





Healthy Lifestyles

We hear about it on the radio, see it on TV, read about it in the paper, and listen to others talk about it at work...weight loss. To lose weight, one must be more physically active and/or eat fewer calories.

Here is how it works: If we eat foods that have more calories than we use through exercise and daily activities, we gain weight. If we use more calories than we eat through exercising and daily activities, then we lose weight. It sounds simple, right? But, losing weight is just one piece of a healthy lifestyle. Follow the steps below to lose weight and reduce your risk for heart disease, diabetes, and certain cancers.

Step 1. Reasoning.

Ask yourself "Why do I want to lose weight?"

Step 2. Recognize.

Recognize current behaviors that might be holding you back. To do this, keep a food diary. Write down everything you eat over a few days or a week. Then look over your food diary. Do you see any patterns? Are there foods you can eliminate or substitute with healthier choices?

Step 3. Be Realistic.

You did not put on extra weight overnight. Therefore you will not lose it overnight. Aim for slow, healthy weight loss of one to two pounds per week. Don't get caught in the weight cycle, which is when your weight goes up and down.

Step 4. Establish Support.

Find a strong support system to help you achieve your goals. Friends, family, and coworkers can help keep you on track.

Step 5. Make Small Changes.

You have recognized the changes that you need to make, now is the time to start making them. Make one small change at a time to make the transition less difficult. Reward yourself by doing something special after you make a small change.

Step 6. Start Moving.

Physical Activity + Healthy Eating = Weight Management. In order to achieve your goals gradually add physical activity into your day to burn extra calories.

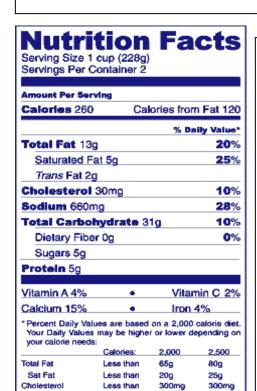




Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Small Changes to Try:

- Before reaching for a snack ask yourself, "Am I really hungry?" or "Am I just bored?"
- Control your portion sizes. Eat smaller amounts.
- Start reading food labels so you can make healthier choices.
- Balance your meals with foods from each of the five food groups.
- If you find yourself still hungry at mealtime eat more fruits and vegetables.



What Should I Look for on the Food Label?

1. Serving Size

The serving size is important because what most people think is a serving is often times different than the serving size listed on the label. It is wise to eat only the serving size amount on the label if you are trying to lose or maintain weight.

2. Calories

The calories tell us the number of calories that are in **one** serving. On this food label, there are 90 calories in one serving. One serving is ½ cup. Thus, if you eat one cup you will be eating two servings or **180 calories**.

3. Total Fat

Fat is a very concentrated source of energy. Try to keep your fat intake low in order to keep total calories low. A serving of food that has 5% or less of the "Daily Value" for fat is considered to be low fat. A serving of food that has 20% or more of the "Daily Value" for fat is considered to be high fat.

Weight Management Tool Box

Carbohydrate 4

Less than

- Eat slowly and only until you are satisfied. It takes time for your brain to figure out you are full.
- Substitute fruit for high calorie treats like candy, cookies, cakes, donuts, and pop.
- Find an exercise partner. Take a walk on your lunch break or take the kids to the park.
- Skip the fries when eating out. Ask for a salad with dressing on the side or fresh vegetables.
- Stick with small portions. Skip super-sizing.

2,400mg

300g

2,400mg

375g

- Try healthier ways of cooking like baking or broiling instead of frying.
- Switch from higher fat milks like whole or 2% to 1% or nonfat skim milk.
- Limit added fat such as butter, gravy, mayonnaise, salad dressing, and sour cream.
- Aim to eat three balanced meals and two or three small snacks each day.
- Drink water.

Sodium

Total Carbohydrat

Dietary Fiber

• Stay positive! Reward yourself for the goals you have already achieved!

