

# **Nutrition for Cholesterol Control**

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# BODY MASS INDEX AND YOUR LIFESTYLE - FOR ADULTS

## HEALTH NOTES



Your Body Mass Index (BMI) is a measurement that allows you to reliably assess any risks that you may have for medical problems due to excess body weight. If your BMI is over 25, you are at increased risk for developing some health problems. If your BMI is over 30, your health risks are significant. It is important to know what your BMI is so you can adapt your lifestyle changes to prevent further weight gain *before* you develop medical complications.

### How to use this chart:

- Look down the left column to find your height (measured in feet and inches).
- Look across that row and find the weight (in pounds) nearest your own.
- Look to the number at the top of the blue column to identify your BMI.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	37	39	40	45	50
Height	Weight																					
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	177	186	191	215	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	183	193	198	222	247
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	189	199	204	230	255
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	195	206	211	238	264
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	202	213	218	246	273
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	208	220	225	254	282
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	215	227	232	262	291
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	222	234	240	270	300
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	229	241	247	278	309
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	236	249	255	287	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	243	256	262	295	328
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	250	263	270	304	338
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	257	271	278	313	348
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	265	279	286	322	358
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	272	287	294	331	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	280	295	302	340	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	287	303	311	350	389
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	295	311	319	359	399
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	304	320	328	369	410
6'5"	160	169	177	185	194	202	211	219	228	236	244	253	261	270	278	286	295	312	329	337	379	421
6'6"	164	173	182	190	199	208	216	224	234	242	251	259	268	277	285	294	303	320	337	346	389	432

Visit [kp.org/bmi](http://kp.org/bmi) to use the interactive BMI tool.

## If your BMI is...

### 19 – 24

**LESS RISK:** Your weight is within a healthy range. It is important for you to maintain and not gain weight. If you have started to gain weight and your BMI is getting close to 25, you may want to make some lifestyle changes. Read below for some ways to make these changes. A BMI of less than 19 may not be healthy. You may want to discuss with your doctor what weight is right for you.

### 25 – 29

**MORE RISK:** Your weight may put you at risk for developing some medical problems, especially if you are not physically active. Take steps now to better manage your weight. Look below for some suggestions. A small amount of weight loss can make a big difference to your health.

### 30 and above

**HIGHEST RISK:** Your weight greatly increases your risk for serious medical problems. You may be at risk for:

- high blood pressure,
- diabetes,
- coronary heart disease
- stroke,
- arthritis,
- breathing problems,
- some types of cancer,
- depression, and/or
- other medical conditions.

Talk to your doctor or other health care professional today about how to get started with lifestyle changes to better manage your weight.

## A few words about lifestyle and weight management

Unfortunately, there is no magic way to lose weight. Research shows that fad diets, prescription medicines, herbal supplements, and starvation do not work in the long run.

## Research shows that people who are successful at losing weight and keeping the weight off for the long run do the following:

- Become more physically active.
- Develop healthy eating habits.
- Adapt healthy behaviors little by little and stick with them over time.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team. © 2003, adapted from TPMG, Inc. All rights reserved. Regional Health Education.

## How can you become more physically active?

Too much inactivity contributes to weight gain. Small increases in physical activity over time can make a big difference. Here are some things that you can do to get moving:

- Aim for 30 minutes of consistent physical activity on most days.
  - » Make physical activity a family and friend affair. Go for walks or bike rides with family and friends.
  - » Try walking instead of driving. Take the stairs instead of the elevator at work or while shopping.
  - » Play sports or join a local gym. Start dancing or swimming.

## How can you develop better eating habits?

Eating too many foods that are high in fat and sugar instead of foods that are high in fiber (such as fruits and vegetables) can lead to weight problems. Small changes in what you eat make a big difference over time. Here are some helpful and healthful suggestions:

- Eat at least 7 servings of fruits and vegetables every day. (*One serving size is 1/2 to 1 cup.*)
- Eat more often . . .
  - » Chicken, turkey, fish, beans, peas
  - » Fat-free milk, nonfat yogurt, nonfat cheese
  - » Baked, boiled, broiled or steamed foods
  - » Whole grain breads and rice
- Eat less often . . .
  - » High fat dairy foods, such as whole milk, cheese, cream, and ice cream
  - » Pan-fried or deep-fat fried foods
  - » Sodas, juice, and drinks high in sugar
  - » Butter, margarine, gravy
  - » Pastries, french fries, chips, crackers

## What if this is not working for you?

- It is normal to feel frustrated and emotional when making changes, especially if you are not seeing results.
- If you feel that you are making changes and not seeing results, talk to your doctor or other health care professional. We are here to help you be successful.
- Try not to get frustrated. Stick with the lifestyle changes you've committed to (eating and physical activity).

# Exploring barriers and benefits

## A WORKSHEET

When we think about making changes, most of us don't really think about **all** that comes with making a change. Instead, we often do what we think we **should** do and avoid doing things we don't feel like doing. We may feel overwhelmed and give up thinking about making change at all.

### Looking at the problem

To be ready to make a change, you need to think through the **pros** (benefits) and **cons** (barriers) of making a change. For example, on finding reasons to lose weight you may be surprised at your answers when all your **cons** outnumber your **pros**.

Cons (barriers)	Pros (benefits)
<ol style="list-style-type: none"><li>1. I love to eat and don't like feeling deprived</li><li>2. I hate exercise</li><li>3. I am happy the way I am</li></ol>	<ol style="list-style-type: none"><li>1. My blood sugar would be better</li><li>2. I would have more energy and feel better</li></ol>

When you discover that the barriers outnumber the benefits of making a change, you may have found the reasons why making lasting change is hard.

### Finding solutions

You can think about real solutions when you think about the real barriers, and then realize that you are able to make some changes.

Cons (barriers)	Pros (benefits)
<ol style="list-style-type: none"><li>1. I love to eat and don't like feeling deprived</li><li>2. I hate exercise</li><li>3. I am happy the way I am</li></ol>	<ol style="list-style-type: none"><li>1. I don't have to give up foods I love</li><li>2. My blood sugar would be better</li><li>3. I would have more energy and feel better</li><li>4. I am happy with myself, but I can only get better</li></ol>

### Exploring the reasons that you may want to lose weight

The process of thinking about both the barriers and the benefits of losing weight can also help you to stick to your plan in times of stress or temptation. When you think through the benefits of making a change, make it more personal. You can also break change into smaller steps. For example, why is it important for you to feel better or improve your health?

Cons (barriers)	Pros (benefits)
<ol style="list-style-type: none"> <li>1. I love to eat and don't like feeling deprived</li> <li>2. I hate exercise</li> <li>3. I am happy the way I am</li> </ol>	<ol style="list-style-type: none"> <li>1. I don't have to give up foods I love               <ol style="list-style-type: none"> <li>a. I can eat smaller portions of foods I love.</li> <li>b. I also love vegetables and can eat more of these.</li> </ol> </li> <li>2. My blood sugar would be better</li> <li>3. I am happy with myself, but I can only get better.</li> <li>4. I would have more energy and feel better               <ol style="list-style-type: none"> <li>a. I will have more energy to play with my grandchildren.</li> <li>b. I will have less pain and be able to do physical activities that I enjoy, like dancing.</li> <li>c. I will be able to reduce my medication and save money.</li> </ol> </li> </ol>

To explore the benefits of losing weight ask yourself these questions:

1. Why do I want to lose weight? \_\_\_\_\_
2. What do I want for myself? \_\_\_\_\_
3. What do I want my life to look like? What is my vision for myself? \_\_\_\_\_  
\_\_\_\_\_
4. How does my weight impact my life, my family, my work, etc.? \_\_\_\_\_  
\_\_\_\_\_

Write below the **pros** (benefits) and **cons** (barriers) for making the change you are thinking about. Let it rest for a few days and then think about it again. Talk it through with someone.

The change I am considering is (be specific): \_\_\_\_\_

Cons (barriers)	Pros (benefits)

# Healthy food choices

## What counts as 1 serving?

See the chart below for what 1 serving is equal to. The amount you eat may be more than 1 serving. For example, 1 cup of pasta counts as 3 servings.

**Measure your portions so you know exactly how much you are eating.**

Starch and grains 6 or more servings/day <b>80-100 calories/ serving</b>	Fruits 3-5 servings/day <b>60 calories/ serving</b>	Milk and yogurt 2-3 servings/day <b>90-110 calories/ serving</b>	Non-starch vegetables 4-6 servings/day <b>25 calories/serving</b>	Protein 4-6 ounces/day <b>35-75 calories/ serving</b>	Fats 3-6 servings/day <b>45 calories/serving</b>
ONE SERVING					
<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• ¼ large bagel (1 oz)</li> <li>• ½ pita or English muffin</li> <li>• 6-inch tortilla or chapatti/roti</li> <li>• 4-inch pancake</li> <li>• ¾ cup unsweetened cereal</li> <li>• ½ cup cooked cereal</li> <li>• ½ cup cooked pasta, rice, couscous or quinoa</li> <li>• ½ cup cooked beans (also 1 oz protein)</li> <li>• ½ cup corn or green peas (also 1 oz protein)</li> <li>• 1 small potato (3 oz)</li> <li>• ½ cup mashed potato</li> <li>• 1 cup winter squash</li> <li>• 4 – 6 crackers</li> <li>• 3 graham cracker squares</li> <li>• 3 cups light popcorn</li> </ul> <p><i>Choose whole grains</i></p>	<ul style="list-style-type: none"> <li>• 1 small fruit e.g. apple, orange or pear</li> <li>• 5" banana</li> <li>• ½ mango or grapefruit</li> <li>• 1 cup berries</li> <li>• 1 cup melon</li> <li>• ½ cup grapes</li> <li>• 2 small clementines</li> <li>• 2 small kiwis</li> <li>• ½ cup canned fruit packed in juice or light syrup</li> <li>• 2 tbsp raisins or craisins</li> <li>• ½ cup fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup fat-free or 1% milk</li> <li>• 1 cup soy milk</li> <li>• 6-8 oz plain nonfat yogurt</li> <li>• 6-8 oz light yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup raw vegetables</li> <li>• ½ cup cooked vegetables</li> <li>• ½ cup vegetables such as: asparagus, beets, bell peppers, broccoli, cabbage, carrots, cauliflower, cucumbers, celery, green beans, mushrooms, salad greens, tomato, zucchini, artichokes, brussel sprouts, bean sprouts, eggplant, collards, kale, okra, snow peas, spaghetti squash, turnips, water chestnuts, sugar snap peas</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz fish</li> <li>• 1 oz skinless chicken or turkey</li> <li>• 1 oz lean beef, pork, lamb or veal</li> <li>• 1 egg or 2 egg whites</li> <li>• ¼ cup egg substitute</li> <li>• 1 oz low-fat cheese</li> <li>• ¼ cup 1% cottage cheese</li> <li>• ½ cup tofu (4 oz)</li> <li>• 2 tbsp peanut butter (also counts as 2 fats)</li> <li>• Veggie or soy burger (also counts as 1 fat)</li> <li>• 2 oz veggie or soy crumbles</li> <li>• ½ cup tofu</li> </ul>	<p><b>Heart Healthy Choices</b></p> <ul style="list-style-type: none"> <li>• 1 tsp oil: olive, canola, corn, soybean, sunflower, sesame, safflower</li> <li>• 1 tsp tub margarine or trans fat free margarine or 1 tbsp light margarine</li> <li>• 2 tbsp fat free, light, reduced fat, or low-fat salad dressing</li> <li>• 1 tbsp fat free, low-fat, reduced-fat or light mayonnaise</li> <li>• 6 almonds or 6 cashews</li> <li>• ⅛ avocado or 2 tbsp guacamole</li> <li>• 10 peanuts or 10 pistachios</li> <li>• 4 halves pecans or 4 halves walnuts</li> </ul> <p><b>Less Healthy Choices</b></p> <ul style="list-style-type: none"> <li>• 1 tsp butter</li> <li>• 1 slice bacon</li> <li>• 1 tsp regular mayonnaise</li> <li>• 1 tbsp cream cheese or regular salad dressing</li> <li>• 2 tbsp half &amp; half</li> <li>• 3 tbsp low-fat sour cream</li> </ul>

## Free food

Any food or drink that contains less than 20 calories per serving.

- Herbs, spices, mustard, vinegar, lemon juice, salsa
- Diet soft drinks, sugar-free drink mixes, sugar-free flavored water, sugar-free flavor packs

- Coffee or tea, unsweetened or with sugar substitute
- Bouillon or broth
- Sugar-free jelly, syrup, gum, hard candy, gelatin or popsicles
- Flavor extracts, garlic

## Sugar substitutes

- Acesulfame K (Sunett or Sweet One), Aspartame (Equal or Nutrasweet), Monk fruit extract, Saccharin (Sweet'N Low or Sugar Twin), Sucralose (Splenda), Stevia extract (Stevia in the Raw, Zing or Pure Via, Sweet Leaf)



# Choose MyPlate

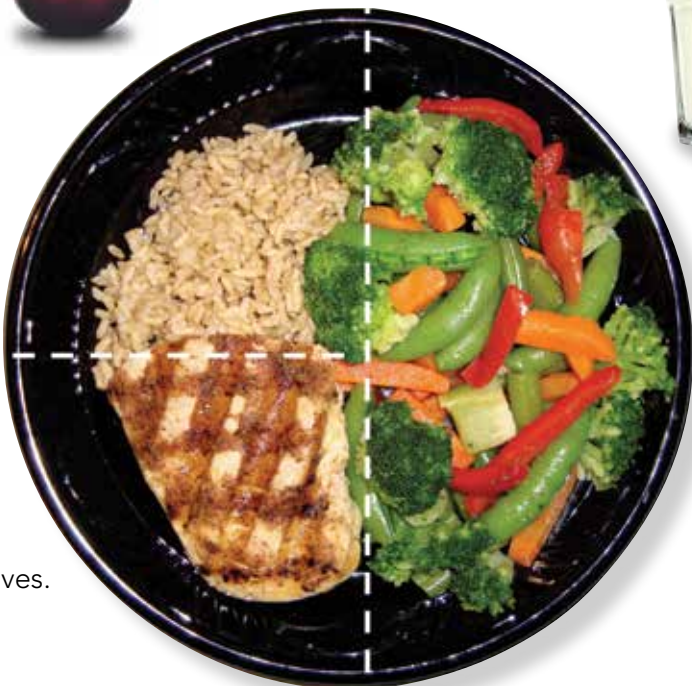
## Fruit

Eat a fruit the size of a tennis ball for a snack.



## Starch

Fill ¼ of your plate with starchy foods.



Milk/yogurt  
8oz. = 1 cup



Vegetables  
Make ½ your plate non-starchy vegetables.

1 cup



Baseball

½ cup



Light bulb

⅓ cup



Egg

2 tbsp



Golf ball

1 tbsp



Walnut

1 tsp



Penny

3 oz



Deck of cards

1 oz



Four dice

## Protein

Make ¼ of your plate lean meat or alternatives.



Select a 9 inch plate and use this guide to help keep your portions in control.

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REGIONAL HEALTH EDUCATION. HEALTH PROMOTION

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# Tips for shopping and cooking

INSTEAD OF	TRY
Starch	
Croissant, brioche, biscuit	Hard French rolls or soft “brown n serve rolls
Donuts, muffins, scones, or pastries	Mini-bagels, English muffins, reduced-fat muffins, pita Bread
Granola or sweetened cereals	Bran, whole grain or unsweetened cereals, oatmeal
Party crackers (Ritz or club-type)	Saltine crackers, rye crackers, rice cakes
Ramen Noodles	Rice or noodles
Pasta with white sauce	Pasta with red sauce (marinara)
Pasta with cheese sauce	Pasta with vegetables (primavera)
French fries	Baked or roasted potatoes
Fruit	
Fruit juice	Whole fruit
Fruit pies	Fresh, frozen or canned fruit
Fruit canned in heavy syrup	Fruit canned in light syrup or juice pack
Applesauce with sugar	Applesauce with no added sugar
Vegetables	
Vegetables in cheese or butter sauce	Plain vegetables or seasoned with herbs/ spices
Fried vegetables	Steamed, roasted, or grilled vegetables
Meats & others	
Chicken or turkey with skin	Chicken or turkey without skin
Regular ground beef	Lean ground beef (93% lean) or ground turkey
Beef (rib, chuck, brisket)	Beef (round or loin)
Pork (rib, leg)	Pork (tenderloin, loin chop, ham)
Breaded or fried seafood	Steamed, baked or grilled seafood
Oil-packed tuna	Water packed tuna
Regular hot dogs	Lower-fat hot dogs (3 or less grams of fat/ serving)
Lunch meats (salami, bologna, liverwurst, etc.)	Lunch meats (95% fat-free)
Bacon or sausage	Canadian bacon or lean ham
Cheese (Cheddar, Swiss, Jack)	Reduced-fat or fat-free cheese
Regular cottage cheese	Low-fat (1%) or reduced-fat (2%) cottage cheese

INSTEAD OF	TRY
Milk & yogurt	
Whole milk	Low-fat (1%) or fat-free milk or soy milk
Evaporated whole milk	Evaporated fat-free milk
Flavored milk	Plain white milk
Yogurt made with 2 % or whole milk	Plain non-fat or light yogurt
Fats	
Regular margarine	Light, reduced-fat, squeeze or spray margarine
Butter	Whipped butter
Regular mayonnaise	Light or fat-free mayonnaise or mustard
Oils, shortening or lard	Nonstick cooking spray for stir frying or sautéing applesauce or prune puree in baked goods
Regular salad dressings	Reduced calorie or fat-free salad dressings, lemon Juice, or plain, herb-flavored, or wine vinegar
Nuts (large handful)	Nuts (¼cup a day)
Sour cream	Low-fat/fat-free sour cream or plain nonfat/ low-fat yogurt
Coffee cream	Low-fat or fat-free milk or nonfat dry milk powder
Nondairy creamer (liquid or powder)	Fat-free creamer (be aware flavored creamer adds calories)
Sweets & snacks	
High-fat cookies	Graham crackers, animal crackers, ginger snaps, vanilla wafers
Ice cream	Light ice cream, frozen yogurt, frozen fruit bars
Custards or puddings (whole milk)	Puddings (made with fat-free milk)
Cake (pound, chocolate, yellow)	Cake (angel food, white, gingerbread)
Pies	Fruit crisps
Chips	Pretzels, rice cakes, popcorn (air-popped or light microwave)
Miscellaneous	
Fudge sauce	Chocolate syrup
Whipping cream	Imitation whipping cream
Dips	Salsa
Cream soups	Broth-based or bean soups
High-fat frozen meals	Frozen meals (containing less than 10 grams of fat)

### Low-fat cooking methods

- Bake, broil, roast, grill, poach, steam or microwave
- Sauté vegetables in fat-free broth, wine, or non-stick cooking spray
- Chill soups, stews, sauces and broths. Remove congealed fat.
- Trim fat from meat. Remove skin from poultry.

### Low-fat flavorings

- Herbs and spices
- Vinegars
- Lemon juice
- Salsa

# Tipping the scale to a healthier you **forever**



## Track your habits

- Keep food, fluid, and activity records to help you decide what changes are needed.
- Track your food and fluid intake as you eat and drink during the day.
- Compare your food, and fluid choices to the suggested amounts.
- You may lose track of the tiny bites you take throughout the day, but these bites add up in calories.
- Decide what type of record works best for you – written, electronic, or check sheet.

## Plan meals and snacks throughout the day

- Skipping meals tends to lead to eating too much later in the day. Also, you are less likely to eat foods from all the food groups when you skip meals.
- Start the day with breakfast, which helps your body burn more calories, improves focus, and boosts your energy level.

- If meals are more than 4-5 hours apart, add a snack to keep you from eating too much at the next meal.

## Keep an eye on portion size

- Measure your portions so you know just how much food and fluid you are taking in. Often the portion we eat counts as more than 1 serving; e.g, 1 cup of rice is equal to 3 servings of starch.
- Try using smaller plates, bowls, and glasses so smaller portions will look bigger.
- Use the plate method where you fill half the plate with veggies and the other half you divide between protein and starch.
- Do not eat out of boxes, bags, cartons or jars. Instead, take out your portion and put the rest away.

## Eat healthy

- Eat a variety of foods from all the food groups including fruits, vegetables, starches, lean proteins, fat free or low fat dairy and heart healthy fats.
- Include protein, and/or fat at every meal to feel full.
- Include fiber-rich foods that fill you up.
- Limit foods that are high in calories and low in nutrients such as cakes, cookies, pies, pastries, candy, chips, and fried foods.
- Keep healthy snacks on hand that are low in calories, but nutrient dense such as fruits, vegetables, whole grain cereals, popcorn or light yogurt.
- Choose unprocessed whole foods over packaged foods.

### Think your drink

- Aim for 9-13 cups of fluid per day.
- At least half your fluid should be water, and the rest can be any low calorie fluid such as seltzer water, unsweet coffee or tea, sugar free flavored water, or diet soda.
- Be aware that juice, juice drinks, sweet tea, and lemonade have as many calories as regular soda.

### Practice mindful eating

- Eat slowly without distractions. This will help you to enjoy your food and allow your brain to realize you are full.
- Choose one spot to eat in your home and at work and eat all your meals and snacks at the chosen spot.
- Make the meal special by setting a place and savoring each bite.
- If you don't have time to sit down, you don't have time to eat.

### Move more, sit less

- Exercise burns calories, tones muscles, and makes you less hungry.
- Find ways to become more active more often e.g, take stairs instead of elevators, park further away or even fidget more.
- For every hour you sit, take a 2-5 minute activity break.
- Aim to be active on a daily basis, but start small and slowly work your way up to 45-60 minutes per day.
- Use a step counter to measure your activity. Learn how many steps you take each day, and then slowly work your way up to 10,000- 12,000+ steps per day.
- Choose activities you enjoy.

### Step on the scale

- Weighing yourself daily or weekly helps to keep you focused, and allows you to take action sooner than later.
- People who weigh on a regular basis, do better at losing weight.

### Chill out

- Learn new ways of handling your emotions that do not involve eating.
- Make a list of 20 things you could do instead of eating.
- Set a timer for 20 minutes and do at least 2 things on your list before eating.

### Schedule sleep time

- Aim for at least 7-8 hours of sleep per day.
- Lack of sleep may lead to eating too much or changes in your hormones which can lead to weight gain.

### Be sensible

- Avoid making vows of always or never. Instead, set short term goals you can reach.
- Aim for a gradual weight loss of ½ to 2 pounds per week.
- Measure your progress not only in pounds lost, but in inches lost, how clothes fit, and how you feel.

### Be adventurous

- Look for new ways to enjoy your food.
- Include a variety of tastes, textures, colors and smells in your food choices.
- Mix up your meals; try soup or a sandwich for breakfast, cottage cheese and fruit for lunch and eggs and toast for dinner.
- Look for fun ways to get fit. Join a gym, take a class, or find a family member or friend to be active with.

### Be realistic

- Small changes over time equals a healthier you.
- If you get off track one day, then try to get back on track the next day.
- Eat 100 fewer calories each day for 1 year and lose 10 pounds.
- Walk an extra 2000 steps each day for 1 year and lose another 10 pounds.

# EATING AND ACTIVITY JOURNAL

## Keeping a food/fluid and activity record

Keeping a food/fluid and activity record can be helpful in looking at your eating and activity habits. You should record at least 3 days of your usual eating and activity habits – a week would be even better. Be truthful and write down everything you eat and drink as you consume it. Carry your Eating and Activity Journal with you so you can record as you go through the day.

## Time/duration of meal

Note the time you ate or drank and the minutes spent eating and/or drinking.

## Food

Write down the food you ate. Be as specific as possible. For example; sandwich made with 2 oz turkey breast, 1 tbsp reduced fat mayonnaise, 2 leaves iceberg lettuce, and 2 slices whole wheat bread. Don't forget the condiments such as salad dressing, ketchup, and sugar.

## Portion

Estimate the portion size in volume (measuring cups and teaspoons), weight (ounces) or quantity. A 3-ounce portion is about the size of a deck of cards.

## Location/activity

Record where you were and what you were doing when you ate. For example, in the family room, office, restaurant, watching TV, reading the paper, working in office, or driving.

## Hunger scale

Use the following scale to indicate your level of hunger.

- 1 = not very hungry,
- 2 = a little hungry,
- 3 = moderately hungry,
- 4 = very hungry, or
- 5 = starving.

## Feelings

Indicate how you were feeling when you ate. For example, were you happy, stressed, bored, angry, or sad?

## Calories/fat/fiber

How many calories, grams of fat or fiber did you consume? Go to [www.sparkpeople.com](http://www.sparkpeople.com) or [www.fitday.com](http://www.fitday.com) or [www.nalusda.gov/fnic](http://www.nalusda.gov/fnic), or use nutrition label information or calorie counting books.

## Physical activity

Record the type of activity and duration. If using a step counter record the number of steps.

**Write down everything you eat, drink, and your activity (type and time) throughout the day.**

Date:\_\_\_\_\_

<b>Time/duration of meal</b>	<b>Food/Fluid</b>	<b>Portion</b>	<b>Location/activity</b>	<b>Hunger</b>	<b>Feelings</b>	<b>Calories/fat/ fiber</b>		
Physical activity:								

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team.

# READING THE FOOD LABEL

## HEALTH NOTES

### Serving Size

Tells you the portion for one serving. Be sure to ask yourself: "how many servings am I eating?"

### Calories

Tells the total amount of calories in one serving.

### Sodium

A low sodium food has 140 milligrams or less of sodium per serving. Aim for an intake of no more than 2,300 mg a day.

### Fiber

Aim for 21 to 38 grams each day.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount per Serving			
Calories 250    Calories from Fat 110			
			% Daily Value*
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 3g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 2g		8%	
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 20%	•	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

### Fat

Low fat foods have 3 grams of fat or less per serving. Saturated and trans fats raise bad (LDL) cholesterol and increase the risk for heart disease and stroke.

### Carbohydrate

To count carbohydrates look at the grams of total carbohydrate rather than the grams of sugar. Sugar and dietary fiber count as part of the total carbohydrate.

### Percent Daily Value (DV)

Percent daily value is based on a 2000 calorie diet which may be more or less than the amount you need.

- 5% or less is low
- 20% or more is high





### For more information

#### Online resources

- Visit [kp.org/healthyliving/mas](http://kp.org/healthyliving/mas) for tools to help you live well.

#### Healthy Living classes

- To register call (703) 359-7878 or 1-800-777-7904, toll free. For TTY, dial 711.
  - » Commit to Quit
  - » Nutrition for Weight Control
  - » Nutrition for Cholesterol Control

### Nutrition claims

The Food and Drug Administration (FDA) approved these health claims to help you find foods that are lower in calories, fat, or sodium. These claims usually appear on the front of the package.

- **Calorie-free:** less than 5 calories per serving
- **Low calorie:** 40 calories or less per serving
- **Reduced calorie:** at least 25% fewer calories than regular product
- **Fat-free:** less than 0.5 grams of fat per serving
- **Low fat:** three or less grams of fat per serving
- **Low saturated-fat:** one or less grams of saturated fat per serving. No more than 15% of calories from saturated fat
- **Reduced fat:** at least 25% less fat than a regular product
- **Unsalted, without added salt, or no salt added:** permitted if;
  - » no salt is added during processing
  - » the product it resembles is normally processed without salt
  - » the label bears the statement "not a sodium free food" or "not for control of sodium in the diet" if the food is not sodium free
- **Sodium-free:** less than 5 mg sodium per serving
- **Very low sodium:** 35 mg or less sodium per serving
- **Low sodium:** 140 mg or less sodium per serving
- **Reduced sodium:** at least 25% less sodium than regular product
- **Light in sodium:** 50% less sodium than regular product
- **Light or lite:** product has at least  $\frac{1}{3}$  less calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
- **Sugar-free:** less than 0.5 grams of any type of sugar
- **Reduced sugar:** at least 25% less sugar than regular product.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team.

# Dining out

## How to choose

### GENERAL TIPS FOR HEALTHY DINING OUT

Whether or not you're trying to lose weight, you can eat healthfully when dining out or bringing in food, if you know how. The following tips will help you move toward healthier eating as you limit your calories, as well as fat, saturated fat, cholesterol, and sodium, when eating out.

#### You are the customer

- **Ask for what you want.** Most restaurants will honor your requests.
- **Ask questions.** Don't be anxious over the menu—your server will be able to tell you how foods are prepared and/or suggest other options on the menu.
- **General tips:** Limiting your calories and fat can be easy as long as you know what to order. Try asking these questions when you call ahead or before you order. Ask the restaurant, whether they would, on request, do the following:
  - » Leave all butter, gravy, or sauces off a side dish or entrée.
  - » Serve salad dressing on the side.
  - » Accept special requests if made in advance by phone or in person
- **Limit portion sizes:**
  - » Ask for to go box before meal arrives.
  - » Share an entrée.

#### Reading the menu

- Choose lower calorie, low-fat cooking methods. Look for terms such as "steamed in its own juice" (au jus), "garden fresh," "broiled," "baked," "roasted," "poached," "tomato juice," "dry boiled" (in wine or lemon juice), or "lightly sautéed."
- Be aware of foods high in calories, fat, and saturated fat. Watch out for terms such as "butter sauce," "fried," "crispy," "creamed," "in cream or cheese sauce," "au gratin," "au fromage," "escaloped," "parmesan," "hollandaise," "béarnaise," "marinated (in oil)," "stewed," "basted," "sautéed," "casserole," "hash," "prime," "pot pie," and "pastry crust."

## Specific tips for healthy choices

### Breakfast

- Fresh fruit or small glass of citrus juice
- Whole grain bread, bagel, or English muffin
- Whole grain cereal with low-fat (1%) or non-fat milk
- Oatmeal with non fat-milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes without butter on top
- Non-fat yogurt (try adding cereal or fresh fruit)

### Beverages

- Water with lemon
- Flavored sparkling water—non-caloric
- Juice spritzer (½ fruit juice and ½ sparkling water)
- Iced tea, unsweetened
- Tomato juice (reduced sodium)

### Bread

Most bread and bread sticks are low in calories and fat. The calories add up when you add butter, margarine, or olive oil to the bread. Also, eating a lot of bread in addition to your meal will fill you up with extra unwanted calories and not leave enough room for fruits and vegetables.

### Appetizers

- Steamed seafood
- Shrimp\* cocktail (Limit cocktail sauce—it's high in sodium.)
- Melons or fresh fruit
- Bean soups
- Salad with low-fat dressing  
(Or add lemon juice or vinegar.)

### Entree

- Poultry, fish, shellfish, and vegetable dishes are healthy choices.
- Pasta with red sauce or with vegetables (primavera)
- Look for terms such as "baked," "broiled," "steamed," "poached," "lightly sautéed," or "stir-fried."
- Ask for sauces and dressings on the side.
- Limit the amount of butter, margarine, and salt you use at the table.

### Salads/salad bars

- Fresh greens, lettuce, and spinach
- Fresh vegetables—tomato, mushroom, carrots, cucumber, peppers, onion, radishes, and broccoli
- Beans, chickpeas, and kidney beans
- Skip the non-vegetable choices: deli meats, bacon, egg, cheese, croutons.
- Choose lower-calorie, reduced-fat or free-dressing, lemon juice, or vinegar.

### Side dish

- Vegetables and starches (rice, potato, noodles) make good additions to meals and can also be combined for a lower calorie alternative to higher calorie entrees.
- Ask for side dishes without butter or margarine.
- Ask for mustard, salsa, or low-fat yogurt instead of sour cream or butter.

### Dessert/coffee

- Fresh fruit
- Sherbet or fruit sorbet (These are usually fat-free, but check the calorie and sugar content) or non-fat frozen yogurt.
- Try sharing a dessert.
- Ask for low-fat milk for your coffee (instead of cream or half-and-half).

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# Making smart fast food choices

Often fast food meals are high in calories, fat and sodium while providing little vitamins, minerals or dietary fiber. To make up for nutrients missing in fast food meals, include a variety of fruits, vegetables, whole grains and milk at other meals of the day.

- Smart choice entrees**
  - Regular size hamburger, roast beef or cheeseburger without creamy sauces or mayonnaise
  - Broiled or grilled chicken sandwich without mayonnaise or creamy sauces
  - Plain baked potato with vegetables
  - Thin crust vegetarian or cheese pizza; eat 2 slices and add a side salad with low calorie salad dressing
  - Chili with crackers and a side salad
  - Kid’s meal
- Smart choice sides**
  - Side salad and low-calorie dressing, vegetables or small fries
- Smart choice beverages**
  - Water, fat free or 1% milk, diet soda, unsweetened tea

Nutritional comparisons of selected fast food items

Food item	Calories	Fat (g)	Carb (g)	Sodium (mg)
Hamburger (McDonald’s)	250	9	31	490
Cheeseburger (McDonald’s)	300	12	33	720
BigMac (McDonald’s)	540	29	45	1000
Whopper (Burger King) – no cheese	670	40	51	980
BK Tender grill chicken sandwich	470	18	40	1100
BK Tender crisp chicken sandwich	750	45	58	1560
Spicy chicken sandwich (Wendy’s)	530	22	55	1140
Chicken McNuggets, 4-piece (McDonald’s)	190	12	12	360
Chicken McNuggets, 10-piece (McDonald’s)	470	30	30	900
Filet-O-Fish (McDonald’s)	380	18	38	640
French fries, small (McDonald’s)	230	11	29	160
French fries, large (McDonald’s)	500	25	63	350
Thin n’ Crispy cheese pizza, large, 1 slice (Pizza Hut)	260	11	29	740
Personal pan pizza, pepperoni (Pizza Hut)	620	28	68	1540
Breadstick – 1 (Pizza Hut)	140	5	19	260
Fiesta Taco salad chicken (Taco Bell)	720	35	70	1260
Soft taco, beef (Taco Bell)	200	9	19	510
Gordita supreme – steak (Taco Bell)	270	11	29	550
Bean burrito (Taco Bell)	370	10	56	960
Chalupa, supreme chicken (Taco Bell)	370	18	29	530
Vanilla reduced-fat icecream cone (McDonald’s)	170	5	27	70
Fruit’n Yogurt parfait with granola (McDonald’s) -5.3oz	150	2	31	85
Cinnamon melts (McDonald’s)	460	19	19	370
Egg McMuffin (McDonald’s)	300	12	30	820
Sausage biscuit with egg - regular biscuit (McDonald’s)	510	33	36	1170
Big breakfast - large biscuit (McDonald’s)	740	48	51	1560
Diet soda, large (McDonald’s)	0	0	0	30
Soda, large (McDonald’s)	210	0	0	15
Chocolate McCafe shake, 12oz (McDonald’s)	560	16	91	240
Frosty, chocolate, small (Wendy’s)	300	8	49	140
Chili, small (Wendy’s)	210	6	21	880
Onion rings, medium (Burger King)	410	21	53	1080

Instead of this meal					Order this meal				
McDonald's	Cal	Fat	Carb	Sod	McDonald's	Cal	Fat	Carb	Sod
Quarter pounder w/ cheese	520	26	40	1190	Hamburger	250	9	31	520
Fries, large	500	25	63	350	Fries, small	230	11	29	160
Sweettea, large	280	0	71	10	Tea, unsweetened, large	0	0	0	15
<b>TOTALS</b>	<b>1290</b>	<b>51</b>	<b>174</b>	<b>1550</b>	<b>TOTALS</b>	<b>480</b>	<b>20</b>	<b>60</b>	<b>695</b>
McDonald's Breakfast	Cal	Fat	Carb	Sod	McDonald's Breakfast	Cal	Fat	Carb	Sod
Sausage egg biscuit – reg	510	33	36	1170	Egg McMuffin	300	12	30	820
Hash browns	150	9	15	310	1%Milk	100	3	12	125
Coffee, 2 cream, 2 sugar	70	4	8	30					
<b>TOTALS</b>	<b>730</b>	<b>46</b>	<b>59</b>	<b>1510</b>	<b>TOTALS</b>	<b>400</b>	<b>15</b>	<b>42</b>	<b>945</b>
Pizza Hut	Cal	Fat	Carb	Sod	Pizza Hut	Cal	Fat	Carb	Sod
Large hand tossed meat-lovers - 2 slices	820	46	70	2140	Large Thin N' Crispy cheese pizza - 2 slices	520	22	44	1580
Cheese breadstick – 1Pc	170	6	20	390	Side Garden Salad w/ 2 tbsp lite ranch	180	29	9	330
Soda, 22oz.	280	0	0	70	Diet soda, 22oz.	0	0	0	70
<b>TOTALS</b>	<b>1270</b>	<b>52</b>	<b>90</b>	<b>2600</b>	<b>TOTALS</b>	<b>700</b>	<b>51</b>	<b>53</b>	<b>1980</b>
Popeye's	Cal	Fat	Carb	Sod	Popeye's	Cal	Fat	Carb	Sod
Chicken wing 3 pieces (mild)	630	42	24	1830	Naked tenders (3 pieces)	170	2	2	550
Biscuit	260	15	26	450	Mashed potatoes, regular	110	4	18	590
Red bean & rice, regular	230	14	23	580	Green beans, regular	40	2	6	420
Soda, 22oz.	230	0	59	22	Diet soda, 22oz.	0	0	0	38
<b>TOTALS</b>	<b>1350</b>	<b>71</b>	<b>132</b>	<b>2882</b>	<b>TOTALS</b>	<b>320</b>	<b>8</b>	<b>26</b>	<b>1598</b>
Panera	Cal	Fat	Carb	Sod	Panera	Cal	Fat	Carb	Sod
Broccoli cheddar soup 12oz.	300	19	21	1250	Low-fat garden vegetable w/pesto soup 8oz.	80	2	13	750
Chicken caesar sandwich on 3-cheese bread	750	32	71	2020	Mediterranean veggie on tomato basil bread	590	13	96	1400
Oatmeal raisin cookie	390	14	62	310	Fresh fruit cup	60	0	17	15
Low-fat frozen mango, 16oz.	230	2	51	90	Iced green tea, 20oz.	130	0	31	10
<b>TOTALS</b>	<b>1760</b>	<b>67</b>	<b>205</b>	<b>3670</b>	<b>TOTALS</b>	<b>860</b>	<b>15</b>	<b>157</b>	<b>2175</b>
Subway	Cal	Fat	Carb	Sod	Subway	Cal	Fat	Carb	Sod
6" Italian BMT sub	410	16	46	1270	6" Roast beef sub	320	5	45	700
Lay's Classic chips 15oz.	230	15	23	230	Baked Lay's chips 1oz.	130	2	23	200
Soda, large	260	0	71	15	Bottled water	0	0	0	0
<b>TOTALS</b>	<b>900</b>	<b>31</b>	<b>140</b>	<b>1515</b>	<b>TOTALS</b>	<b>450</b>	<b>7</b>	<b>68</b>	<b>900</b>
Wendy's	Cal	Fat	Carb	Sod	Wendy's	Cal	Fat	Carb	Sod
Baconator	660	40	40	1140	Small chili, 2 tbsp cheese	270	11	17	190
French fries, medium	320	16	42	350	Saltines crackers, 6	75	1.5	15	240
					Garden side salad	210	3	18	345
Frosty, small, vanilla	280	7	47	135	Milk, low-fat, plain	100	2.5	23.5	125
<b>TOTALS</b>	<b>1260</b>	<b>63</b>	<b>129</b>	<b>1625</b>	<b>TOTALS</b>	<b>625</b>	<b>18</b>	<b>74</b>	<b>900</b>
Starbucks	Cal	Fat	Carb	Sod	Starbucks	Cal	Fat	Carb	Sod
Blueberry scone	420	17	61	510	Hearty blueberry oatmeal	270	2.5	43	125
Vanilla Bean Blended Creme Frappaccino, grande	400	16	59	240	Caffé latte, non-fat milk grande	190	0	18	150
<b>TOTALS</b>	<b>820</b>	<b>33</b>	<b>120</b>	<b>750</b>	<b>TOTALS</b>	<b>420</b>	<b>2.5</b>	<b>61</b>	<b>275</b>

**Cal** = Calories, **Fat** = grams of fat, **Carb** =grams of carbohydrates, **Sod** = milligrams of sodium  
 Source: Nutrition information from fast food restaurant websites, 6/16  
 Check your favorite fast food meal and alternatives by going to the restaurant website, ie [www.mcdonalds.com](http://www.mcdonalds.com).

# GET READY, GET SET, GET ACTIVE

One of the healthiest things you can do for yourself is exercise. To be physically fit, there are three things you need to work on: muscle strength, aerobic endurance, and flexibility.

## HEALTH NOTES



### For more information

Visit [kp.org/health](https://kp.org/health)

- Read about exercise in the Health Encyclopedia.

### Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling (703) 359-7878 or 1-800-777-7904 or TTY 711.

**Aerobic endurance** exercises increase breathing and heart rate, and help burn calories. Aerobic activities also help you feel more energized and sleep better. Aerobic activities should be done most, preferably all days of the week, for at least 30 minutes. Work hard enough to elevate your breathing and heart rate, but not so hard you can't carry on a conversation. Examples include brisk walking, jogging, bicycling, swimming, and rowing.

**Muscle strength** exercises build muscle, maintain bones, and increase body metabolism, which helps with weight control. You can go to a gym and lift weights or use hand/ankle weights at home. Select a weight you can lift 8 times in good form before you have to stop and rest your muscles. Muscle strengthening exercises should be done 2 to 4 times per week in sets of 1 to 3 with 8 to 12 repetitions per set using arms, legs and trunk e.g., arm lifts, leg curls and crunches/push-ups.

**Flexibility (stretching)** exercises help keep your body limber and reduce muscle stiffness. Stretching should be done slowly, without jerking. Hold the stretched position for at least 10 seconds. Stretch after doing your strength and endurance exercises.

### Get Ready

- Check with your health care provider before beginning a regular exercise program, especially if you haven't exercised for a while.
- Set realistic goals and keep track of your progress.
- Start gradually and work up to longer workups.
- Listen to your body. Stop exercising if it hurts, you experience extreme breathlessness, or irregular heartbeat. See your health care provider if the symptoms do not go away or get worse.

### Get Set

- Schedule in your activity for a time that works best for you.
- Wear appropriate clothing and shoes.
- Choose activities you like and that are convenient to do at home or at work.
- Find an exercise buddy or take a class.

### Get Active

- Make exercise fun.
- Have an alternative plan for all types of weather.
- Drink water before, during and after you exercise.



**Don't just sit there!  
Get up and get moving**



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# WALKING... A STEP IN THE RIGHT DIRECTION

Walking is one of the easiest ways to be active. You can do it almost anywhere and at any time. Walking is also a low-cost way to get exercise and be healthy. All you need is a pair of comfortable shoes.

## HEALTH NOTES



### For more information

#### Visit [kp.org](http://kp.org)

- Click on Health Topics A to Z and read about walking in the Health Encyclopedia.
- Sign-up for a free, online personalized Healthy Lifestyles Program to help you manage your weight, quit smoking, manage stress, or improve your eating and physical activity habits.
- Sign-up for the 10,000 Steps® Program to track your daily steps and physical activity online using a step counter.

#### Visit [everybodywalk.org](http://everybodywalk.org)

- Join the Every Body Walk program or a walking group.

#### Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling (703) 359-7878 or 1-800-777-7904. TTY: 711.

Walking will:

- Give you more energy.
- Make you feel good.
- Help you relax.
- Reduce stress.
- Help you sleep better.
- Tone your muscles.
- Help control your appetite and weight.
- Increase the number of calories your body uses.
- Help you manage and possibly prevent common conditions like diabetes and high blood pressure.

For all these reasons, people have started walking programs. If you would like to start your own program, read and follow this guide.

### Is it okay to walk?

**Answer the following questions before you begin a walking program:**

- Has your doctor or member of your health care team ever told you that you have heart trouble or high blood pressure?
- When you exercise, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- Do you often feel faint or have dizzy spells?
- Do you feel very breathless after mild activity?
- Has your doctor or member of your health care team told you that you have bone or joint problems, like arthritis, that could get worse if you exercise?
- Are you over 50 years old and not used to exercising?
- Do you have a condition or physical reason not mentioned here that might interfere with an exercise program?

If you answered "yes" to any of these questions, please check with your doctor or member of your health care team before starting a walking program or other form of physical activity.

## Setting goals

Whatever your reason for starting a walking program (to lose weight, prevent disease, etc.), set realistic goals. The best way to make a lifestyle change is to take it one step at a time.

- Set individual goals you can reach. For example, set a one-month goal that you will walk three times a week for 15 minutes.
- Make sure your goals can be measured and track them. Miles? Steps? Inches lost?

Write your goal here: \_\_\_\_\_

\_\_\_\_\_

- When you reach your first goal, reward yourself and set another one. Don't give up if you don't reach the goal on the first try. Stick to it! It's not easy to make a behavior change, but should get easier each time you try.
- Keep a record of what you do, including how you feel. Make notes on a calendar or in a journal. You can purchase a pedometer to track your mileage or steps.
- Gradually increase your frequency, intensity, and time that you walk to your goal level.
- Vary your routine. Choose different places to walk. Use a walking exercise video or audio tape. Participate in community walking events.

## Starting a walking program

It is important to design a program that works for you. In planning your walking program, keep these points in mind:

- Choose a safe place to walk. When walking alone, carry identification and/or tell a friend or family member your walking route. If you like to walk with others, find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- Wear shoes with thick, flexible soles that will cushion your feet and absorb shock.
- Wear clothes that are right for the season. Cotton clothes for the summer help to keep you cool by absorbing sweat and allowing it to

evaporate. Layer your clothing in the winter so, as you warm up, you can take off some layers.

- Think of your walk in three parts. Warm up by walking slowly for five minutes. Increase your speed for the next five minutes. Finally, to cool down, walk slowly again for five minutes.
- Stretch after walking.
- Try to walk at least three times per week. Add two-to-three minutes per week to the fast or brisk walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going farther, and walking for longer periods of time. Build up to 30 minutes or more of walking on most, if not all, days of the week.
- The more you walk, the better you will feel. You also use more calories.

## Safety tips

Keep safety in mind when you plan your routine and the time of your walk.

- Walk in the daytime or at night in well-lighted areas.
- Walk in a group or with a partner if possible.
- Do not use hand-held weights or ankle weights, because of the risk of injury.
- Try to carry a small water bottle in a pouch or take frequent sips from a water fountain to prevent dehydration.
- Do not wear jewelry.
- If you wear headphones, keep the volume down.
- Use sunscreen of at least SPF 15 if walking outside during daylight hours.
- Be aware of your surroundings.
- Contact your medical advice nurse, your doctor, or member of your health care team if you experience any chest pain, extreme difficulty breathing, or think you may have an injury, like a knee or ankle sprain. Call 24 hours a day, 7 days a week to (703) 359-7878 or 1-800-777-7904 or (703) 359-7616, TTY: 411. If you have a medical emergency, call 911. If you are unsure if your condition is a medical emergency, call 1-800-677-1112, TTY: 411.

## Taking the first step

Walking right is very important.

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your knees and feet pointing forward.
- Swing or pump your arms as you walk.

## Setting your walking pace

During your brisk walking phase, use the scale to the right to help you estimate how hard you are working. For example, sitting in a chair would be “very, very light” activity, around 6 or 7 on the scale. A brisk walk may put you around 13 on the scale and walking as fast as you can may feel like a 15.

The goal is to walk in a zone between “fairly light” and “somewhat hard,” but not to the point of being short of breath. One doctor describes the right level of effort this way: If you can talk without any trouble at all, your activity is probably too easy. If you can’t talk at all, it’s too hard.

## Start Steppin’ Out

Through the Kaiser Permanente Steppin’ Out program, you can plan and track your walking activity level. Simply purchase a step counter at any Kaiser Permanente pharmacy and you’ll receive instructions, a guide book, and a log sheet.

To track your steps and goals online, sign up for the 10,000 Steps® Program at [kp.org/10000steps](http://kp.org/10000steps).

## Every Body Walk

The Every Body Walk campaign is an on-line walking resource that can help you increase your level of physical activity. The web site contains tips and tricks to maintaining a walking routine, calculator tools, videos and more. You can start or find a walking group near you. Learn more today at [everybodywalk.org](http://everybodywalk.org).

## Perceived exertion scale

How does your walking feel?	Rating scale
Very, very light	6 – 8
Very light	9 – 10
Fairly light	11 – 12
Somewhat hard	13 – 14
Hard	15 – 16
Very hard	17 – 18
Very, very hard	19 – 20

## Stretching after walking

After you walk, stretching helps prevent muscle soreness and can help you become more flexible. Try the exercises here, holding each stretch for at least 30 seconds. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable. Repeat each stretch 2-3 times.



**Calf stretch.** Stand facing a wall or chair holding on for balance. Bend one knee and point it toward the wall or chair. Keep your back leg straight and toes pointed straight ahead. Both heels should remain flat on the floor or ground. You should feel the stretch in the back of your leg.

Repeat on the other side.



**Hamstring stretch.** Keeping the knee slightly bent, bring one leg up. Holding behind the thigh with both hands, straighten the leg until a gentle stretch is felt in the back of your thigh.

Keep your buttocks and back down. Do not lift your leg. Repeat on the other side.



**Quadriceps stretch.** Stand on one leg while holding onto a stable surface, like a chair, wall, or bench. Bend your other leg and pull your foot in toward your buttock using the opposite hand. Note that your bent knee is pointing to the floor and your legs are parallel. Your hips should be facing forward. You should feel the

stretch in the front of your thigh. Repeat on the other side.



**Shoulder stretch.** Stand with your feet flat on the floor, back straight, and stomach tucked. Bend one arm and bring it across the chest, keeping the shoulder down. Gently apply pressure to the back of the upper arm, just above the elbow, using the opposite hand. You should feel the stretch in your shoulder.

Repeat on the other side.



**Back stretch.** Stand with your feet flat on the floor, back straight, and stomach tucked. Interlock the fingers in front of you, turning the palms out. Extend the arms in front at shoulder height. You should feel the stretch in your middle back and shoulders.

### Walking can work for you

- Walk to lunch spots.
- Take a short walk during breaks at work.
- Get off public transportation a few stops early and walk home.
- Join a walking club or program at an area mall.
- Walk with your family.
- Walk in scenic areas, such as parks and on trails.
- Listen to your favorite music or a book while walking.
- If on some days you have a hard time fitting walking into your schedule, break it up into three, 10-minute sessions throughout the day.

### Sample walking program

	Warm-up time	Fast walk time*	Cool-down time	Total time
Week 1	5 minutes slow	5 minutes fast	5 minutes slow	15 minutes
Week 2	5 minutes slow	8 minutes fast	5 minutes slow	18 minutes
Week 3	5 minutes slow	11 minutes fast	5 minutes slow	21 minutes
Week 4	5 minutes slow	14 minutes fast	5 minutes slow	24 minutes
Week 5	5 minutes slow	17 minutes fast	5 minutes slow	27 minutes
Week 6	5 minutes slow	20 minutes fast	5 minutes slow	30 minutes
Week 7	5 minutes slow	23 minutes fast	5 minutes slow	33 minutes
Week 8	5 minutes slow	26 minutes fast	5 minutes slow	36 minutes
Week 9 & beyond	5 minutes slow	30 minutes fast	5 minutes slow	40 minutes

\* If you walk less than three times per week, increase the fast walk time more slowly.

Adapted from Weight-Control Information Network (WIN), National Institutes of Health, NIDDK, US DHHS, PHS, Walking... A Step in the Right Direction, #01-4155, March 2001.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team.

### REGIONAL HEALTH EDUCATION. HEALTH PROMOTION AND WOMEN'S HEALTH

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# STRESS MANAGEMENT

Are you feeling stressed? Stress is a part of every day life. It can be healthy or harmful. Good and bad events can cause stress. Stress affects your emotions, body, and mind; and that's normal. The key to staying healthy is knowing how to manage the stress you experience.

## HEALTH NOTES



### For more information

#### Visit [kp.org](http://kp.org):

- [kp.org/health](http://kp.org/health). Search for stress in the Health Encyclopedia.
- [kp.org/mindbody](http://kp.org/mindbody). Useful information on stress management.
- [kp.org/listen](http://kp.org/listen). Kaiser Permanente's Audio Library includes 7 full length CDs worth of guided imagery, including one title called "Stress Management."
- [kp.org/healthylifestyles](http://kp.org/healthylifestyles). Sign-up for a free, online personalized Healthy Lifestyle Program to help you manage stress.
- [kp.org/classes](http://kp.org/classes). Take one of our health education programs: call the Health Education Department's 24-hour automated information and registration line at (301) 816-6565 or 1-800-444-6696.

#### Call Kaiser Permanente Behavior Services

- If you are a Kaiser Permanente member, you can call Behavioral Health at 1-866-530-8778, TTY 711. You do not need a referral from your physician.

### Negative ways of coping with stress:

Some people deal with stress by smoking and drinking alcohol; both of which are harmful to the body. Others deal with stress by becoming isolated and falling into depression. Still, others deal with stress by eating too much or not eating enough. Some take drugs hoping to feel better. All of these harmful behaviors cause more stress on the body instead of reducing it.

### Control stress before it controls you!

Unmanaged and chronic stress can:

- Cause changes in your body,
- increase pain,
- speed up the aging process and shorten life,
- impact your immune system, and/or
- hurt relationships.

### Some sources of stress are:

- work,
- health,
- family,
- relationships, and
- money.

The good news is you can learn how to manage stress and be prepared for many changes in your life. The first step is for you to become aware and understand what is happening to you. Rating your level of stress is one way to do that. Keeping a journal of the where, when, and how you become stressed is also a useful tool.

When you identify your sources of stress, you can begin to develop a plan. When you have a plan, you are ready to face the changes in your life. Learning and practicing a few basic skills can help you combat those sources of stress. Having the ability to manage stress will then become part of your daily life.

### How would you rate your stress level?

- Normal – what you expect from daily life
- Moderate – occasional stressful periods
- High – feel stressed much of the time
- Very high – feel stressed almost all the time

Do you want to know more about your stress level? Visit [kp.org/calculators](https://kp.org/calculators) and click on “your emotional well being.”

Are you ready to learn new tools to manage your stress? There are different ways to do it. Consider the following coping skills.

- Relaxation techniques such as breathing, muscle relaxation and meditation,
- learning how to manage your time and prioritizing,
- engaging in physical activity and having good eating habits, and/or
- joining support or community groups.

How do you choose which coping strategy is right for you? First identify the level of control you have over each stressor.

High level of control	Some control	No control
<ul style="list-style-type: none"><li>• eating habits</li><li>• exercise habits</li><li>• smoking</li></ul>	<ul style="list-style-type: none"><li>• work projects</li><li>• family decisions</li></ul>	<ul style="list-style-type: none"><li>• the weather</li><li>• world peace</li><li>• traffic</li></ul>

Once you figure out how much control you have over a situation, you can figure out a good coping strategy. These strategies can be action-focused, emotion-focused, or physical focused.

**Action-focused** coping strategies apply to issues with some level of control. These strategies include:

- Prioritizing problems,
- setting goals,
- making a list of actions ... walk the talk,
- selecting doable actions,
- taking the first step, and then
- tracking your progress towards attaining goals.

**Emotion-focused** coping strategies are helpful when one has little or no control over the situation. Some of the emotion-focused strategies include:

- Accepting/adapting and letting go of things you have no control of,
- allowing and expressing your feelings,

- sharing these feelings with others and reaching out for support,
- distracting yourself in constructive ways, and/or
- putting humor in problems.

**Physical-focused** coping strategies are helpful for all types of situations, particularly when you are feeling the physical effects of stress. Some strategies you can try are:

- Finding a form of physical activity you enjoy like walking and swimming,
- resting and doing some relaxation techniques, such as breathing and muscle tensing exercises, and/or
- eating healthy and tasty foods you enjoy as part of a balanced diet.

## Enjoying Good Food

When you are under stress, your body needs a balanced diet to help you cope and maintain your health. To get an adequate amount of nutrients, try eating:

- small amounts of protein at every meal or snack to maintain your blood sugar and energy,
- sources of B vitamins found in vegetables, meat, fish, and whole grains,
- fruits and vegetables, especially those high in vitamin C like broccoli, deep dark greens, bell peppers, sweet potatoes, and collard greens, and/or
- Beta-Carotene (converts to vitamin A in the body) found in carrots, spinach, kale, cantaloupe, broccoli and winter squash.

Last but not least, change your own thinking of how things can be happening in front of you. You can't always control or change what happens in your life; but, you can learn ways to control or change how you look at them.

*“The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have; and that is our attitude.”*

—Charles Swindol

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# S.M.A.R.T. Goal setting

True change is done in small steps. Trying to set goals that require you to make many changes all at one time may lead you down the road to no changes. Pick one weight control goal you would like to work on. Use the S.M.A.R.T. method to reach that goal and then move on to a new goal.

S	<p><b>Specific</b></p> <p>Use who, what, where, when, which and why to help you develop your specific goal. Example general goal: <i>I will eat better.</i> Example specific goal: <i>I will eat lunch.</i></p>
M	<p><b>Measureable</b></p> <p>If you cannot measure it, you cannot manage it. If a goal is measurable, you will be able to see your progress and know when you are finished. Example: <i>I will eat lunch at least three times per week.</i></p>
A	<p><b>Attainable</b></p> <p>Can you do it? A goal needs to stretch you a little but you will need to work hard to reach it. Example: <i>I will take my lunch to work on Monday, Wednesday and Friday.</i></p>
R	<p><b>Realistic</b></p> <p>Are you willing and able to reach the goal? Sometimes a higher goal is easier to reach than a low one, as a higher goal is often more inspiring. Example: <i>I will pack my lunch with the leftovers from dinner the night before.</i></p>
T	<p><b>Timely</b></p> <p>A goal should include a time frame as this gives the goal a sense of urgency. Example: <i>I will start taking my lunch next Monday.</i></p>



## Try setting a goal for yourself

### Specific

why, what and how: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Measurable

how much: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Attainable

can you do it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Realistic

is it do-able? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Timely

when will you start? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Start with easier goals that can be reached soon and work up to harder goals. Stay focused on the result—a long and healthy life.



# Getting in Balance

Healthy weight programs and resources for adults

Staying healthy at any weight involves eating well-balanced meals, getting plenty of physical activity, and taking care of yourself. We have many healthy living programs to help you work toward balance. Choose the program that best fits your lifestyle to reach and maintain your healthy weight goal.



## **Classes**

### **NUTRITION FOR WEIGHT LOSS**

*Attend in person or online*

Learn how to make smart food choices that fit your lifestyle in this 90-minute in-person group session. Call (703) 359-7878 or 1-800-777-7904, or TTY: (703) 359-7616 or 1-800-700-4901, to register.

You can also take this class online. Visit [kp.org/appointments](https://kp.org/appointments) and log-in to your secure account. Select “schedule appointment” and choose “Online meeting for weight control” from the menu. Continue to follow the prompts to schedule and confirm your online appointment. Within 1-2 weeks prior to the class, you will receive a secure message reconfirming your appointment and providing you instructions on how to connect virtually to the online class.

### **NUTRITION FOR DIABETES MANAGEMENT**

#### **INSTEP WITH DIABETES**

*2-session class, 3 hours each session*

Designed for people with diabetes & their families focusing on skills needed for living healthy with diabetes/pre-diabetes. The nutrition component focuses on meal timing, carbohydrate/fat intake, food selection, portion control and exercise. Also taught in Spanish as a one-day class.

#### **INSTEP 3 – THE NEXT STEP**

*3-hour class*

For people who have completed InSTEP with Diabetes, this class provides additional help with

meal planning, and label reading. It also teaches patients how to make sense of blood glucose monitoring. results.

To register, call an appointments representative, 24 hours a day, 7 days a week, at (703) 359-7878 or 1-800-777-7904, toll free. You can register for InSTEP 1 and 2 online at [kp.org/appointments](https://kp.org/appointments).



## **Online resources\***

### **HEALTHY LIFESTYLE TOOLS**

Get a personal online plan to help reshape your lifestyle and improve your health at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). Fill out an online survey to receive a custom guide based on what you have told us about yourself. We will follow up with personal e-mail newsletters to help you stay on track and measure your success!

- **Assess your total health** – Take a look at the health choices you make each day with the Total Health Assessment and how your lifestyle measures up for good health.
- **Get your personal weight management program** – HealthMedia® Balance™ gives you personal strategies to help reach your ideal weight with a program that has helped people lose weight and keep it off.
- **Use your nutrition plan** – HealthMedia® Nourish™ gives you a personal plan for making smart and tasty food choices to help increase energy, manage weight, and live a healthier life.
- **Tame your daily stress** – HealthMedia® Relax™ gives you personal tips to help relieve and prevent stress.

\*For most online programs, you must be registered at [kp.org/register](https://kp.org/register).



## EMMI® PROGRAMS

- Emmi® programs are a series of web-based, programs that educate participants and encourage them to take an active role in their care. Emmi programs add to information you may receive during your office visit or hospital stays. Try one of these Emmi programs below:
  - » Nutrition and Healthy Eating
  - » Diabetes: Nutrition and Healthy Eating

To view an Emmi program, go to [kp.org/doctor](http://kp.org/doctor) and enter your doctor's name. Click on the 'Prepare for your procedure or manage your ongoing condition (Emmi®)' link on your doctor's home page and register. You do not need a procedure date.

## KP.ORG/DOCTOR

View the Nutrition and Healthy Eating Emmi®. Go to your primary care doctor's homepage to access Emmi under Quick Links.

## KP.ORG/CHOOSEHEALTHY

Learn about a variety of services provided by American Specialty Health Networks, Inc. (ASH Networks). You can receive discounted rates on fitness club memberships.

## Featured weight management health topic

Our weight management health topic brings together our programs and resources in one place. Visit [kp.org/weight](http://kp.org/weight) to learn more.

## EVERYBODYWALK.ORG

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. Through the help of our partners, Kaiser Permanente is working to spread the message that walking 30 minutes a day, five days a week, really can improve your overall health and prevent disease. You can find resources on walking, health information, walking maps, how to find walking groups, and much more!



## Healthy weight calculator

Use to find your body mass index and learn about your healthy weight range. Visit [kp.org/calculators](http://kp.org/calculators).



## Recipes

Looking for ways to make healthy, delicious meals? Visit [kp.org/recipes](http://kp.org/recipes) or [kp.org/foodforhealth](http://kp.org/foodforhealth) for recipe ideas and much more!



## Videos and podcasts

Browse our videos and podcasts for a healthy dose of information and inspiration to help manage your weight at [kp.org/watch](http://kp.org/watch) and [kp.org/listen](http://kp.org/listen).



## Talk with a Wellness Coach by phone

Your wellness coach can help you make and stick with a plan for reaching your healthy weight goals. Better yet, you don't even have to leave home! You and your coach talk one-on-one by phone at a time that works for you. Call 1-866-862-4295, Monday through Friday, 7 a.m. to 8 p.m., to make a phone appointment with a coach. Coaching sessions are no charge to Kaiser Permanente members.



## Have a personal nutrition consultation

A nutritionist can help you change your current diet so you can better manage your weight. A referral is required by your doctor and you may have a co-pay for the visit. Call (703) 359- 7878 or 1-800-777-7904, toll-free, to schedule a nutrition consultation.

## Additional resources

### ORGANIZATIONS

- **Weight-control Information Network (WIN)** – Produces materials on obesity, weight control, nutrition and physical activity. [niddk.nih.gov](http://niddk.nih.gov) or call (202) 828-1025.
- **President's Council on Physical Fitness and Sports** – Provides information about physical activity, fitness, sports and health. [fitness.gov](http://fitness.gov) or call (202) 690-9000.
- **American Institute for Cancer Research** – Provides information on the link between weight and cancer, and offers many brochures on ways to achieve a healthy weight. [aicr.org](http://aicr.org) or call (202) 328-7744.
- **Academy of Nutrition and Dietetics** – Provides information on how to plan ahead as well as cooking and weight loss tips, and resources that can help you control your weight.

### WEBSITES

- [kp.org/weight](http://kp.org/weight) – Link to Kaiser Permanente's online source for information on weight management
- [americaonthemove.org](http://americaonthemove.org) – Provides simple ways to improve daily eating and activity.
- [calorieking.com](http://calorieking.com) – Provides information on weight control, exercise and healthy living.
- [choosemyplate.gov](http://choosemyplate.gov) – Provides practical information and tips to help build healthier diets.
- [collagevideo.com](http://collagevideo.com) – Wide selection of exercise videos.
- [cookinglight.com](http://cookinglight.com) – Combines great taste and good health with lots of easy recipes.
- [eatingwell.com](http://eatingwell.com) – Provides basic meal planning.
- [eatright.org](http://eatright.org) – Provides nutrition tips and fact sheets from the Academy of Nutrition and Dietetics.
- [fitday.com](http://fitday.com) – Provides free online diet journal.
- [healthierus.gov](http://healthierus.gov) – Government sponsored site with information on fitness, nutrition and disease prevention.
- [healthydiningfinder.com](http://healthydiningfinder.com) – Allows users to search for healthy restaurants across the U.S.
- [nwcr.ws](http://nwcr.ws) – Read real-life stories of people who have lost weight and kept it off.

- [oa.org](http://oa.org) – Provides a program of recovery from compulsive overeating addressing physical, emotional and spiritual well-being.
- [tops.org](http://tops.org) – Weight control support group.
- [weightwatchers.com](http://weightwatchers.com) – Commercial weight control program.

### MOBILE APPS

- **BMI Calculator** – (iPhone) – Try this BMI (Body Mass Index) calculator from the National Heart, Lung, and Blood Institute (NHLBI). This app also contains links to resources on the NHLBI website.
- **7 Minute Workout** – (iPhone and Android) – Get moving even with a busy schedule with these short exercises.
- **Calorie Counter & Diet Tracker by MyFitnessPal** – (iPhone and Android) – Log your meals and track your calories and exercise.
- **Instant Heart Rate** – (iPhone and Android) – Check your pulse and find out if you are reaching your target heart rate during workouts.
- **Pacer** – (iPhone and Android) – Track your steps and calories.
- **Lose It!** – (iPhone and Android) – Set diet goals and track your progress in meeting them.

### BOOKS

- *Cooking Light Cookbooks*, Oxmoor House. Combine good taste with good health.
- *Weeknight Wonders: Delicious, Healthy Dinners in 30 Minutes or Less* by Ellie Krieger. Provides healthy recipes made with simple ingredients that take 30 minutes or less to prepare.
- *Lighten Up* by Elaine Magee. Provides low-fat versions of favorite high-fat recipes.
- *Eat What You Love: Quick & Easy* by Marlene Koch. Great recipes that are low in sugar, fat, and calories.
- *Quick & Healthy Recipes and Ideas: For People Who Say They Don't Have Time to Cook Healthy Meals* by Brenda Ponichtera. Healthy recipes that are easy to fix along with practical tips on how to get started.
- *Skinny One-Pot Meals* by Ruth Glick. Over 100 main dish, soup and salad recipes that are delicious, nutritious and easy-to-make.

For additional support, check with your local community organizations to learn about their nutrition and exercise programs and resources.

### REGIONAL HEALTH EDUCATION, HEALTH PROMOTION AND WOMEN'S HEALTH

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# Quick and easy meal ideas



**Prepare and serve a variety of foods that look good and taste great. Be creative! Raw vegetables add color and crunch to any meal. Use fruit for a natural sweet treat. Experiment with different whole grains for variety. Below are meal suggestions – portions sizes will vary with age, gender and activity level.**

## Breakfast ideas

- Oatmeal with raisins, chopped almonds + cinnamon
- Egg sandwich (whole wheat English muffin, egg, Canadian bacon, low-fat cheese) + fruit
- Yogurt Parfait (layer yogurt, berries and whole grain cereal)
- Breakfast wrap (whole wheat tortilla, egg, beans, cheese topped with salsa) + fruit.
- Whole wheat toast with natural peanut butter + low-fat milk latte
- Whole wheat waffles - topped with applesauce or berries + Canadian bacon + low-fat/non-fat yogurt

## Lunch ideas

- Tuna sandwich on whole wheat bread with light mayo + baby carrots + fruit
- Apple with natural peanut butter + yogurt + celery
- Bean Soup + tortilla chips (snack size bag) + side salad + pineapple
- Cottage cheese with fruit cocktail + grape tomatoes + whole grain crackers
- Whole grain turkey wrap (tortilla, turkey, avocado slice, lettuce, tomato and cucumber) + kiwi

- Salad greens with chicken, raisins, pear, avocado, crumbled blue cheese, with light dressing + whole wheat dinner roll
- Frozen Entrée like Healthy Choice® or Lean Cuisine® (500 calories or less, 15g total fat or less, 3g saturated fat or less, 600mg sodium or less) + side salad + grapes.

## Dinner ideas

- Baked potato topped with broccoli, black beans + low fat cheese
- Whole wheat pita stuffed with egg salad + baby carrots + apple
- Grilled salmon + broccoli + brown rice + sliced melon
- Beef fajita (top round beef, sautéed peppers and onions on whole wheat tortilla) + berries
- Brown rice topped with fried egg + sliced tomato + yogurt
- Soup and salad + whole wheat crackers + milk
- Whole grain pasta topped with chicken, marinara sauce and parmesan cheese + salad
- Individual pizza (whole wheat crust topped with vegetables, beans and low-fat cheese)

## Food intake

- **Milk & yogurt group** (2-3 servings)

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- **Meat & other group** (4-6 ounces)

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- **Vegetable group** (4-6 servings)

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- **Fruit group** (3-5 servings)

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- **Starch group** (6 or more servings)

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## Fluid intake

Weight in pounds \_\_\_\_ divided by 2 = \_\_\_\_ ounces of fluid needed per day. At least half of your fluid intake should come from water. The rest can come from other liquids, for example, soup, juice, or milk. You can count as part of your fluid intake caffeine beverages such as coffee, tea, cola.

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## Staying active

Keep track of the time spent doing various activities for 1 day. How did your activity compare to the suggestions of a good exercise program? Did you participate in a variety of activities? What can you do to be more active?

- **Aerobic activities** (30 minutes per day)

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- **Stretching activities** (daily)

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- **Strength building activities** (3-4 times a week)

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# Your body's scrub brush: fiber

Dietary fiber is found in all plants, including fruits, vegetables, grains, and legumes. Fiber is a carbohydrate that our bodies cannot digest. Several large studies have found that people who eat enough dietary fiber, especially soluble fiber, have a lower risk of heart disease. There are two kinds of dietary fiber: soluble and insoluble-most foods have both.

**Soluble fiber** may help lower blood cholesterol. Examples are:

- beans (kidney, navy, pinto, soy)
- split peas (green or yellow), lentils
- oats and barley
- figs, apples, oranges, sweet potatoes

**Insoluble fiber** helps in digestion and promotes regularity. Examples are:

- wheat bran
- whole grain breads and cereals
- pears, apples, green beans, peas
- chick peas, lentils, pinto beans

## How much fiber is enough?

- Aim for 21-38 grams of dietary fiber\* each day.

**Men:** (19-50 yrs) = 38 gm/day,  
(51+ yrs) = 30 gm/day

**Women:** (19-50 yrs) = 25 gm/day,  
(51+ yrs) = 21 gm/day

\*Include 7-13 grams of your total fiber from soluble fiber.

- *More is not better.* A very high fiber diet, 50–60 grams per day, can make it harder for your body to absorb important vitamins and minerals
- Too much fiber may fill up children too quickly, making it hard for them to get enough calories

Reference: Dietary Reference Intakes (2002/2005)  
@ [www.nap.edu](http://www.nap.edu)

## Rough it up with fiber:

- Gradually add fiber to your diet over a period of a few weeks so that your body can adjust to the change
- Drink 8–10 glasses (64 to 80 ounces) of liquids every day to prevent constipation
- Choose whole-grain breads, cereals, and crackers instead of white bread or cereals and crackers without any fiber
- Quick ways to add fiber:
  - » one or two tablespoons of wheat bran to your cereal or yogurt

- » fruit as a snack
- » double the amount of vegetables in a casserole
- » give brown rice a try
- » combine a high fiber cereal (All-Bran, Fiber One, Kashi Go Lean) with your favorite cereal to increase the fiber content in your cereal bowl
- Use beans:
  - » dried beans, peas, and lentils can be eaten with whole grains, nuts or seeds for a high-protein vegetarian meal
  - » add to a salad or soup to make it more hearty
  - » combine with cooked pasta or rice; add tomato sauce, salsa or low-fat salad dressing
  - » use for part of the meat in recipes that call for ground meat, such as in meat loaf, spaghetti sauce, lasagna, or other casseroles
  - » try pureed beans (hummus or fat-free refried beans) as a sandwich spread or dip
  - » gas or bloating a problem? Soak beans in a large pot of water overnight. Drain off the soaking water, add fresh water, and then season and cook

## Sources of Dietary Fiber and Soluble Fiber

Food Item	Serving Size	Dietary Fiber/gms	Water Soluble Fiber/gms
<b>Beans</b>			
Navy Beans	1/2 cup	6.7	4.0
Small White Beans	1/2 cup	9.3	2.7
Refried Beans	1/2 cup	6.7	2.5
Pinto Beans	1/2 cup	5.5	2.1
Garbanzo Beans	1/2 cup	6.2	1.9
Kidney Beans	1/2 cup	5.5	1.3
Lentils	1/2 cup	7.8	1.3
<b>Breads</b>			
Whole Wheat Bagel	1–4.5"	10.3	3.7
Whole Wheat Pita	1	3.3	1.5
Rye Bread	1 slice	1.9	0.8
Wholewheat Bread	1 slice	1.9	0.4
<b>Cereals/Grains</b>			
All-Bran Buds	1/3 cup	13.0	3.0
Total Wheat	1 cup	3.5	2.4
Oatmeal,cooked	1 cup	4.0	2.3
Spaghetti, cooked	1 cup	2.4	1.7
Life Cereal	1 cup	2.8	1.6
Oat Bran	1/4 cup	3.6	1.5
Grape Nuts	1/4 cup	2.7	1.5
Barley, cooked	1/2 cup	6.8	1.4
Bran Flakes	1 cup	6.2	1.3
Cheerios	1 cup	3.0	1.0
Brown Rice	1 cup	3.5	0.4
<b>Crackers</b>			
Rye Wafers	4	10.1	2.3
<b>Fruits</b>			
Dried Figs	4	9.1	2.6
Orange	1	3.0	1.8
Blackberries	1 cup	7.6	1.7
Mango	1/2	1.9	1.1
Pear	1 medium	5.2	1.1
Dried Prunes	4	2.4	1.0
Kiwi	1 medium	2.6	0.9
Grapefruit Sections	1/2 cup	1.3	0.9
Apple	1 medium	3.3	0.3
<b>Vegetables</b>			
Sweet Potato	1 small	3.1	1.3
Green Peas	1/2 cup	4.4	1.2
Fordhook Lima Beans	1/2 cup	4.9	1.2
Brussels Sprouts	1/2 cup	3.2	1.1
Carrots, cooked	1/2 cup	2.3	1.0
Broccoli	1/2 cup	2.6	0.3

Source: Genesis R&D Product Development and Labeling Software; food labels for All-Bran and Cheerios