

Eat Healthy ▪ Be Active Community Workshops



ODPHP

Office of Disease Prevention
and Health Promotion

WORKSHOP

1

Enjoy Healthy Food Choices That Taste Great



**Eat Healthy • Be Active
Community Workshops**



EAT HEALTHY YOUR WAY

All the flavor—with healthy fats, less salt, and less sugar! Check off the tips you will try.

Pick Healthy Fats and Still Keep the Flavor	
Instead of ...	✓ I will ...
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat lean cuts of ground meat, at least 92% lean/8% fat. Try lean cuts of meat like sirloin, tenderloin, round steaks, and roasts. Look for 99% fat-free ground turkey breast or ground chicken breast.
Lower Salt, Not Taste!	
Instead of ...	✓ I will ...
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and sausages)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt-added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.” <input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Look at the Nutrition Facts label and choose the can lower/lowest in sodium.
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
Lower Sugar, and Still Satisfy Your Sweet Tooth!	
Instead of ...	✓ I will ...
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruits without added sugars. <input type="checkbox"/> Choose fresh or frozen fruit.

Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, saturated and *trans* fats, sodium, and added sugars in products.

	If you usually buy:	Try these:
	Meats, Fish, and Poultry	
	Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	Low-fat/reduced sodium cold cuts (turkey, chicken)
	Bacon or sausage	Canadian bacon or lean ham
	Regular ground beef	Lean ground beef (at least 92% lean/8% fat) or lean ground turkey
	Beef chuck, rib, brisket	Beef round or loin (trimmed of external fat)
	Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
Chorizo sausage	Turkey sausage or vegetarian sausage (made with tofu)	
	Cereals, Grains, and Pastas	
	Pasta with white sauce (Alfredo)	Whole grain pasta with red sauce (marinara)
	Pasta with cheese sauce	Whole grain pasta with vegetables (primavera)
White rice or pasta	Brown rice or whole grain pasta	
	Baked Goods	
	Croissants or brioches	Whole grain rolls
	Doughnuts, sweet rolls, muffins, scones, or pastries	Whole grain English muffins or mini-bagels
	Party crackers	Whole grain crackers (choose lower in sodium) or air-popped popcorn
Frosted cake or pound cake	Fruit—fresh, frozen, or canned without added sugars	



Understanding and Using the Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods and beverages that will make it easier for you to make informed food choices that support a healthy diet.

Explore it today and discover the wealth of information it contains!



Servings Per Container

Servings per container shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving. Some containers may also have a dual column label, which shows the amount of calories and nutrients in one serving and the entire package.

Serving Size

Serving size is based on the **amount of food that is customarily eaten** at one time. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package. When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Calories

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food. To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. 2,000 calories a day is used for general nutrition advice. However, your calorie needs may be higher or lower and vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

Percent Daily Value

The percent Daily Value (%DV) shows **how much a nutrient in one serving of the food contributes to a total daily diet**. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

Nutrients

The Nutrition Facts label can help you learn about and compare the nutrient content of many foods in your diet. Use it to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

Nutrients to get less of: saturated fat, *trans* fat, sodium, and added sugars. Diets higher in these nutrients can increase the risk of developing high blood pressure and/or cardiovascular disease. **Get less than 100% DV of these each day.** (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Most Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can decrease the risk of developing diseases, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. **Get 100% DV of these on most days.**

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



<http://www.fda.gov/nutritioneducation>

December 2016



**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

Cut Down on Sodium

Get the facts about sodium and salt from the *Dietary Guidelines for Americans*. Limiting sodium — by eating out less and making smart choices at the grocery store — can have health benefits.

What is sodium?

Sodium is a mineral, and most of the sodium in our foods comes from salt. We all need a little sodium to stay healthy.

Eating too much sodium can lead to high blood pressure (hypertension). High blood pressure can raise your risk of having a heart attack or stroke.

The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

What foods are high in sodium?

Whenever you add salt to your food, you're adding sodium. But the *Dietary Guidelines* shows that most of the sodium we eat doesn't come from our saltshakers. Sodium is used by food manufacturers and others who prepare foods as a preservative and to add flavor, cure meat, thicken sauces, and keep some foods moist. That's why sodium is found in almost all of the processed and prepared foods we buy.

Dishes with many ingredients — like pizza, casseroles, burgers, tacos, and sandwiches — tend to have ingredients that are high in sodium. When making these dishes, limit ingredients that are often high in sodium:

- Processed meats, poultry, and seafood — like deli meats, sausages, pepperoni, and sardines
- Sauces, dressings, and condiments
- Instant products like flavored rice, instant noodles, and ready-made pasta

Keep in mind that even foods that don't taste salty may still be adding sodium to your diet, especially if you eat them often. For example, the sodium found in foods like breads and tortillas, cheese, and condiments can add up.

Key Recommendations: Sodium

Age range	Amount of sodium
Adults* and children 14 years and older	Less than 2,300 mg a day
Children ages 9 to 13	Less than 2,200 mg a day
Children ages 4 to 8	Less than 1,900 mg a day
Children ages 2 to 3	Less than 1,500 mg a day

*Adults without hypertension or prehypertension

Adults with hypertension or prehypertension can lower their blood pressure even more by limiting sodium intake to 1,500 mg a day.

Sodium and salt — what's the difference?

Since most sodium in our foods comes from salt, people use the 2 words as if they're the same thing. They're actually a little different. Sodium is a mineral that's **in** salt. Salt is also known as *sodium chloride*.



How can I cut down on sodium?

Pay close attention to the foods you choose when you're grocery shopping and eating out. Try making these 5 small changes.

- 1. Check the Nutrition Facts label.** Before you buy a food or drink, look for the amount of sodium on the Nutrition Facts label. Compare different options and choose the one with the lowest amount.

You can also look out for foods that are labeled low-sodium, reduced sodium, or no-salt-added. But keep in mind that sometimes foods without these labels are still lower in sodium — so it's always a good idea to check the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size 2 1/2 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 20mcg	
Calcium 200mg	
Iron 4mg	
Potassium 200mg	

Two slices of thick-crust pizza with pepperoni add up to about 2,270 mg of sodium — almost the daily recommended sodium limit for adults and children 14 years and up!



- 2. Find out which foods you eat have the most sodium.** You can check out the top 10 sources of sodium (www.cdc.gov/salt/sources.htm) to get an idea. For dishes higher in sodium, consider eating smaller portions or eating them less often.

- 3. Make healthy shifts.** Replace higher-sodium foods or ingredients with healthier options. You can:



Snack on unsalted nuts instead of snacks like salted pretzels



Choose fresh skinless chicken and turkey, lean meats, and seafood instead of processed deli meats or sausages



Go for fresh, frozen vegetables without sauce, and canned vegetables with the least amount of sodium

When eating out, you can:

- Ask for the written nutrition information and look for items that are lower in sodium
- Get dressings and sauces on the side — and add only the amount you need to your meal
- Ask to have no salt added to your food

- 4. Cook more at home.** Making your own meals — instead of eating at restaurants or buying packaged foods — is a great way to eat less sodium because you're in control. To add flavor, use spices instead of salt or packaged sauces and mixes.

- 5. Consider the Dietary Approaches to Stop Hypertension (DASH) eating plan.** Based on scientific evidence, the DASH plan helps limit sodium and unhealthy fats. Think about following the DASH eating plan at the lower-sodium option of 1,500 mg per day if you have hypertension or prehypertension. Learn more about it at <http://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

There are lots of different types of salt: table salt, kosher salt, sea salt, Himalayan salt, and more. To lower the sodium in your diet, you need to cut down on **all** types of salt, including salt already in foods.

Want to learn more about sodium and how to find a healthy eating pattern that works for you or your family? Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and ChooseMyPlate.gov for online tools, recipes, and more.




ODPHP

Office of Disease Prevention and Health Promotion

Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts labels to choose foods that are lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are higher in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower-sodium options, if available.

Tips for Using Herbs and Spices (Instead of Salt)



Basil	Use in pastas, soups, salads, vegetables, fish, and meats.
Chili Powder	Use in soups, stews, salads, vegetables, and fish.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Garlic	Use in soups, vegetables, meats, chicken, and stir-fries.
Ginger	Use in soups, salads, vegetables, meats, and stir-fries.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks and in breads in place of sugar.
Oregano	Use in pastas, soups, salads, vegetables, meats, and chicken.
Parsley	Use in pastas, salads, vegetables, fish, and meats.
Rosemary	Use in pastas, salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

Note: To start, use small amounts of these herbs and spices to see whether you like them.

Resource: <http://www.choosemyplate.gov/healthy-eating-style>

WORKSHOP

2

Quick, Healthy Meals and Snacks



**Eat Healthy - Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Hearty, healthy lunches in a snap

- **Sandwich lover?** Choose lean protein fillings like grilled chicken or those with healthy fat like tuna. Make sandwiches with other fillings such as peanut butter, low-fat cheese, or sliced hard-boiled eggs.
- **Load your sandwich with veggies.** Along with the standard greens and tomatoes...try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- **Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white bread or buns.
- **Green salads, anyone?** Add lean meats or seafood along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruits, kidney beans, walnuts, and almonds.

On the run? Healthier fast food or drive-through choices

Skip the meal deals and size upgrades

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

Check off how you will try to cut calories when eating out:

- Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

Go healthier

- Order a side salad with oil-based dressing or vinaigrette instead of fries. Or share an order of small fries with a friend.
- Use mustard, lower calorie mayo, or less regular mayo.
- Choose the vegetable medley as your side. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead or share 1 dessert.

My Shopping List

These are good items to have on hand to make healthy meals and snacks.

Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat plain yogurt
- Eggs/egg substitute
- _____

Breads, Muffins, and Rolls

- Whole-grain bread
- Whole-grain bagels and English muffins
- Whole-grain tortillas
- Whole-grain pita bread and naan bread
- _____

Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened whole-grain cereal, hot or cold
- Rice (brown)
- Quinoa, couscous
- Whole-wheat pasta (noodles, spaghetti)
- _____

Seafood, Meats, and Poultry

- White-meat chicken and turkey (skin off)
- Fish and shellfish (not battered)
- Lean ground (92% lean/8% fat) beef or turkey
- 95% fat-free sliced whole pork or ham
- _____

Fruits (Fresh, Canned, Frozen, and Dried)

Fresh Fruits:

- _____
- _____
- _____

Canned Fruits (without added sugars):

- _____
- _____
- _____

Frozen Fruits (without added sugars):

- _____
- _____
- _____

Dried Fruits (with limited added sugars for tart fruits):

- _____
- _____

Vegetables (Fresh, Canned, and Frozen)

Fresh Vegetables:

- _____
- _____
- _____

Canned Vegetables (low sodium or no salt added):

- _____
- _____
- _____

Frozen Vegetables (without sauces):

- _____
- _____

Nuts, Seeds, and Soy

- Unsalted whole nuts or seeds
- Nut butters (peanut, almond, etc.)
- Tofu
- _____
- _____

Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat free (skim) or low fat (1%)
- Nonfat dry milk powder
- Whole-wheat flour
- Vegetable oil
- _____

Condiments, Sauces, Seasonings, and Spreads

- Oil-based dressings, reduced-calorie salad dressings
- Salt-free spices and spice blends
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low sodium)
- Bouillon cubes/granules (low sodium)
- _____

Beverages

- No-calorie drinks or mixes
- 100% fruit and vegetable juices (not "juice drinks")
- _____

Fats and Oils

- Oils (olive, canola, corn, soybean, sunflower, peanut)
- Tub margarine (with no *trans* fat)
- _____



Tips for Eating Out

General Tips for Healthy Dining Out and Take-Out

You can eat healthfully when dining out or ordering take-out. Check out these tips for choosing items lower in calories, as well as saturated and *trans* fat, sodium (salt), and added sugars.



Reading the Menu

Look for terms such as:

Baked	Lightly sautéed
Boiled/simmered (in wine or lemon juice)	Poached
Broiled	Roasted
Grilled	Steamed in its own juice (au jus)



Watch out for terms such as:

Alfredo	Buttery	Escalloped
Au fromage	Casserole	Fried
Au gratin	Cheese sauce	Gravy
Basted	Creamed	Hollandaise
Béarnaise	Crispy	In cream or cream sauce
Breaded	Crusted	Pastry crust
Butter sauce	Deep fried	Pot pie

Source: Adapted from National Heart, Lung, and Blood Institute (NHLBI), *Aim for a Healthy Weight: Maintaining a Healthy Weight On the Go—A Pocket Guide*, page 12.
www.nhlbi.nih.gov/files/docs/public/heart/AIM_Pocket_Guide_tagged.pdf

Slow Cooker Tips and Recipes

TIPS FOR USING A SLOW COOKER

- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, then (2) add the meat, and (3) top with liquid (broth, water, sauce).
- Fill the slow cooker between halfway and 2/3 full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not reheat leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

CHANGING RECIPES TO USE IN A SLOW COOKER

Try your favorite recipe in a slow cooker with these tips:

- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by 1/3 to 1/2 (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at www.ag.ndsu.edu/publications/food-nutrition/now-serving-slow-cooker-meals.



SLOW COOKER RECIPES

RECIPE

“REFRIED” BEANS

1 onion, peeled and halved	2 tablespoons minced garlic
3 cups dry pinto beans, rinsed	1¼ teaspoons fresh ground black pepper
½ fresh jalapeno pepper, seeded and chopped	1/8 teaspoon ground cumin, optional
	9 cups water

1. Place the onion, rinsed beans, jalapeno, garlic, pepper, and cumin into a slow cooker.
2. Pour in the water and stir to combine.
3. Cook on HIGH for 8 hours, adding more water as needed. Note: If more than 1 cup of water has evaporated during cooking, then the temperature is too high.
4. Once the beans have cooked, strain them, and reserve the liquid.
5. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

TIP

- Try these beans in tacos and burritos. Or, use as a dip for your favorite veggies!
- You also could use them as a spread on your favorite sandwich.



RECIPE

TURKEY CHILI

1¼ pounds lean ground turkey	1 (15-oz.) can black beans, rinsed and drained
1 large onion, chopped	1 (8-oz.) can tomato sauce
1 garlic clove, minced	1 (1.25-oz.) package chili seasoning mix
1½ cups frozen corn kernels	½ teaspoon salt
1 red bell pepper, chopped	Toppings: fat-free or reduced fat shredded cheese, finely chopped red onion
1 green bell pepper, chopped	
1 (28-oz.) can crushed tomatoes	

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.
3. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
4. Serve with desired toppings.

TIP

Make extra chili for another meal. Use the rest to:

- Fill a few bell peppers with the chili and bake, in order to make easy stuffed peppers.
- Make an easy casserole by combining cooked whole-wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes, and shredded cheese.



TIP: Read the Nutrition Facts label to look for crushed tomatoes and chili seasoning mixes that are lower in sodium.

Source: Tips adapted from USDA Slow Cookers and Food Safety, www.fsis.usda.gov/shared/PDF/Slow_Cookers_and_Food_Safety.pdf.

WORKSHOP

3

Eating Healthy on a Budget



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

EAT HEALTHY YOUR WAY

Eating Healthy on a Budget

Take these 3 easy steps to pick and prepare healthy foods while minding your wallet! Check off the tips you will try.



Step 1: Plan ahead before you shop

Rodney: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

Read the store flier to find out what is on special for the week.

- Plan your meals around the sale items.
- Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

Shop with a list.

- Make a shopping list **before you go to the store** as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

Step 2: Shop to get the most value for your money

Carla: I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

Buy sale items and generic or store brands.

- Buy items featured in store promotions and coupons in the newspaper or online ads. Some stores have their own apps to help you find and plan budget purchases. Buy store or generic brands, as they often cost less than name brands.

Choose frozen.

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

Buy in bulk, then make your own single-serving packs at home.

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.



For more information, visit www.healthfinder.gov.

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Step 3: Make cost-cutting meals

- **Padma:** Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night's leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, 2 cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

Make a second meal or a side dish from leftovers.

- Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Or add leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (without added sugars) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a "good-for-you" breakfast.

Go meatless 1 or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the "upside-down day" that is budget-friendly for you!

Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words "healthy meals on a budget" in the search engine. Or visit whatscooking.fns.usda.gov to get recipe ideas that are easy on the wallet and good for your body.

We hope these budget-stretching ideas will help you as you take steps to eat healthy.



Fruits and Vegetables Lower in Cost Year-Round

Note: Foods are fresh versions unless otherwise noted below.

Fruits

- Apples
- Bananas
- Raisins
- Fruit cocktail, without added sugars
- Frozen concentrated 100% orange juice

Dark green vegetables

- Romaine, fresh
- Spinach, frozen
- Broccoli, frozen

Red and orange vegetables

- Baby carrots
- Whole carrots
- Red bell pepper, fresh or frozen
- Sweet potato
- Tomatoes, canned

Starchy vegetables

- Corn, frozen or canned
- Green peas, frozen or canned
- Potatoes
- Green lima beans, frozen or canned

Other vegetables

- Iceberg lettuce
- Cauliflower florets
- Cucumber
- Green beans, frozen or canned
- Onions, fresh or frozen
- Celery
- Green bell pepper, fresh or frozen

Legumes (beans and peas)

- Pinto beans, canned or dried and cooked
- Black-eyed peas, canned or dried and cooked
- Red kidney beans, canned or dried and cooked
- White beans, canned or dried and cooked
- Mixed beans, canned or dried and cooked



Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Below are ideas for healthier breakfasts, lunches, and dinners. Use the chart to plan meals for a week. Try to plan 1 dinner that uses leftovers from the night before and one that features legumes (like black or kidney beans or black-eyed peas). Once you have the meals planned, write out your grocery list.



Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or ½ cup whole-grain hot cereal, ½ cup fat-free or low-fat milk, and ½ cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas
- 2 slices whole-grain toast with 2 tablespoons peanut butter, 1 cup low-fat or fat-free yogurt, and ½ cup 100% juice
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and ½ cup sliced strawberries
- 2-egg omelet with 1 cup spinach, ½ cup mushrooms, ¼ cup onion, and 1.5 ounces low-fat cheese, with 1 slice whole-grain toast, and 1 small orange



Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon oil-based dressing and ½ turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard
- 1 cup broth or tomato-based soup and ½ lean roast-beef sandwich on whole-wheat bread with lettuce, tomato, and mustard
- 1 slice cheese or vegetable pizza made with low-fat cheese and small garden salad with 1 tablespoon oil-based dressing
- 2 tablespoons of hummus, 1.5 ounces of low-fat cheese, spinach, tomato, and carrot on a whole-wheat wrap, with 1 medium apple, and a small garden salad with 1 tablespoon oil-based dressing



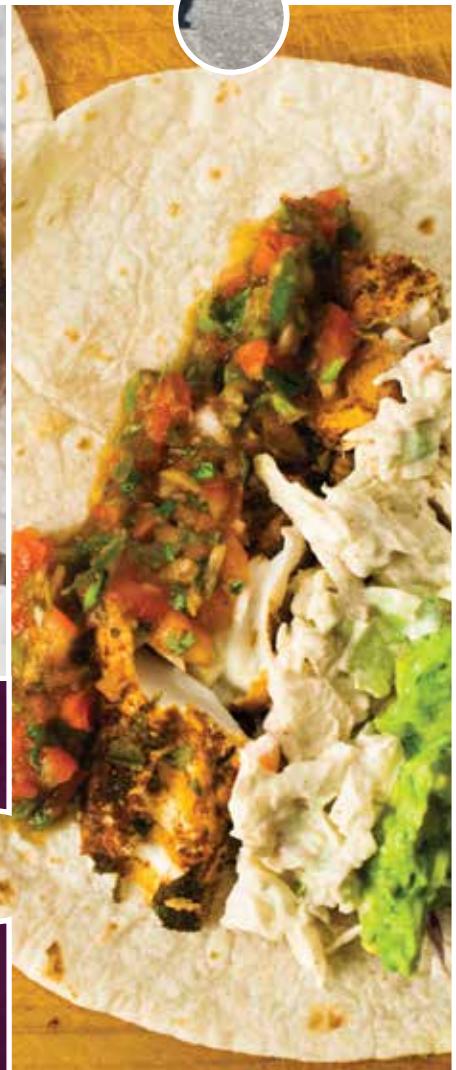
Ideas for Healthy Dinners

- 3 ounces grilled honey-mustard chicken, 1 cup steamed green beans, and ½ cup wild rice
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup steamed frozen vegetables (such as mixed vegetables)
- 1 cup whole-wheat pasta with ½ cup tomato sauce, ½ cup steamed broccoli, 1 slice whole-grain bread, and ½ cup pineapple slices
- 3 ounces low-sodium seasoned tofu, 1 baked sweet potato, 1 cup steamed asparagus

WORKSHOP

4

Tips for Losing Weight and Keeping It Off



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the far-left column and read across the row from your height to find your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI (in kg/m ²)*	Weight Status
Less than 18.5	Underweight
18.5–24.9	Healthy weight
25–29.9	Overweight
Greater than 30	Obese

*BMI is the body weight in kilograms divided by the square of the height in meters (kg/m²).



Height	Healthy Weight (in pounds) (BMI is 19–24)						Overweight (in pounds) (BMI is 25–29)					Obese (in pounds) (BMI is 30–35)					
	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Daily Calorie Needs

Estimated Calorie Needs per Day, by Age, Sex, & Physical Activity Level

MALE			Age	FEMALE		
Sedentary ^a	Moderately Active ^b	Active ^c		Sedentary ^a	Moderately Active ^b	Active ^c
1,000	1,000	1,000	2	1,000	1,000	1,000
1,000	1,400	1,400	3	1,000	1,200	1,400
1,200	1,400	1,600	4	1,200	1,400	1,400
1,200	1,400	1,600	5	1,200	1,400	1,600
1,400	1,600	1,800	6	1,200	1,400	1,600
1,400	1,600	1,800	7	1,200	1,600	1,800
1,400	1,600	2,000	8	1,400	1,600	1,800
1,600	1,800	2,000	9	1,400	1,600	1,800
1,600	1,800	2,200	10	1,400	1,800	2,000
1,800	2,000	2,200	11	1,600	1,800	2,000
1,800	2,200	2,400	12	1,600	2,000	2,200
2,000	2,200	2,600	13	1,600	2,000	2,200
2,000	2,400	2,800	14	1,800	2,000	2,400
2,200	2,600	3,000	15	1,800	2,000	2,400
2,400	2,800	3,200	16	1,800	2,000	2,400
2,400	2,800	3,200	17	1,800	2,000	2,400
2,400	2,800	3,200	18	1,800	2,000	2,400
2,600	2,800	3,000	19-20	2,000	2,200	2,400
2,400	2,800	3,000	21-25	2,000	2,200	2,400
2,400	2,600	3,000	26-30	1,800	2,000	2,400
2,400	2,600	3,000	31-35	1,800	2,000	2,200
2,400	2,600	2,800	36-40	1,800	2,000	2,200
2,200	2,600	2,800	41-45	1,800	2,000	2,200
2,200	2,400	2,800	46-50	1,800	2,000	2,200
2,200	2,400	2,800	51-55	1,600	1,800	2,200
2,200	2,400	2,600	56-60	1,600	1,800	2,200
2,000	2,400	2,600	61-65	1,600	1,800	2,000
2,000	2,200	2,600	66-70	1,600	1,800	2,000
2,000	2,200	2,600	71-75	1,600	1,800	2,000
2,000	2,200	2,400	76 & Up	1,600	1,800	2,000

^a **Sedentary** means a lifestyle that includes only the physical activity of independent living.

^b **Moderately Active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

^c **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

^d Estimates for females do not include women who are pregnant or breastfeeding.

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

EAT HEALTHY YOUR WAY

Top 4 Tips for Losing Weight and Keeping it Off

You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

We wrote this handout to help you get started.



Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together. Write how much you would like to weigh here: _____

Write your reasons for wanting to reach (and stay at) a healthy weight:

What's the right weight for my height?

Check your body mass index, or BMI for short. BMI is a good indicator of an adult's body fat based on height and weight.

To learn more and get your measurement today, visit https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Write your BMI here: _____

Tip 2: Eat less — you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

How will you choose to eat less each day?

Tips to eating fewer calories:

- **Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks, such as a carrot with a low-fat dip or a few whole-wheat crackers with a teaspoon of peanut butter.
- **Cut back on high-calorie beverages.** Don't consume alcoholic beverages. Drink water instead of sugary drinks. If you drink coffee or tea, switch to choices made with skim milk and no added sugars.
- **Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add cut-up fruit to low-fat plain yogurt.
- **Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!



For more information, visit healthfinder.gov.

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Tip 3: Keep track of what you eat

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It can also help you see areas where you are doing well and areas where you could improve. For example, are you snacking too much in the evening?

3 ways to track:

- Write down everything you eat and drink in a notebook.
- Track online using a website or a mobile app. There are many options to choose from.
- Take a photo of the food with your cell phone to remind you of what you ate.

Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense—staying active helps you burn up some of the calories from foods. Most of us don't get enough activity to make up for what we eat.

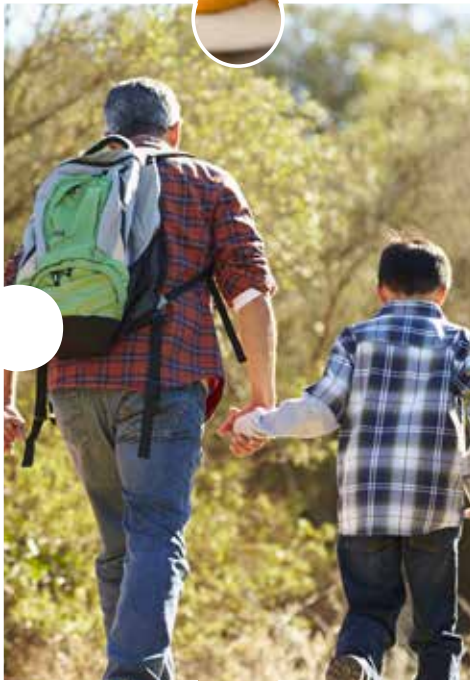
Go to healthfinder.gov and click on Get Active to get tips on how you can stay active.

And remember, some physical activity is better than none!

*Check off ways you can add activity into your day.
Think of other things that you could do!*

- | | |
|--------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Take the stairs | <input type="checkbox"/> Walk at lunch |
| <input type="checkbox"/> Hike with my kids | <input type="checkbox"/> Ride a bike |
| <input type="checkbox"/> Take up a sport | <input type="checkbox"/> Jog in place while watching TV |

Other ways to add activity to my day: _____



The key to staying at a healthy weight? Stay motivated!

Keep this sheet in a handy place to pull out to read now and again. Continue with your healthy eating and your physical activity habits. And bounce back if you get off your plan.

Food Tracking

It can be hard to keep track of everything you eat in a day. Often, we eat more than we realize! This log will help you track the foods and beverages that you consume.

You can also track what you eat (and your physical activity) using a website or a mobile app. Compare the calories you ate to the recommended calories for you based on the Daily Calorie Needs handout.

Food	Calories	Food	Calories
Breakfast		Dinner	
Skim milk, 1 cup	83	Pepperoni pizza, 2 slices	416
Toasted oat cereal, 1 cup	111	Parmesan breadsticks, 2	82
Banana, medium	105	Caesar salad, 1½ cups	253
Coffee, 8 ounces 1% low-fat milk, ½ cup	61	Iced tea, unsweetened, 16 ounces	5
Total Breakfast Calories	360	Low-fat vanilla frozen yogurt, 1 cup	241
		Total Dinner Calories	997
Lunch		Snacks	
Turkey sandwich: turkey, 2 ounces	59	Fruit yogurt, non-fat, 8 ounces	87
Whole-wheat bread, 2 slices	130	Peanut butter, 1 tbsp	96
Swiss cheese, 1 slice	108	Whole-wheat crackers, 12	114
2 slices lettuce, tomato, mustard	6	Cheddar cheese, 1 ounce	114
Coleslaw, ½ cup	134	Total Snacks Calories	411
Apple, 1 medium	72		
Water, 12 ounces	0		
Total Lunch Calories	509	Total Daily Calories	2,277

DAY 1 Meal	Food	Calories
Breakfast		
	TOTAL BREAKFAST CALORIES	
Lunch		
	TOTAL LUNCH CALORIES	
Dinner		
	TOTAL DINNER CALORIES	
Snacks		
	TOTAL SNACKS CALORIES	
TOTAL DAILY CALORIES		

DAY 2 Meal	Food	Calories
Breakfast		
	TOTAL BREAKFAST CALORIES	
Lunch		
	TOTAL LUNCH CALORIES	
Dinner		
	TOTAL DINNER CALORIES	
Snacks		
	TOTAL SNACKS CALORIES	
TOTAL DAILY CALORIES		

DAY 3 Meal	Food	Calories
Breakfast		
	TOTAL BREAKFAST CALORIES	
Lunch		
	TOTAL LUNCH CALORIES	
Dinner		
	TOTAL DINNER CALORIES	
Snacks		
	TOTAL SNACKS CALORIES	
TOTAL DAILY CALORIES		

“Rethink Your Drink” Matching Game

Match the Beverage to Its Calorie Count

	Lemonade (20 ounces)	227 calories
	Café latte with fat-free milk (12 ounces)	3 calories
	Regular cola soda (20 ounces)	192 calories
	Sweetened iced tea, bottled (20 ounces)	125 calories
	Unsweetened iced tea, bottled (20 ounces)	0 calories
	Frozen caramel coffee drink with whipped cream (16 ounces)	225 calories
	Chocolate milk, 1% low-fat milk (8 ounces)	165 calories
	Sports drink (20 ounces)	430 calories
	Diet soda (20 ounces)	158 calories
	Whole milk (8 ounces)	0 calories
	Fat-free milk (8 ounces)	150 calories
	100% apple juice (12 ounces)	90 calories
	Water	280 calories

Source: Adapted from Centers for Disease Control and Prevention, Rethink Your Drink
Webpage. www.cdc.gov/healthyweight/healthy_eating/drinks.html

WORKSHOP

5

Making Healthy Eating Part of Your Lifestyle



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion



**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

How to Build a Healthy Eating Pattern

There are many different ways to eat healthy. You can eat healthy in a way that works for you and your family. Healthy eating can fit all tastes and traditions — and can be affordable, too.

The key is to build a healthy eating pattern, which means choosing a variety of nutritious foods in the right amounts for you — and making these choices part of your everyday routine.

Follow these tips — based on the *2015–2020 Dietary Guidelines for Americans* — for making choices that can help you reach or keep a healthy body weight, get the nutrients you need, and lower your risk of health problems like heart disease, type 2 diabetes, and some types of cancers.

Get a variety of nutritious foods and beverages.

Eating a variety of foods and beverages is important. It helps you get the range of nutrients you need to be healthy.

- **Eat a mix of foods across all food groups.**

Choose foods and beverages from all food groups — vegetables, fruits, grains, dairy, and proteins — not just 1 or 2 of them.



Vegetables



Fat-free and low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages



Fruits, especially whole fruits



Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products



Grains, especially whole grains

- **Eat a mix of foods within each food group.**

For example, each week try eating several types of vegetables, including dark green, red and orange, starchy ones, legumes, and others. Switch up the protein foods you eat, too — for example, consider fish, black beans, and peanut butter, not just lean meats and poultry.

Try to eat and drink the right amounts for you.

How many calories you need to eat depends on your age, sex, height, weight, and how active you are. Use the MyPlate Daily Checklist at www.choosemyplate.gov/calculator to find a plan that is right for you.

Limit foods and beverages higher in saturated fats, added sugars, and sodium.

Aim to get:

- **Less than 10% of calories each day from saturated fats**

Foods higher in saturated fats include butter, cheese, whole milk, meats higher in fat (like beef ribs, sausage, and some processed meats), poultry skin, and tropical oils like coconut and palm oil. Instead, go for foods with unsaturated fats — like seafood, avocados, most nuts, and canola or olive oil.

- **Less than 10% of calories each day from added sugars**

Added sugars are syrups or other sweeteners with calories that are added to foods and drinks when they're being made or prepared. Stick mostly to foods and drinks with naturally occurring sugars — like ones in unflavored milk and fruits — or no sugar at all. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, brownies, and candy.

- **Less than 2,300 milligrams of sodium each day for adults and children ages 14 and up (less for younger children)**

Sodium comes from table salt — but most of the sodium we eat comes from foods that are packaged or served in restaurants. When buying foods in the store, check the Nutrition Facts label and choose the option with the lowest amount of sodium. To cut down on sodium, cook more at home or ask not to have salt added to your meal when eating out.

Small changes = big benefits

Small *shifts* in your daily eating habits can improve your health over the long run. For example, try swapping out white bread for whole-wheat bread and reach for a handful of nuts instead of potato chips.



Stick with it.

A lifetime of healthy eating can help prevent health problems like obesity, heart disease, type 2 diabetes, and some types of cancer. Think of every day and meal as an opportunity to make a healthy choice.






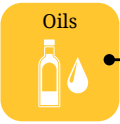
Want to learn more about how to find a healthy eating pattern that works for you?

Check out DietaryGuidelines.gov for more information on the *Dietary Guidelines* and find recipes for healthy meals at www.whatscooking.fns.usda.gov/.

What's in a Healthy Eating Pattern?

The 2015–2020 Dietary Guidelines has recommendations for a healthy eating pattern.

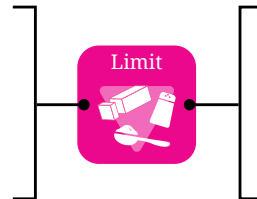
For someone who needs 2,000 calories a day, a healthy eating pattern includes:

<p>Fruits, especially whole fruits 2 cups</p>		<p>Grains, at least half of which are whole grains 6 ounces</p>	
<p>A variety of vegetables — dark green, red and orange, starchy, legumes (beans and peas), and other vegetables 2½ cups</p>		<p>A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds 5½ ounces</p>	
<p>Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages 3 cups</p>		<p>Oils, like canola and olive oil or foods that are sources of oils, like nuts and avocados 5 teaspoons</p>	

And it has limits on:

Saturated and trans fats — limit saturated fats to less than 10% of daily calories and keep *trans* fat intake as low as possible

Added sugars — limit to less than 10% of daily calories



Sodium — limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)

A variety of meals and snacks can fit within healthy eating patterns. Many meals have several food groups within one dish. Check out these examples.

Taco salad	Tofu-vegetable stir-fry	Tuna salad sandwich
		
<p>½ cup avocado 1 tsp lime juice</p> <p>1 cup chopped lettuce 2 Tbsp salsa</p> <p>½ ounce low-fat cheddar cheese</p>	<p>¼ cup pineapple</p> <p>½ cup chopped Chinese cabbage ¼ cup sliced bamboo shoots ¼ cup chopped sweet red and green peppers</p> <p>1 cup fortified soy beverage</p>	<p>1 medium peach</p> <p>1 Tbsp chopped celery ½ cup shredded lettuce</p> <p>1 cup fat-free milk</p>
<p> 2 ounces tortilla chips</p> <p> 2 ounces cooked turkey</p> <p> 2 tsp corn oil for cooking turkey</p>	<p> 1 cup cooked brown rice (2 ounces dry)</p> <p> 4 ounces firm tofu</p> <p> 1 Tbsp canola oil for cooking stir-fry</p>	<p> 2 slices whole-wheat bread</p> <p> 2 ounces canned tuna</p> <p> 1 Tbsp mayonnaise</p>

WORKSHOP

6

Physical Activity is Key to Living Well



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Be Active Your Way: A Fact Sheet for Adults

FINDING OUT WHAT KIND OF AND HOW MUCH PHYSICAL ACTIVITY YOU NEED.



HOW DO I DO IT?

It's your choice. Pick an activity that's easy to fit into your life. Do at least 10 minutes of physical activity at a time. Choose aerobic activities that work for you. These make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit. Also, do strengthening activities that make your muscles do more work than usual.

WHY SHOULD I BE PHYSICALLY ACTIVE?

Physical activity can make you feel stronger and more alive. It is a fun way to be with your family or friends. It also helps you improve your health.

HOW MANY TIMES A WEEK SHOULD I BE PHYSICALLY ACTIVE?

It is up to you, but it is better to spread your activity throughout the week and to be active at least 3 days a week.

HOW DO I BUILD UP MORE PHYSICAL ACTIVITY?

Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.



How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!



Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.



Muscle-Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups, such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8–12 times per session.

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

HOW CAN I TELL AN ACTIVITY AT A MODERATE LEVEL FROM A VIGOROUS ONE?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

Moderate Activities

(I can talk while I do them, but I can't sing)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using hand cyclers (also called ergometers)
- Using your manual wheelchair
- Walking briskly
- Water aerobics

Vigorous Activities

(I can only say a few words without stopping to catch my breath)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)



For more information, visit www.healthfinder.gov/getactive.

Be active your way by choosing activities you enjoy!

Muscle-Strengthening Exercises

To do most of the strength exercises here, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use. **Note:** You can find additional exercises to do at home here: go4life.nia.nih.gov/exercises.



www.cdc.gov/physicalactivity/basics/videos/index.htm

WORKING WITH WEIGHTS

You don't have to go out and buy weights for strength exercises. Find something you can hold on to easily. For example, you can make your own weights from unbreakable household items:

- Fill a plastic milk jug with sand or water and tape the opening securely closed.
- Fill a sock with dried beans, and tie up the open end.
- Use common grocery items, such as bags of rice, vegetable or soup cans, or bottled water.

HOW MUCH, HOW OFTEN?

Try to do strengthening exercises for all of your major muscle groups on 2 or more days per week. But don't exercise the same muscle group 2 days in a row.

- If you have not done strength training before, you might need to start out using 1- or 2-pound weights (or no weights at all). Your body needs to get used to strength exercises. Starting out with weights that are too heavy can cause injuries.
- It should feel somewhere between hard and very hard for you to lift the weight. It shouldn't feel very, very hard. If you can't lift a weight 8 times in a row, it's too heavy for you. Reduce the amount of weight.
- Take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting

WORKING WITH A RESISTANCE BAND

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights.

Wrapping a Resistance Band

- | | | |
|--------------------------------------------------------------------------|----------------------------------------------------------------|------------------|
| 1. Lay the band flat in your hand with the end toward your pinky finger. | 2. Wrap the long end of the band around the back of your hand. | 3. Grasp firmly. |
|--------------------------------------------------------------------------|----------------------------------------------------------------|------------------|



position. Don't let the weight drop; returning it slowly is very important. This is 1 complete movement of an exercise, or a repetition.

- Start by lifting 8 times, working up to 8–12 repetitions for each exercise. If you can't do that many at first, do as many as you can. You may be able to build up to this goal over time.
- When you can do 2 sets of 8–12 repetitions easily, increase the amount of weight at the next session. Keep repeating until you can reach your goal, and then maintain that level as long as you can.

MUSCLE-STRENGTHENING EXERCISES

ARM CURL

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward your chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.



ARM CURL WITH RESISTANCE BAND

This variation of the Arm Curl uses a resistance band instead of weights.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 8–12 times.
7. Rest; then repeat 8–12 more times.
8. As you progress, use a heavier strength band.



BACK LEG RAISE

This exercise strengthens your buttocks and lower back. For an added challenge, you can remove the chair to improve your balance.

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with your other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



SIDE LEG RAISE

This exercise strengthens hips, thighs, and buttocks. For an added challenge, you can remove the chair to improve your balance.

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 8–12 times.
6. Repeat 8–12 times with your other leg.
7. Repeat 8–12 more times with each leg.
8. As you progress, you may want to add ankle weights.



My Aerobic and Strengthening Activities Log

My goal is to do **aerobic activities** for a total of 2 hours and 30 minutes this week

When I did it and for how long									
What I did	Effort	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
This is the total number of hours or minutes I did these activities this week:									___ hours and ___ minutes

My goal is to do **strengthening activities** for a total of 2 days this week

What I did	When I did it							
	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total days
This is the total number of hours or minutes I did these activities this week:								___ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way: Guide for Adults. health.gov/PAGuidelines/pdf/adultguide.pdf

How Many Calories Does Physical Activity Use?

The number of calories varies depending on many factors including weight, age, and environmental conditions. This chart provides an estimate for the number of calories males and females may burn doing various activities for 10 minutes at a time.

Physical Activity Level	Approximate Calories Burned in 10 minutes	
	Men (175–250 lbs)	Women (140–200 lbs)
Moderate Physical Activity		
Ballroom and line dancing	50–80	40–60
Bicycling on level ground or with a few hills		
General gardening (raking, trimming shrubs)		
Sports where you catch and throw (baseball, softball, volleyball)		
Tennis (doubles)		
Using your manual wheelchair		
Walking briskly		
Water aerobics		
Vigorous Physical Activity		
Aerobic dance or fast dance	120–150	100–120
Biking faster than 10 miles per hour		
Heavy gardening (digging, hoeing)		
Hiking uphill		
Jumping rope		
Martial arts (such as karate)		
Race walking, jogging, running		
Sports with a lot of running (basketball, hockey, soccer, singles tennis)		
Swimming fast or swimming laps		

Source: Adapted from Veterans Affairs MOVE! Weight Management Program, *Calories Burned During Physical Activities*: www.move.va.gov/download/NewHandouts/PhysicalActivity/P03_CaloriesBurnedDuringPhysicalActivities.pdf.