerals, and protein from foods that are readily available where you live and work. It should include a wide variety of foods from all major food groups.
- It should provide at least 1200 calories per day.

- It should not encourage a weight loss of more than 2 pounds per week.
- Exercise should be included on a regular basis.
- The plan should include information on how to keep the weight off once you reach your goal.
- The plan should include behavior modification to help make permanent changes in lifestyle.

Your suspicions should be aroused if any of the major food groups are eliminated; any food or food group is singled out as the cause of weight gain or the plan promises effortless weight loss.

The best plan is one that:

- Is not too difficult to follow.
- Helps you obtain and maintain your weight and body fat in the recommended ranges.
- Develops and keeps muscle tissue to meet required physical demands.

Are Dietary Supplements Necessary?

Supplements are **not** necessary for good health. However, they can help you get 100 percent of the U.S. Recommended Dietary Allowance (RDA) of vitamins and minerals if your food intake lacks needed nutrients. The range of supplement products includes pills, powders, bars, chewables, liquids, and even teas. Some of the most popular dietary supplements are diet pills and body building formulas.

Supplements are poorly regulated and they don't always contain what the bottle says. Some supplements are harmful, even deadly. Do not assume that dietary supplements are safe just because they are sold over the counter or are natural. Also, please keep in mind that although supplements may be sold in the Post Exchange this does not mean that the military is in any way recommending consumption of these products. **Always** talk to your healthcare provider before taking any dietary supplement.

Performance-related supplements are taken in hopes of boosting endurance. However, there is not a magic potion that gives instant energy and strength. Training and conditioning, a positive attitude, good nutrition and natural ability are the best way to achieve top performance. Power packs of vitamin supplements and high doses of individual vitamins and minerals generally have no benefit on performance.

You also need to be cautious of taking herbs. Herbs contain potent chemicals that can be poisonous or cause unpleasant side effects such as allergic reactions. Manufacturers do not have to test for safety or effectiveness.

Some resources on dietary supplements include:

- **The U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM)**

<http://chppm-www.apgea.army.mil>

USACHPPM offers an extensive assortment of information on dietary supplements to include fact sheets, general and Internet resources and professional presentations.

- **The Center for Food Safety and Applied Nutrition (CFSAN)**
<http://vm.cfsan.fda.gov> (go to "Program Areas," then "Dietary Supplements.")

CFSAN offers a broad range of information, such as FDA guides to supplements and safety warnings about specific products.

- **Food and Drug Administration (FDA)**

If you have questions about a particular supplement, you may call the FDA's toll-free number at (888) INFO-FDA.

- **Office of Dietary Supplements (ODS)**

<http://dietary-supplements.info.nih.gov>

Part of the National Institutes of Health, ODS offers a full description of what dietary supplements are.

Reading Nutrition Facts Labels

You can use the Nutrition Facts label found on almost all packaged foods to help you devise an eating plan that meets the Dietary Guidelines. The Nutrition Facts label can also be used to determine the nutritional value of various foods, make comparisons between different foods, and plan meals and snacks.

- The **nutrition numbers and percentages** provided on the Nutrition Facts label are based on current health recommendations for a 2000-calorie diet. The goal is to have daily caloric intake at an appropriate level to maintain a healthy weight, and to consume less fat, sugar and salt.
- The **% Daily Value** column shows you how much total fat, saturated fat, cholesterol, total carbohydrate, and dietary fiber one serving of a food contributes to a 2000-calorie diet. The % Daily Values for sodium, vitamins, and minerals apply to all calorie levels.
- Make sure the **% Daily Value** for your daily food choices do not add up to more than 100%. This will help you stay within the guidelines for total fat, saturated fat, cholesterol, and sodium.
- Some labels will provide **Daily Values for both 2000 and 2500-calorie diets**. You can use this information to see how much total fat, saturated fat, cholesterol, sodium, total carbohydrate, and dietary fiber are recommended each day for these two different calorie levels.
- Although the Nutrition Facts label only appears on packaged foods, most stores display **nutrition information for fresh foods** (fresh meat, poultry, seafood, vegetables and fruits) on posters or in brochures in the department where they are sold.

Descriptions found on Nutrient Labels

- **“Lean and Extra Lean”** (Describes the fat content of meat, poultry, seafood, and game):
 - **Lean** – less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 mgs of cholesterol per serving and per 100 grams.

Extra Lean – less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mgs of cholesterol per serving and per 100 grams.

- **“Low”** – This food could be eaten frequently without exceeding dietary guidelines for one or more of the following components: fat, saturated fat, cholesterol, sodium, and calories. For example:

Low fat	3 grams of less per serving
Low saturated fat	1 gram or less per serving
Low sodium	Less than 140 mgs per serving
Very low sodium	Less than 35 mg per serving
Low cholesterol	Less than 20 mgs per serving
Low calorie	40 calories or less per serving

- **“High”** – One serving of the food contains 20% or more of the Daily Value for a particular nutrient.
- **“Good Source”** – One serving of the food contains 10 – 19% of the daily value for a particular nutrient.
- **“Reduced”** – A nutritionally altered product contains 25% or less of a nutrient or of calories than the regular or reference product.
- **“Less”** – A food, whether altered or not, which contains 25% less of calories than the reference food.
- **“Light”** – A nutritionally altered product contains 1/3 fewer calories or 1/2 of the fat of the reference food, or the sodium content of the low-calorie, low-fat food has been reduced by 50% or more.

- **“More”** – One serving of the food, altered or not, contains a nutrient in a quantity that is at least 10% of the Daily Value more than the reference food.
- **“Free”** – The product contains no amount (or an insignificant amount) of: fat, saturated fat, cholesterol, sodium, sugars, or calories. For example, “fat free” means less than 0.5 grams per serving and “calorie free” means less than 5 calories per serving.

Compare the similarities and differences between the products on page 49-51. See if you agree with the product designated as the healthier choice.

Notes

Milk Label: To determine the percentage of calories from fat, divide the fat calories (80) by the total calories (160).

Peaches Labels: Other ways to reduce the sugar content of fruit is to rinse or drain the syrup off of the fruit and to choose fresh fruit instead of canned varieties.

Green Beans label: To reduce sodium intake, prepare fresh or frozen vegetables instead of canned varieties as often as possible. One way to reduce the sodium content of canned vegetables is to drain off the liquid and rinse the vegetables with water.

Tip: Don't shop for groceries when you are hungry. You will probably buy too many foods that are high in calories, fat, sugar and/or salt.

USE A NUTRITION FACTS LABEL TO MAKE A HEALTHY CHOICE

Let's Compare Fat ...

2% Milk
(1 cup) *Healthier Choice

Nutrition Facts	
Serving Size (244g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Cholesterol 20mg	6%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*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
Saturated 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	



Whole Milk
(1 cup)

Nutrition Facts	
Serving Size (245g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 25%	Iron 0%
*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
Saturated 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	

USE A NUTRITION FACTS LABEL TO MAKE A HEALTHY CHOICE

Let's Compare Sugar ...

Peaches Canned in Heavy Syrup
(1 peach half)

Peaches Canned in Water
(1 peach half) *Healthier Choice

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Sugars 18g	
Protein 0g	
Vitamin A 6%	• Vitamin C 4%
Calcium 0%	• Iron 2%
*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
Saturated 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	



Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 0g	
Vitamin A 10%	• Vitamin C 4%
Calcium 0%	• Iron 2%
*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
Saturated 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	

USE A NUTRITION FACTS LABEL TO MAKE A HEALTHY CHOICE

Let's Compare Salt ...

Canned Green Beans
(½ cup)

Nutrition Facts	
Serving Size (68g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 4%	• Vitamin C 6%
Calcium 2%	• 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
Saturated 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	



Frozen Green Beans
(½ cup) *Healthier Choice

Nutrition Facts	
Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 1g	
Vitamin A 6%	• Vitamin C 15%
Calcium 2%	• Iron 2%
*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
Saturated 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	

Counting Servings of Whole Grains

The USDA defines a serving of whole grain as 16 grams of whole grain ingredients. This is about the equivalent of two tablespoons of whole grain flour.

1 serving of whole grains = 16 grams = 2 Tablespoons

Foods that are stamped **Good Source of Whole Grain** on the label provide **½ serving** (8 grams) of whole grain.

Foods that are stamped with **Excellent Source of Whole Grain** on the label provide **1 serving** (16 grams) of whole grain. These foods may also contain some grains that are NOT whole grains.

Foods that are stamped **100% Whole Grain Excellent Source** on the label provide **1 serving** of whole grain. ALL the grains in this product are whole grains.

Everyone needs at least three servings of whole grains each day. You can get three servings of whole grains by eating:

- three servings of foods with the Excellent or 100% Excellent Stamp
- six servings of foods with the Good Stamp

Tips for Choosing Whole Grains

- Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

“brown rice”
“bulgur”
“graham flour”
“oatmeal”
“whole-grain corn”

“whole oats”
“whole rye”
“whole wheat”
“wild rice”

- Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.
- Use the Nutrition Facts label and choose products with a higher % Daily Value for fiber which is a good clue to the amount of whole grain in the product.
- Choose whole-grain products with no or few added fats, oils, and sugars.

- Use the Nutrition Facts label to choose foods with a lower % Daily Value for sodium. Claims such as “low in sodium” or “very low in sodium” on the front of the label can help you identify foods that contain less salt (or sodium).

Cooking Tips to Help You Manage Your Weight

- **Choose lean cuts of beef** (filet, tenderloin, flank, top round, top sirloin), **pork** (lean ham, tenderloin, center or loin chop), **poultry** (white meat with no skin), and **seafood** without breading or topping.
- **Use less meat:** A 3-ounce serving is about the size of a deck of cards. Think of meat as a condiment and fill in with more vegetables.
- **Trim all fat and skin prior to cooking.** (For poultry, if you prefer, you can wait until after cooking to remove the skin).
- **Bake, broil, grill, or stir-fry foods instead of frying.**
- **Use low-fat natural cheese, skim milk cheese, and low-fat cottage cheese** more often than hard cheese.
- **Use non-fat or reduced-fat cream cheese; sour cream; cheese spreads; dips; sauces; cheese products,** such as macaroni and cheese; cheese snacks; and cheese Danish.
- **Use skim milk** or 1% reduced fat milk. 2 to 3 cups are recommended per day. If you are using whole milk now, gradually wean yourself to 2% then to 1% or skim milk.
- **Eat more fruits and vegetables** which contain no cholesterol and are **virtually fat free**. However, avocados and olives do contain fat and should be used in small amounts. Limit fried vegetables like French fried potatoes, hash browns, cottage fries, and fried okra to eat as an occasional treat.
- **Use lemon, salsa, picante sauce, herbs, and spices to season foods.**
- **Use unprocessed grains as often as possible.** They do not contain cholesterol and have minimal fat. But many foods made from refined grains have added fat and/or sugar.
- **Eat the following foods only as an occasional treat:**
 - doughnuts
 - fried tortillas
 - buttered rolls
 - cheese or egg breads

sweet rolls
commercially prepared muffins
biscuits
waffles
buttered popcorn (and most microwave popcorn)
cakes
potato chips
corn chips
granola type cereal (except low-fat varieties)
fried rice
high-fat crackers like cheese, butter, or wheat crackers (use low fat alternatives)

- **Best choices for starchy foods are:**

plain bread
hard rolls
baked or mashed potatoes
cooked pasta or noodles without sauces or butter (tomato based sauces are a good alternative).

- All fats are high in calories. Therefore only very small amounts of fat should be used. **Soft margarine (spreadable, low-fat variety)** is preferred to a hard margarine or butter (the harder the fat, the more saturated fat it contains).
- **Nuts and seeds** are cholesterol free, but are naturally high in fat; keep portion size to about 1/3 cup.
- **Look for low-fat canned varieties of gravies and sauces or make your own with de-fatted meat broth.**
- **Prepare soups and stews ahead of time and let chill.** The fat will rise to the top and can be skimmed off.
- **Use low-fat or fat-free salad dressings.** Measure, don't pour, the dressing on your salad or try a salad spritzer instead.
- **Eat spicy foods** (if you can tolerate them) you won't miss fattening sauces. Add picante sauce, ginger, Italian spice blends, etc.
- **Keep desserts simple.** Look for plain ice cream, sherbet, ices, frozen yogurt, low-fat pudding and tapioca, and small plain cookies. Animal crackers and graham crackers make a sweet ending to a meal.
- **Eat a single scoop portion of ice cream in a plain cone.** Cookie and waffle cones contain a lot of fat and calories.

Tip: If you are the cook, avoid sampling the food too often. Chew sugar-free gum while cooking to avoid eating too much.

Recipe Modifications

<u>When a recipe calls for</u>	<u>Choose these instead</u>
Regular ground beef	Extra-lean ground beef
Baking chocolate 1 oz	3 Tbsp powdered cocoa plus 1 Tbsp oil
Meat juice for gravy	Skim or pour off fat first
Spaghetti sauce	Homemade - omit the oil Store bought - reduced fat
Marinating meat	Use wine, fruit juices, or broth instead of drippings
Oil in baking	Use applesauce instead for muffins, quick breads
1 whole egg	1/2 cup egg substitute or 1 egg white plus 1 Tbsp of vegetable oil or 2 egg whites
1 cup butter	1 cup soft margarine
1 cup solid vegetable shortening	3/4 cup liquid vegetable oil
1 cup whole milk	1 cup skim milk
1 cup heavy cream	1 cup evaporated skim milk
1 cup sour cream	1 cup non-fat plain yogurt or 1 cup non-fat cottage cheese whipped in a blender to a smooth consistency
1 oz regular cheese	1 oz low-fat/non-fat cheese
8 oz cream cheese	8 oz low-fat/non-fat cream cheese or half the amount you normally eat

2 slices bacon

1 Tbsp imitation bacon bits
or 1 oz lean ham

1 Tbsp mayonnaise

1 Tbsp low-fat/non-fat mayonnaise
or 1 Tbsp plain low-fat yogurt

Eating Away From Home

The principles for eating in a military dining facility and eating away from home are basically the same. Here are some tactics you can use to make healthy food choices, anywhere and anytime you eat.

TACTICS FOR BREAKFAST

- **START WITH WATER** – A glass of cool water will help you start your day well hydrated.
- **EAT COMPLEX CARBOHYDRATES** – Carbohydrate is your premium energy fuel. Look for: hot or cold whole-grain cereal, wheat toast, English muffin, bagel, fresh fruit or fruit juice, grits without butter, low-fat milk and yogurt.
- **A STACK OF PANCAKES GOES A LONG WAY** – Pancakes are a high-carbohydrate, low-fat food. To keep fat low, go light on the butter and margarine. Limit added sugar by using syrup, jelly, or fruit butters in moderation.
- **LOOK FOR FIBER** – Whole wheat, whole-grains, and fresh fruit.
- **WATCH THE SUGAR** – Sugar can give you a quick burst of energy but it doesn't last long. Also, lots of breakfast sweets are high in fat. Choose fruit juice over fruit drinks, which are high in added sugar.
- **GO LIGHT ON FAT** – Fat slows you down and can fill you up before you get the carbohydrates you need for energy.
- Breakfast meats are very high in fat. Limit meats, such as bacon and sausage.

Biscuits, Danish pastry, sweet rolls, doughnuts, and cheese are also high in fat.

- Eat butter, gravy, and hash browns only occasionally. Use skim or 1% low-fat milk.

Use butter or margarine sparingly.

- **LIMIT EGGS** – The yolks are high in cholesterol and fat. Limit breakfast eggs to three or four a week.
- **RANKING EGGS** – Boiled and poached eggs have no extra cooking fat. Scrambled eggs and omelets are prepared with some fat. Fried eggs are cooked in a lot of extra fat; eat them only occasionally.

TACTICS FOR LUNCH AND DINNER

- To cut down on impulse choices of foods, look at the menu and plan what you're going to eat before you get into the serving line.
- Plan to eat meals that are high in carbohydrate, moderate in protein, and low in fat.

BEVERAGES

- Water is always the “best choice” for hydration. Cool water is absorbed into your bloodstream quickly and is appropriate for most situations.
- Choose calorie-free flavored seltzers, skim or low-fat milk, and sparkling waters over soft drinks to limit caffeine and sugar.
- Use skim or low-fat milk in coffee and tea. Try lemon in tea, or drink herbal teas.
- Limit caffeinated beverages. They increase your chances of becoming dehydrated. Try to drink plain beverages; the calories from sugar and cream add up fast.

SALAD BAR

Salad bar fruits and vegetables are good sources of fiber, minerals, and vitamins. They also can fill you up without adding a lot of calories from fat. But there are some fat traps at the salad bar. Use these guidelines for making salad bar food choices.

- Don't use creamy pasta, potato salads, and coleslaw to replenish carbohydrate. They are usually high in fat.
- Look for items that are dull. Salad items with a shine probably contain a lot of oil.

- Don't drown salads in high-fat dressings. Use them sparingly if a low-fat alternative isn't available.
- Use "fat-reduced" or fat-free dressing, vinegar with a little oil or salsa.
- Go for variety and quantity in your vegetables and fruits.
- Go light on higher-fat additions, such as bacon bits, croutons, sunflower seeds, olives, hard-cooked eggs, and cheese.

SHORT ORDER

Short on time? You can still be long on performance with these choices:

- Lower-fat choices for sandwiches:

BEST – roasted chicken or turkey breast.

GOOD – lean roast beef, lean ham, and low-fat processed meats.

EAT ONLY OCCASIONALLY – pastrami; salami; bologna; hot dogs; and salads such as tuna, egg, and ham that contain real mayonnaise.

- Plain burger instead of the deluxe version. Keep in mind that cheese and other toppings can add calories and fat.
- Low-fat sandwich fillers, such as lettuce, tomato, and onion.
- Salsa, mustard, relish, catsup, and pickles instead of high-fat mayonnaise, cheese, and tartar sauce.
- The pasta, potato, or salad bar instead of the deli line; but be sure to watch the toppings.
- Small order of fries instead of a larger serving.
- Plain baked potato instead of French fries or chips.

HOT ENTREES

Use these tactics to make healthy choices in the hot entrée line.

- Ask servers what ingredients are in a dish.

- Look for posted nutrition information to help you make more nutritious food choices.
- Vary meals to include poultry, fish, and beans as well as lean red meat.
- Eat smaller portions of meat, fish, and poultry.
- Eat more vegetables, fruits, and high-carbohydrate side dishes.
- Pasta and rice with vegetable type sauces.
- Look for menu items that are: broiled, roasted, steamed, poached, baked, grilled, braised, or boiled.
- Watch out for foods described as buttery, fried, deep-fried, pan fried, basted, creamed, scalloped, or au gratin; these terms mean the food item is high in fat.
- Trim fat off meat and remove skin from chicken and turkey to reduce fat.
- Foods with tomato or cocktail sauce or broth are usually good choices.
- Limit gravies, cream, butter, hollandaise, and cheese sauces.
- Good choices are broth soups, such as vegetable and noodle. Limit creamed soups. Add saltines, breadsticks, or oyster crackers as a source of low-fat carbohydrate.

HOT VEGETABLES

Cooked vegetables are a good source of vitamins, minerals, and fiber.

- Flavor vegetables with reduced-fat dressings, vinegar with a little oil, cocktail sauce or salsa. Go light on high-fat butter, mayonnaise, and dressings.
- Taste vegetables before salting them.
- Limit fried vegetables and those in cream, butter, hollandaise, and cheese sauces high in fat.
- Choose small portions of vegetables that have been candied.
- Baked potatoes are high in fiber and carbohydrates. Eat them plain or topped with low-fat cottage cheese, salsa, baked beans, or small amounts of grated cheese. Butter, sour cream, and cheese are high in fat.

BREADS AND GRAINS

Best carbohydrate choices:

- Bagels, crackers, tortillas, plain buns, muffins, and English muffins are high-carbohydrate, low-fat bread options.
- Use margarine or butter sparingly.
- Eat whole grain breads for more nutrition.
- Brown, wild, and white rice; pasta; and bulgur are great sources of carbohydrate.

CONDIMENTS AND EXTRAS

- Add taste with few calories using: catsup, mustard, vinegar, salsa, spices (except salt), and fat-free or reduced-fat mayonnaise and salad dressings.

PASTRY BAR AND DESSERTS

Yes, you can have your cake and eat it too-in moderation.

- Don't give up the desserts you like. Eat them less often and in reasonable portions.
- Try lower-fat desserts, such as angel food cake, sherbet, fruit sorbet, ice milk, Italian ices, and frozen yogurt.
- Other low-fat dessert choices are fruit, gingersnaps, fig bars, oatmeal cookies, and vanilla wafers.
- When you have dessert, have it at the end of the meal so that a small serving will be satisfying.

Eating in a restaurant

Did you know that one-third of the American food dollar is spent eating out, and 40 percent of that is spent in fast food restaurants? If you are trying to eat healthy and lose weight, you may think it is impossible to eat in restaurants. Eating away from home can be fun and should not be limited if it is something you enjoy.

All-you-can-eat or buffet type restaurants

Just as the name implies, there are no limits, no boundaries, and no portion control! The best bet is to avoid these types of restaurants, but if you have no other choice, there are some strategies for dealing with buffets.

- View the buffet without a plate the first time. Decide what foods are the healthiest choices and what you want to eat. Then take your plate to the buffet line.
- Start with the salad items first. Load up on the raw vegetables. These are usually placed at the beginning of the salad bar line.
- As you progress through the line, you'll notice many mixed dishes, such as noodle or pasta casseroles, and tuna and chicken salads. These are usually loaded with fat and calories (due to the mayonnaise) so go easy with these.
- Skip the creamy type salad dressings: ranch, blue cheese, and thousand island.

Instead:

- Look for a low-calorie or low-fat choice.
- Choose an Italian-type dressing or oil and vinegar if there is not a reduced or low-fat option (Easy on the oil, liberal with the vinegar).
- Put dressing in a small container on the side, and dip your fork in the dressing with each bite. This usually adds the right amount.
- Eat slowly; it takes at least 20 minutes to feel full. Have your plate removed and have a cup of coffee or tea and some pleasant conversation to add enjoyment to the meal.
- Buffets contain anything from American cuisine to ethnic dishes. Check out the recommendations for healthy ethnic choices in Appendix C.

A few words about Alcohol - JUST SAY NO!

- Alcohol is a **drug** that contains calories but few nutrients! Avoid or limit it.
- Do not be pressured into something you don't want or need.
- You can order a diet soft drink, club soda with a twist of lime, tomato juice, V-8 juice, fruit juice, iced tea, bottled water, flavored waters, sugar-free fruit-flavored seltzers, or other low-calorie drinks. Try mixing club soda and juice!
- Know the calories you are drinking:

$$\text{Alcohol Calories} = (\text{no. of ounces}) \times (\text{proof}) \times (.8)$$

For example -- 1.5 ounces x 80 proof x .8 = 96 calories

- 100 calories daily, at most, is a safe limit from alcoholic beverages. Beverages containing 100 calories are:

4 ounces wine
1.5 ounces liquor
12 ounces "light" (reduced-calorie) beer
8 ounces regular beer

Men should have no more than 2 drinks per day.

Women should have no more than 1 drink per day. (Pregnant and breastfeeding women should avoid alcohol)

Fast Food

A good rule of thumb is **20 grams of fat or less for the meal**. Unfortunately, French fries are never a good choice. Even the smallest order of fries is 12 grams of fat with large fries at 22 grams of fat. A good choice for healthy eating is:

A basic sandwich

Side salad w/low-fat dressing

Juice, milk, or diet soda

Occasionally, a small plain ice cream cone

Tip: Eat out if you wish. You don't have to avoid restaurants; Just learn to select foods with the least amount of calories and fat.

Healthy Ethnic Meal Choices

Chinese

There is no doubt that Chinese food as it is eaten in China is much healthier than in America. “True” Chinese cuisine focuses more on carbohydrates, such as rice and vegetables; yet in America, Chinese dishes are heavier in meat and fat. It is still easy to get a healthy, tasty meal when dining out at a Chinese restaurant. The most common cooking method is stir-frying in a wok. Wok cooking can be very healthy since smaller amounts of liquid oils are used. Peanut oil (a monounsaturated fat, which helps lower cholesterol) is commonly used in cooking. Try to choose steamed white rice instead of fried rice whenever possible.

Since duck is high in fat, it should be limited. Many other menu items such as sweet and sour dishes, which are breaded and deep-fried, should be avoided, as well as egg rolls, fried shrimp, and fried won ton.

Many people are concerned about MSG (monosodium glutamate) in Chinese food. It’s true that traditional Chinese dishes are liberally seasoned with MSG and high-sodium soy sauce (a tablespoon of soy sauce contains 1,000 mg of sodium!). Most Chinese dishes are made to order, so requesting less soy and no MSG should not be a problem (many restaurants note “no MSG” on their menus). Try not to avoid soy sauce altogether as the dish would be very bland.

Green flag (choose these foods most often):

- ▶ simmered, steamed, roasted
- ▶ stir-fried in mild sauce
- ▶ hot and spicy tomato sauce
- ▶ cooked in light wine sauce
- ▶ in lobster sauce
- ▶ bean curd (tofu)
- ▶ served on a sizzling platter
- ▶ served with assorted vegetables

Red flag (limit these foods):

- ▷ fried, deep fried
- ▷ breaded and fried

- ▷ duck
- ▷ egg foo yong
- ▷ crispy (usually means fried)
- ▷ plum sauce
- ▷ sweet and sour sauce
- ▷ hoisin sauce, soy sauce
- ▷ with cashews or peanuts

Good choices:

- Soups:** Hot and sour, Won Ton, Sizzling rice (chicken or shrimp)
- Poultry:** Chicken chop suey, Sizzling sliced chicken, Yu Hsiang Chicken, Velvet chicken, Moo Goo Gia Pan,
- Seafood:** Shrimp with broccoli, Szechuan (shrimp or fish fillets), Moo shi shrimp
- Meat:** Beef and broccoli, Twice cooked pork, Roast pork, Beef chow mein,
- Noodles:** Chicken lo mein, Vegetable lo mein
- Rice:** Steamed rice instead of fried rice

Mexican

Mexican food is one of the most popular ethnic cuisines in America. If you think Mexican food is off limits when trying to lose weight, you may be partially right. The typical Mexican menu is loaded with fat and calories, and it takes a savvy, well-informed consumer to make some healthful choices. On a positive note, Mexican cuisine focuses less on protein than the typical American diet (compare 1 to 2 ounces of meat in an enchilada to an 8 to 10 ounce steak). Traditional staple ingredients of the Mexican diet are corn, beans, and chilies. By themselves, these items can be the beginnings of a healthful diet, yet combined with cheese and lard (chili con queso, taco shells), the results can be disastrous.

Read the menu carefully. If the menu item doesn't have a description, ask your waiter or waitress to describe the item and the preparation. Toppings, such as sour cream and guacamole, can be the main culprits in many dishes. It's easy to request that those be left off or at least put on the side. Salsa is fat-free and very low in calories, so use it liberally to season your foods. Salsa does contain sodium so if your diet restricts salt or sodium, use it in small amounts.

Green flag (choose these foods most often):

- ▶ chicken, shrimp, or bean tostados or burritos
- ▶ shredded beef
- ▶ served with salsa or salsa verde
- ▶ topped with shredded lettuce, diced tomatoes, and onions
- ▶ served with or wrapped in a corn or flour tortilla
- ▶ grilled
- ▶ marinated
- ▶ picante sauce
- ▶ simmered
- ▶ mole sauce
- ▶ enchilada sauce

Red flag (Limit these foods):

- ▷ served with guacamole
- ▷ topped with sour cream
- ▷ topped or filled with cheese
- ▷ chimichangas (fried)
- ▷ served in fried tortilla shell
- ▷ chorizo (Mexican sausage) or bacon
- ▷ taco salad
- ▷ crispy
- ▷ fried or deep fried
- ▷ layered in refried beans
- ▷ served over tortilla chips

Good choice:

- Appetizers: Black bean soup, Chili con carne, Gazpacho**
- Mexican entrees: Fajitas, Enchiladas, Soft taco, Burrito (avoid those made with ground beef), Chili verde, Pollo Mole, Camarones de hacha, Arroz con pollo**
- Side dishes: Mexican rice, Black beans, Tortillas (corn or flour),**
- Salsa**

Italian

Italian cuisine is a favorite for many Americans, and the good news is that much of it is healthy. Still, you will need some information before navigating your way through the menu. Pasta, which is the staple of Italian cuisine, is rich in carbohydrates, low in fat. On the down side, portion sizes of Italian dishes tend to be large, which means added calories. Bread and butter are usually left on the table while you wait for your food. While bread is generally low in fat, butter is not, and you could consume several hundred calories before your main dish arrives! Some restaurants will let you order one meal with two plates to split between two people.

There are over 20 different types of pastas. Pastas are created from flour, water, and/or eggs. Some pastas (Spaghetti, Angel hair, Fettuccini) are topped with a sauce while others (Cannelloni, Ravioli, Agnolotti) are stuffed with cheese, meat, or spinach. You need to know the “topping” or “stuffing” of the pasta to help you decide if it fits with your meal plan.

Green flag (choose these foods most often):

- ▶ lightly sautéed with onions
- ▶ sun-dried tomatoes
- ▶ spicy marinara sauce
- ▶ tomato-based sauce--marinara or cacciatore
- ▶ red or white wine sauce
- ▶ light mushroom sauce
- ▶ capers, herbs, spices
- ▶ garlic and oregano, crushed tomatoes and spices
- ▶ red or white clam sauce
- ▶ primavera (make sure it is not a cream sauce)
- ▶ lemon sauce
- ▶ piccata
- ▶ florentine (spinach)
- ▶ grilled (usually on fish items)
- ▶ light red sauce

Red flag (limit these foods):

- ▷ Alfredo
- ▷ Carbonara
- ▷ Saltimbocca
- ▷ Parmigiana
- ▷ Pancetta
- ▷ stuffed with cheese
- ▷ prosciutto
- ▷ creamy wine sauce
- ▷ creamy cheese or mushroom sauce
- ▷ egg and cheese batter
- ▷ veal sausage
- ▷ manicotti, cannelloni, lasagna, ravioli

Good choice:

- ☑ **Antipasto: Marinated calamari, marinated mushrooms, steamed clams in white wine, garden salad**
- ☑ **Soups: Tortellini in broth, bean and pasta soup, Minestrone**
- ☑ **Pasta: Ziti Bolognese, Angel hair pasta with white clam sauce, Fusilli primavera**
- ☑ **Entrees: Veal cacciatore, Chicken primavera, Chicken in wine sauce, Shrimp primavera, Shrimp marinara, Sole primavera**

Sometimes we forget that **pizza** is Italian, since pizza is an American favorite that is eaten for lunch, dinner, and even cold for breakfast. Pizza dough is basically flour, yeast, salt, and water--virtually no fat, no cholesterol, and few calories. Tomato sauce is added next which is very low calorie. Cheese is added next and one slice (3/4 to 1 ounce of cheese) contains 4-5 grams of fat).

The toppings you choose are crucial in deciding the “health” of your pizza.

- **Low-fat toppings include:**

mushrooms	onions
green peppers	broccoli
eggplant	spinach
pineapple	ham

- **High-fat toppings include:**

extra cheese	pepperoni
sausage	anchovies
bacon	prosciutto
meatballs	olives

Deep-dish pizza is also higher in fat than traditional pizza. When ordering pizza, ask them to go easy on the cheese. Try to limit yourself to 2 slices (2 slices of medium cheese pizza is about 500 calories and 19 fat grams). Take the rest home for another meal; pizza makes great leftovers.

American Cuisine

Steakhouses

These restaurants generally serve the traditional American meat and potatoes cuisine. You can make wise choices if you ask questions. Choose sirloin round and flank steak for lower fat as opposed to rib-eye and prime rib which tend to be higher in fat.

Restaurants usually serve Prime cuts of meat, which are higher in fat than Select or Choice grades of meat (which are usually stocked in grocery stores). Steakhouses serve steaks beginning at 6 oz (smallest) ranging up to 16 oz (largest) with most sizes in the 10 oz range.

The human body needs 4-6 oz of protein per day (the entire day), and therefore a 10 oz steak would greatly exceed this, especially for one meal! Ask the waiter or waitress about portion sizes **and** a carryout bag **before the food arrives**. This way it can be cut in half, and put aside before you even start eating. If it is out of sight, it won't be as tempting. Another option is to split a meal with your dinner partner and order 2 baked potatoes (many restaurants will allow you to do this). Remember, most restaurants want to please the customer. If your favorite steakhouse does not allow special requests such as these, tell the management and find a restaurant that meets your needs.

Ask for butter and sour cream on the side of the potato, so you can add only a small amount. Ask about diet salad dressings and limit the creamy dressing, such as blue cheese and ranch. Order tossed salad instead of coleslaw or potato salad (1/2 cup contains 10 grams of fat!)

Green flag (choose these foods most often):

- ▶ Round, sirloin, flank steak (6 ounces or less)
- ▶ baked potato (minus butter and sour cream)
- ▶ tossed salad (dressing on side)
- ▶ sautéed with onions, peppers, mushrooms
- ▶ BBQ sauce
- ▶ teriyaki sauce
- ▶ mustard (Dijon, Pommery)
- ▶ marinated and broiled
- ▶ charbroiled, barbecued

Red flag (limit these foods):

- ▷ Prime rib, rib eye, T-bone steaks (7 oz or larger)
- ▷ French fries
- ▷ creamy coleslaw, potato salad
- ▷ ranch, blue cheese, thousand island dressing
- ▷ smothered, pan fried

Good choices:

- Salads: house salad with Italian, oil and vinegar, or low-calorie dressing on the side**
- Entrées: Sirloin tips, steak kabobs, New York Strip, flank steak, tenderloin, Sirloin steak (all steaks: 6 oz or less)**
- Side dishes: baked potato, rice pilaf, steamed vegetables**
- Fish and Seafood restaurants**

The message is loud and clear--fish is good for you! This is where you can easily get a low fat, healthy meal as long as you ask a few questions. A few wrong choices on the menu could lead to a nutritional disaster.

Example:

5 oz serving broiled cod = 1 gram fat

5 oz serving fried cod = 44 grams fat

Order broiled fish, but limit the tartar sauce. Some restaurants will brush their broiled foods on the grill with butter or oil. To be on the safe side, you might want to ask for "broiler dry." Ask about portions, however most servings of fish are smaller than beef servings. Since fish is lower in fat, the calories will be lower.

Green flag (choose these foods most often):

- ▶ broiled, barbecued, steamed
- ▶ blackened, Cajun-style
- ▶ stir-fried, teriyaki

- ▶ grilled, mesquite-grilled
- ▶ marinated
- ▶ in tomato sauce, in marinara sauce
- ▶ kabobs
- ▶ sautéed in light wine sauce
- ▶ baked potato (butter and sour cream on side)
- ▶ cocktail sauce

Red flag (limit these foods):

- ▷ fried, deep-fried
- ▷ breaded and fried, batter-dipped and fried
- ▷ creamy, served in creamy sauce
- ▷ drawn butter (melted butter)

- ▷ •Hushpuppies
- ▷ French fries
- ▷ Newburg, Thermidor
- ▷ baked stuffed, stuffed and rolled
- ▷ baked in casserole
- ▷ tartar sauce

Good choices

- Appetizers: Steamed clams, steamed oysters on the half shell, marinated calamari, shrimp cocktail**
- Soups: Shrimp gumbo, fish chowder**
- Entrees: Baked or broiled fish or shellfish (all varieties), boiled Maine lobster, Alaskan king crab, bouillabaisse, cioppino**

You can succeed in making positive changes in your diet if you remember to make small changes over time. Remember to start with one or two recommendations that you feel you can incorporate into your eating plan at this time and make additional changes gradually.

When setting nutrition goals, keep these tips in mind:

Be Specific: Instead of “I’ll eat better,” set a goal to eat less fat.

Be Realistic: Instead of “I’ll change from whole to skim milk,” begin by drinking 2% milk.

Be Flexible: Instead of “I’ll never eat another cookie again,” Have a “dessert” once in a while.

Remember to:

- Eat breakfast everyday.
- Eat a combination of 5 – 13 servings of fruits and vegetables each day.
- Drink 8 glasses of water each day.
- Be consistent and positive

Section 4: Nourishing Your Body

Moving Your Body

There are many reasons, in addition to losing weight,
to engage in a regular exercise program



Moving your body

We all know that exercise is good for us. So why do most people have so much trouble sticking with a regular exercise program? Exercise experts say that motivation is the key element most often lacking when people begin an exercise program and the reason why most people quit.

There are many reasons, in addition to losing weight, to engage in a regular exercise program. These include the following:

- Exercise boosts energy.
- Exercise burns calories.
- Exercise curbs appetite.
- Exercise relieves tension, stress and depression.
- Exercise helps ensure that weight loss is fat, not muscle.
- Exercise improves and maintains weight loss.
- Exercise improves physical appearance.
- Exercise strengthens bones.
- Exercise lowers blood pressure, blood lipids and blood glucose.
- Exercise can be a good substitute for unnecessary snacking.
- Exercise improves sleep.
- Exercise can be fun if you engage in activities you enjoy such as power walking, water aerobics, jumping rope, rollerblading, swimming, running, dancing, and biking.

Physical activity is an essential component of weight management. Keep in mind that activity is exercise. Try to be more active by doing things like walking to do errands, washing your own car or truck, doing yard work and gardening, taking the stairs, parking far away and walking to your destination, raking leaves and shoveling snow.

How to Get Started

- First, you will need to set some fitness goals. Think about what you are trying to achieve. Start with small goals and work up to bigger ones.
- Pick an exercise that you enjoy. If it is not fun, you will not do it for very long.
- Pick the best time of day when you will be most likely to exercise. If you don't, you will have a built in excuse for not exercising.
- Find a friend to work out with you, especially if you have trouble keeping your commitment to an exercise program. It's usually easier to stick with it if you have someone else who is depending on you.
- Don't forget, you need good shoes that are made for the type of exercise you are doing. If your shoes are old and worn, it's time to get some new ones.

How Much Exercise Do You Need?

Try to get 30 - 45 minutes of moderate intensity physical activity on most, preferably all, days of the week. Moderate intensity exercise is equivalent to brisk walking at 3 to 4 miles per hour (15 to 20 minutes/mile). Be sure to go at your own pace. Obtain clearance from your doctor if you have a health problem that may interfere with exercise.

Different Types of Exercise

For good health, different types of exercise should be included in your exercise program. These include cardiovascular conditioning, strength training, and flexibility training.

Cardiovascular Conditioning

Cardiovascular exercise is any type of aerobic exercise in which the larger muscle groups work in a rhythmic motion for a continuous period of time. Examples include jogging, brisk walking, cycling, rowing, and swimming laps.

It is important to include a variety of different types of activities in your exercise program. This will help keep you from becoming bored and will give different muscle groups the exercise they need. For example, if you usually use running as your cardiovascular conditioning, rotate it during the week with another type of activity such as swimming, bicycling, aerobic dance and/or brisk walking. You and your body will benefit from the change of pace.

How Do You Perform Cardiovascular Exercise The Correct Way?

Include a warm-up as part of your exercise program. Warm muscles are less likely to be injured. An active warm-up consisting of a 7-10 minute activity at a lower intensity is recommended. This could be jogging in place or a brisk walk.

When performing cardiovascular exercise, your routine should consist of:

- 5-10 minutes of a warm-up activity (walking is good)
- 30 minutes or more of a “cardio” exercise done at your target heart rate zone
- 5-10 minutes of a cool-down activity (walking at a slower pace)
- Stretching exercises specific to the nature of the activity performed (this improves flexibility)

Be sure to warm up before you start exercising. This decreases early muscle fatigue and gradually prepares the heart for a workout. It also helps prevent muscle pulls.

After Your Warm-up, Get In Your Cardio Zone!

To find out if you are in your zone, take your heart rate!

Figuring out your target heart rate.....

$$(220\text{-your age}) \times 0.60$$

Or

$$(220\text{-your age}) \times 0.85$$

Example of a 20-year-old individual

$$(220-20) \times 0.60 = 120 \text{ beats/minute}$$

$$(220-20) \times 0.85 = 170 \text{ beats/minute}$$

Determining Heart Rate

- Find your pulse in either your carotid (neck) or radial (wrist) artery
Count how many beats you feel in 15 seconds
- Multiply this number by 4 to get the number of beats per minutes

(Example)

20 beats in 15 seconds

$$20 \times 4 = 80 \text{ beats/minute}$$

The Actual Cardio Exercise

- Maintain target heart rate for 30-60 minutes
- Cool down for 5-10 minutes

Stretching After a Cardio Workout

- A cool-down period is also important, so the heart rate can gradually return to a pre-exercise heart rate. The cool-down should be active, but at a lower intensity.
- Spend 10 – 15 minutes stretching after cooling down. Ensure all major muscle groups are stretched for 20-45 seconds. Stretch the muscles used in the exercise. This is the best time to perform flexibility training.
- Stretch the quadriceps, hamstrings, and calves since most cardio workouts stress the lower body.
- Hold each stretch for at least 15-30 seconds.
- Do not bounce uncontrollably when stretching.

Strength Training - The Basics

- Strength Training = Resistance Training = Weight Lifting
- Strength training is based on the principle that muscles adapt to the stress or resistance placed upon them. Strength training performed two to three times each week can significantly increase your weight loss progress by building **more muscle. More muscle results in a higher resting metabolism and burning more calories!**
- Strength training can be accomplished in several ways by using the body as weight resistance (sit-ups, pushups) or by using weight resistance equipment or free weights.
- A strength training program does not require a lot of time to be effective. A program should use 8-10 of the major muscle groups: chest, upper back, abdominal, lower back, shoulders, biceps, triceps, gluteals, quadriceps (front of thigh), hamstrings (back of thigh), and calf.
- Begin with a set of 8-12 repetitions for the first 4-6 weeks, then progress to two sets for another 4-6 weeks, and 3 sets if desired.
- A program which exercises 8-10 of the major muscle groups, with 8-10 repetitions (1 set); two times per week is 75 to 80% as beneficial as the traditional strength training program of 3 sets of 10 repetitions, 3 times per week.
- A beginning strength training program should include exercises that use the body weight as resistance, or begin with some of the fixed resistance equipment.
- A military or civilian athletic center may have Nautilus or Life Fitness equipment.
- Free weights may increase the risk of injury, so use this equipment under the supervision of a certified trainer.

Strength training should:

- Be rhythmic
- Be performed at a moderate-to-slow speed
- Involve a full range of motion
- Not interfere with normal breathing

Is it O.K. to lift weights every day?

Only if you do different muscle groups on 2 consecutive days

(Example) You can do bicep curls on Monday but don't do them on Tuesday. Do squats for instance. The same applies to the abdominals. Do not do sit-ups every day.

How Often Should I Lift Weights?

As little as 2 days/week, or as much as 6 days/week, depending on your workout routine

Typically, people will perform full body workouts on either Monday, Wednesday & Friday OR Monday & Thursday.

The key is to let your muscle rest for at least 48 hours before you work it again.

What's a rep? A rep is a repetition.

What's a set? A set is a group of repetitions for a particular exercise.

(Example) Doing one set of bicep curls that includes 12 repetitions.

What Is The Appropriate Way To Lift Weights?

- Use the 2/4-second rule. The concentric (lifting) part of the lift should last 2 seconds & the eccentric (relaxing) part should last 4 seconds.
- Each repetition should be VERY fluid.
- Do not rest between any repetitions.
- Do not lock joints.
- Exhale with the "2 second" portion and inhale with the "4 second" portion of the lift.
- Never hold your breath when lifting weights.

How Much Weight Should I Lift?

- Don't be overly concerned with how much weight you can actually lift. The important thing to focus on is being able to do roughly 8-12 good repetitions for each set done.
- Decrease the amount of weight if 8 good repetitions cannot be done.
- Increase the amount of weight if more than 12 good repetitions can be done.

- Wait about 2 minutes between each set when doing multiple sets on a single muscle group.
- Change the routine at least every three months when strength training consistently.
- Do 1-3 sets of exercise for each major muscle group.

Flexibility Training

Why Stretch?

- Stretching decreases the risk of injury and increases neuromuscular coordination.
- Stretching decreases risk of lower back problems as well as stress.
- Stretching increases balance and overall enjoyment of exercise and keeps joints healthy.

When Should You Stretch?

- Perform **Active** Stretching **Before** Your Workout.
“Controlled Bouncing”
- Perform **Passive** Stretching **After** Your Workout.
“A Long, Continuous Stretch”

How Long and How Often Should You Stretch?

- For active stretching, perform 15-30 SLOW, CONTROLLED bounces before working a particular muscle group
- After your workout, each passive stretch should be held for 15-30 seconds
- Stretch 3-7 days per week

How to Get Going

What have you enjoyed in the past?

Why did you stop?

- Be specific.

Instead of “I’ll exercise more”

“I’ll start walking 1 mile 3 days a week”

- Set realistic goals.

Instead of “I’ll walk 10 miles 5 days a week”

“I’ll start walking 1 mile 4 days a week”

- Be flexible.

Instead of “I’ll walk 1 mile 7 days a week”

“I’ll start walking 1 mile 5 days a week”

- Don’t do what you used to hate.
- Keep walking/running shoes in your car.
- Bring along some headphones.
- Join something structured like a club or gym.
- Set aside a specific time for exercise.
- Borrow a dog.

The Exercise Log or Record

Keeping a log will provide valuable information:

- **What are you doing now?**
- **What gets in the way of exercising?**
- **Are you meeting your goals for how often, how long, and how hard you are doing your workouts?**
- Take time once a week to review the data you have collected. If you are on track, keep going. If you are having a problem, write down at least two ways to handle the situation when it comes up the next time.

Read the common excuses not to exercise - you may find some creative solutions.

Common Excuses Not To Exercise

“I don’t have the time”

The most common excuse for not exercising regularly is that “my schedule is full and I have no time.” Extended work hours and days, family demands that may include children or care of aging parents, and frequent work related traveling often cuts into a personal fitness program.

Use time management skills to sit down once a week and review your schedule for the upcoming week. Look for the open time blocks and schedule your exercise at these times. Look for other opportunities, such as using a treadmill or stationary bicycle while watching the evening news. A 45-minute brisk walk can be done over a lunch hour. A 20-minute brisk walk can be done over a lunch half-hour. Most hotels and motels have fitness centers or have passes to a local health club.

Although longer bouts of aerobic activity are needed for weight loss to occur, supplementing with small bouts of physical activity will help burn more calories. Here are a few ideas to get you started as you develop your own list:

- Walk or bike to work, or to run errands if the distance permits.
- Take the stairs instead of the elevator or escalator.
- Park your car in the distant part of the parking lot.
- Mow the lawn with a walk-behind mower instead of a riding mower; try using a push lawn mower for a great work out.
- Walk the golf course instead of using the golf cart.
- Take a 5-minute walk break instead of a coffee break.
- Rake leaves by hand instead of using a power blower.

“It’s too cold”

- Individuals living in climates with snow and cold can exercise safely by dressing appropriately.
- The key to exercising in the cold is proper cold weather attire. A rule of thumb is one light layer of clothing for every 10-15 degrees below 70. Fabrics such as polypropylene absorb moisture while keeping you warm and dry. Cotton, on the other hand, gets wet and stays wet with perspiration. Polypropylene is best worn next to the skin under a waterproof, windproof outer layer such as Goretex. If waterproof attire is not needed, a fabric such as fleece provides warmth without weight. A hat is essential in cold weather as heat is rapidly lost from the head. Gloves or mittens made of wool, fleece, or polypropylene are also a necessity in cold temperatures and a **“must”** in sub-0 temperatures. If wind chill is a factor, first run or bike into the wind when you aren’t so tired, and return with the wind to your back.
- Proper fluid intake is essential to prevent dehydration when working or exercising in cold weather for extended periods of time.
- Be sure to have a back-up plan for the days when it is not safe to be outdoors. Some options are:

Home exercise equipment (treadmill or stationary bicycle)

Membership in an athletic center

Brisk walking in a shopping mall

Exercise videos for home use.

- If you have access to a lake or outside pool in the summer or an indoor pool in the winter, swimming or water workouts are other options.

“It’s too hot”

- Avoid exercising in the middle of the day when temperatures are the hottest. Plan your exercise in the early morning or evening, and pay attention to the temperature and relative humidity.
- Hot weather can be very risky, even life-threatening, if safety precautions are not followed. Relative humidity is an important indicator because sweat cannot evaporate and cool the body. Dehydration and heat stroke are the main concerns.
- Proper fluid intake is essential. Don’t wait until you are dehydrated to increase your fluids. In addition to being well hydrated before you head out, you’ll need ½ cup water replacement every 15 minutes.
- Wear loose fitting, comfortable fabrics that are breathable, such as cotton, and avoid dark colors. Wear only one layer of clothing, such as a tee-shirt and shorts.
- Exercising in a plastic suit is dangerous, as it causes profuse sweating and loss of vital fluid, and prevents necessary cooling of the body.
- Alternatives when it is not safe to exercise outside are the same as for cold weather.

Staying Motivated

- Performing the same exercise routine over and over increases the risk of boredom. To reduce the risk of boredom, variety is the key. Variety in exercising is called cross training. Cross training is simply varying your routine to work different muscle groups as well as maintaining variety. For instance, running and cycling use the same muscles in different ways.

- A sample program could be:

Monday	Slow jog for 45 minutes.
Tuesday	Biking or stationary bicycle for 30 minutes. Weight resistance workout for 15 minutes.
Wednesday	Wind sprints for 40 minutes.
Thursday	Kickboxing videotape for 30 minutes. Weight resistance workout for 15 minutes.
Friday	Swimming or brisk (power) walking for 45 minutes.

- Alternate indoor and outdoor activities. Set up different routes to jog or bike.

I don't like exercising alone.

- Get an exercise buddy - keeping a commitment to a friend will get you motivated to get dressed and out the door.
- If you have a dog, go out together.
- Can't find someone with your schedule and don't have a dog, try a headset and tune into some favorite music.
- Activities like walking or running leave the mind free for meditation or reflection.

I hate exercising and getting sweaty.

- Don't let yourself be talked into common excuses. If these sound familiar to you, think about reshaping your attitude about exercise.
- Take some time to determine:

How important is it in your life?

Why are you exercising?

What will motivate you to exercise?

How important is your military career and survival in combat?

Exercise is a key component of a weight management program. Keep these tips in mind for your exercise program:

- Exercise at least five days per week.
- Combine cardio & resistance training.
- Stretch after each exercise session.
- Be consistent.
- Be positive.

Tip: Try to exercise at least 30 minutes each day. This makes it easier to stick to your exercise program. Finding someone to exercise with you will make exercise seem more like fun than work.

Frequently Asked Questions

Asking questions about food choices and lifestyle



Frequently Asked Questions

Why do I always gain back the weight that I lose?

Physical activity is the best predictor of weight maintenance. People who make a lifelong commitment to regular exercise balanced with healthy eating behaviors are most likely to lose weight and maintain the weight loss.

The National Weight Control Registry contains information on individuals who have lost large amounts of weight (at least 30 pounds) and kept it off for at least one year. Many of these men and women have maintained an average weight loss of greater than 60 pounds for more than five years. Most of these individuals changed both diet and physical activity.

Are a person's size and weight hereditary?

The tendency to be overweight runs in families, and general body build and fat distribution is to some degree a product of a person's genes. Research has established that heredity plays a part in human obesity. Since family members share environments as well as genes, it has been difficult to determine just how much influence heredity has on obesity. Studies done with twins and adoptees have allowed considerable progress in this area, yet it is unclear just how much is related to genetics and how much is environmental.

Don't be discouraged if one or both of your parents are overweight. Although you may have more difficulty than someone else with different genes, this does not mean you cannot control your weight by diet and exercise. Lifestyle habits can make a difference for most people, no matter what their genetic legacy.

I have trouble preparing three meals each day. Can I just use a liquid meal replacement product instead?

Liquid meal replacements can be incorporated into a nutritious diet, especially if you don't have time to prepare a meal. It is certainly better than skipping a meal. However, it is important to remember that a liquid formula **replaces** a meal; it is not something to have in addition to the meal.

Liquid meal replacements are easy to use and provide a precise number of calories and nutrients. However, it is recommended that they only be used on an occasional basis. Try to get most of your nutrients from foods included in MyPyramid.

Is it true that upper body fat is more dangerous than fat on the thighs?

Yes. Research shows that a person's risk of developing heart disease and diabetes is greatly increased when fat is distributed above the waist, such as the abdominal area. Males tend to gain weight in the waist, which places them at greater risk than females, who tend to gain weight below the waist. Sometimes this is called the "apple" or the "pear" referring to the shape of the body.

The apple shape is not exclusively male. The hormonal changes of menopause tend to cause a shift of weight from the hips to the waist. In addition, women after the age of menopause are at increased risk of heart disease, like males.

I have to run 2 miles for my remedial PT sessions. I would rather walk briskly for 30-40 minutes. What should I do?

The remedial sessions should be geared to meet the deficiency of the Soldier. If the remedial PT was for excess body fat, a longer duration exercise session would be more beneficial for reducing body fat. If the remedial PT was for failing the PT test, the individual should be running 2 miles or longer to build endurance.

Many people who are overweight may not be able to run for a 40-minute period of time. Brisk walking (in your target heart rate range) is an aerobic exercise. A 12-minute mile is a good pace, however work up to a 10-minute mile. Believe it or not, many experienced runners have started with a good walking program.

Always keep in mind as progress is made in a walking program, a greater distance will be achieved in the same amount of time. Regardless of whether you are walking or running, the key is the level of exertion. Strive to maintain a target heart rate of 65-80 percent of maximal heart rate during the entire aerobic exercise session.

The best way to prepare to take the 2-mile run is by running. If you are exclusively walking or using a single piece of exercise equipment, you may come up short on the 2-mile run. Make sure to balance physical activities to prepare for meeting body fat standards as well as performing the physical readiness test.

I don't think I can figure out how to check my heart rate. This is too much of a bother.

In the beginning, checking your heart rate may require some thinking and you may feel silly. However, after daily practice, checking your heart rate will become automatic with every PT session.

Refer to Section 5 (Moving Your Body) for the correct procedure for checking your heart rate.

I can't jog for a full 30-40 minute period, but my heart rate doesn't get high enough by just walking.

Some people need to do a combination of walking and jogging. For instance, jog for 2 minutes, walk for 3 minutes, jog for 2 minutes, walk for 3 minutes, etc.

After becoming more physically conditioned, a longer jogging period can be attempted with shorter walking periods. Remember to check your heart rate periodically to monitor progress.

I want to stop smoking, but I'm afraid I'll put on even more weight. What should I do?

It's true that quitting smoking is often associated with a modest increase in weight of about 4 to 6 pounds, on average. The cause of weight gain is related to factors such as return of optimal taste and smell (which makes foods taste better), which results in increased food intake.

Smoking is a greater risk factor for death than being overweight, and therefore quitting smoking is always encouraged despite the small amount of weight gain that may result. Once you are accustomed to being "smoke-free," weight loss should resume with diet, exercise, and behavior modification.

I've been trying to lose weight for so long and nothing seems to work. What am I doing wrong?

When what you're doing isn't working, it is time to reevaluate your weight loss strategies. First, start keeping a food and exercise log. Write down everything eaten after you eat it, **not** at the end of the day. Be sure to also record beverages. Hundreds of calories can be hidden in juices, sodas, and alcohol. Add up the fat and calories. You may be consuming more fat and calories than you think you are. Also, make sure you are being honest with your food and exercise log?

Studies have shown that overweight people tend to underestimate food intake and overestimate exercise. You may need to weigh and measure your foods as a "reality check" if you believe you are having problems in this area.

How is your meal spacing? Make sure you eat breakfast within 3 hours of getting out of bed, and eat at 4-5 hour intervals after you get up. Routinely going without food for long periods of time can trick your body into believing food is scarce, and that body fat stores must be conserved. Bedtime snacks are not necessary though. We can easily handle a 12-14 hour after-dinner fast when we are asleep.

Review your exercise log. How often do you consistently exercise aerobically at 4-5 days per week? Remember, exercising only 3 days a week will **maintain** your current fitness and body fat. You need at least 4-5 days per week to **reduce** body fat levels. How long are your exercise sessions? Are you on and off the track or treadmill in 15-20 minutes? If so, you are not exercising long enough. To burn body fat, you need at least 40-45 minutes of aerobic exercise that employs the large muscle groups such as the thighs and buttocks. Exercise should not leave you breathless, and a longer duration, lower intensity workout is effective at reducing body fat.

I've heard that some dietary supplements can help with weight loss and build muscle. Is this true?

While prescription medications undergo rigorous testing before approval, dietary supplements do not. If the nutritional claim sounds too good to be true, it probably is!

The best way to lose weight and build muscle is through diet and regular physical activity. Be aware of nutritional supplements that claim quick and easy weight loss. The only thing getting smaller may be your wallet!

I've heard a lot in the media recently about weight loss pills. Can these help me lose weight?

There are many prescription diet pills on the market, which come and go. Although weight loss may occur, once discontinued the weight lost usually returns.

As with all medications, weight loss pills are not without risks. Side effects may include hypertension, headache, dry mouth, constipation and insomnia.

Currently available medications available by a doctor's prescription or over the counter will probably result in weight loss while taken, yet have some risks involved. Unfortunately, these medications have not been successful at producing permanent weight loss.

Warning: One drug, Ephedra (MaHuang) is a Chinese herb which was found in many weight loss/energy products until it was taken off the market. Products containing this herb claimed to suppress the appetite, stimulate the Central Nervous System, relieve asthma, act as a decongestant, and/or act as an ergogenic (energy giving) aid. However, taking this herb resulted in harmful side effects such as dizziness, nervousness, heart palpitations and increased blood pressure and heart rate. This drug was especially dangerous for individuals with a heart condition, a history of kidney stones, high blood pressure or a thyroid condition. It resulted in more than 40 deaths.

I am taking birth control pills. Are these preventing me from losing weight?

Birth control pills are probably not the problem. Studies that have been done on women taking birth control pills show that some lose weight and some gain weight, but most stay the same. Of course, if you start eating more or exercising less, you will gain weight regardless of whether you are taking birth control pills. Those women who do gain weight despite watching their diet and keeping up with their exercise probably do so because of the slightly "anabolic" effect that some birth control pills can have. Although this is not to the extent seen in athletes who may take anabolic steroids to build muscle mass, one of the hormones in birth control pills may slightly increase muscle mass.

I am going through menopause. Is this preventing me from losing weight?

Humans tend to gain weight as they age. This is due to a number of factors including a changing “set point,” (the weight that is the easiest to maintain) a change in muscle mass, a change in fat distribution, and often a decrease in physical activity. Menopause generally occurs around the age of 50, which is the time when all of these factors come into play. This doesn’t mean, however, that you have to get fat during menopause. A well-balanced, low-fat diet combined with regular exercise which includes weight resistance training will allow you to maintain normal body weight throughout your life.

Resources to Help You Manage Your Weight

Daily Food and Exercise Dairy, Hunger Scale and Personal Action Plan



Daily Food and Exercise Diary for _____
 (insert date and day of week)

Time	Location	Meal	Food Eaten and Amount	Mood	Degree of Hunger (start of meal or snack)	Degree of Hunger (end of meal or snack)	Exercise (Activity and Duration)
		Breakfast					
		Snack					
		Lunch					
		Snack					
		Dinner					
		Snack					

Did You Meet Your Nutrition Goal? YES NO

If no, what steps will you take to improve?

Did You Meet Your Exercise Goal? YES NO

If no, what steps will you take to improve?

Hunger Scale

- 10** In pain, take a nap, change clothes
- 9-9** Feel full, uncomfortable, bragging
- 7-7** Slight discomfort, feel the food, sluggish
- 5-5** Just right, satisfied, comfortable
- 3** Hunger sounds
- 2-2** Grumpy, can't concentrate, moody
- 0** So hungry you're not hungry

Personal Action Plan

Current Activities	Category (Personal, Family, Professional, Other)	Importance in Reaching Life Goals

Note: Use this chart to categorize your current activities. Make sure you have a balance of activities and are not spending all of your time in one area. Determine if the activity is important to you in reaching one or more of your life goals. If not, delete it from the list. Getting rid of excess activities will help reduce the stress in your life and make it easier for you to concentrate on managing your weight.

Personalized Weight Chart

For

Present Weight _____

Goal Weight _____

Date Goal Weight to be Achieved _____

Weigh yourself weekly (same time/same amount of clothing) and record your weight on the chart below.

Date	Weight	Date	Weight	Date	Weight

Resources to Help You Manage Your Weight

- American Dietetic Association
National Center for Nutrition and Dietetics
216 West Jackson Boulevard
Chicago, IL 60606-6995
Consumer Nutrition Hotline: 800-366-1655
www.eatright.org
- Centers for Disease Control and Prevention Fruit and Vegetable Website
www.fruitsandveggiesmatter.gov
- Food and Nutrition Information Center
National Agricultural Library
U.S. Department of Agriculture
10301 Baltimore Avenue, Room 105
Beltsville, MD 20705-2351
301-504-5719
www.fnic.nal.usda.gov
- Healthfinder from the U.S. Department of Health and Human Services
www.healthfinder.gov
- National Heart Lung and Blood Institute
www.nhlbi.nih.gov
- Navy Environmental Health Center
www-nehc.med.navy.mil
- Nutrition.Gov
<http://nutrition.gov>
- Nutrition and Your Health: Dietary Guidelines for Americans and Food Guide Pyramid
www.health.gov/dietaryguidelines
<http://mypyramid.gov>
<http://www/mypyramidtracker.gov>
- Office of Dietary Supplements (National Institutes of Health)
<http://dietary-supplements.info.nih.gov>
- President's Council on Physical Fitness and Sports
www.fitness.gov

- Shape Your Future Your Weigh (Air Force)
www.airforcemedicine.afms.mil/shapeyourfuture
- Ultimate Warrior – Hooah Bodies
<https://www.us.army.mil/suite/page/343315>

Real time Web counseling for Body Building, Sports Nutrition and Dietary Supplements: “Go to the My Medical page on Army Knowledge Online (AKO) to access”

- Ultimate Warrior – Weigh to Stay
<https://www.us.army.mil/suite/page/248187>

Real time Web counseling for Weight Management on Army Knowledge Online (AKO): “Go to the My Medical page on Army Knowledge Online (AKO) to access”

- Weight-control Information Network of the National Institute of Diabetes and Digestive and Kidney Diseases
www.niddk.nih.gov/health/nutrit/win.htm
- What’s in the Foods You Eat Search Tool
www.ars.usda.gov/foodsearch
- Wheat Foods Council
www.wheatfoods.org

Nutrition Newsletters

- Environmental Nutrition
52 Riverside Drive
Suite 15-A
New York, NY 10024-6599
- Mayo Clinic Health Letter
Subscription Services
P.O. Box 53889
Boulder, CO 80322-3889
- Tufts University Diet and Nutrition Letter
P.O. Box 57857
Boulder, CO 80322-3889
800-274-7581

- University of California at Berkeley Wellness Letter
Health Letter Associates
P.O. Box 420148
Palm Coast, FL 32142
800-829-9080

Books

- The American Dietetic Association's Complete Food and Nutrition Guide, 3rd ed., by Roberta Larson Duyff. Chronimed Publishing, 2006.
- Intuitive Eating, 2nd ed., by Evelyn Tribole, M.S., R.D., and Elyse Resch, M.S., R.D., St Martin's Paperbacks, 2003.
- Nutrition for Dummies, by Carol Ann Rinzler. IDG Books Worldwide, Inc., 2006.
- The Supermarket Guide, by Mary Abbott Hess, M.S., R.D. Chronimed Publishing, 1997.

Recipes

- FATFREE: The Low Fat Vegetarian Archive
www.fatfree.com

Many of the recipes are fat-free; More than 2,500 recipes for soups, casseroles, desserts, appetizers and more are provided.

- Fruit and Vegetable Cookbook
www.fruitsandveggiesmatter.gov

Includes over 500 colorful, mouth watering recipes for fruits and vegetables; Each recipe includes a complete nutrition analysis and is low sodium (less than 480 mg) and low fat (less than 30%) per serving.

Note: "The mention or use of any non-federal entity's name, address, or product on this webpage is not to be construed or interpreted in any manner as official federal endorsement of said non-federal entity or its products."

Section 7: Resources to Help You Manage Your Weight

Some Thoughts on Success

To ensure your success in reaching and maintaining your goal



Some Thoughts on Success

To ensure your success in reaching and maintaining your goal:

Enjoy eating a healthy mix of all foods.

Exercise moderately and consistently.

Practice “I’m in charge,” sensible eating habits and a healthful lifestyle.

Shift thinking to “lifestyle” (not dieting) and “lifetime” (not quick-fix).

Work toward moderation, balance, and variety

Set realistic goals.

Have a meaningful purpose for losing weight and keeping it off.

Keep a record of your food intake and exercise.

Never Give Up! You Can Do This!!

Section 8: Some Thoughts on Success



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