



**Today, 40-50% of all U.S. women are trying to lose weight<sup>1</sup>**

### **What's wrong with dieting?**

- Diets can send your body into starvation mode<sup>1</sup>
- Dieters miss out on important nutrients<sup>1</sup>
- 95% of dieters regain their lost weight<sup>1</sup>
- “Yo-yo” dieting (cycle of gaining, losing, and regaining weight) can increase your risk of heart disease, and negatively impact your metabolism<sup>1</sup>

### **What is balanced eating?**

Eating a variety of foods from different food groups (fruits, vegetables, protein, dairy, whole grains, fats)

**According to the Academy of Nutrition and Dietetics balanced eating is the basis of health<sup>2</sup>**

## **What are Healthy Defaults?**

*Easy healthy choices you can make daily to live a healthy lifestyle*

- Walk, run, or take a dance class! Try to practice physical activity for 30 minutes each day 5x a week
- Take the stairs at work or go for a walk on your lunch break
- Clean out your fridge and pantry with unhealthy foods. Buy foods from the list on this brochure! (on the next page)
- Make your meals and snacks ahead of time for the week (pick one day of the week to cook and prepare your food)
- Make foods that can be frozen like rice, beans, or soup. You can defrost these foods and eat them when you don't have time or feel like cooking!
- Instead of soda or juices for a beverage drink water and add lemon or fresh fruit for flavor
- Pack your meals/snacks the night before a busy day, that way you won't be tempted to choose unhealthy foods
- Eat a healthy breakfast to start your day with energy and to avoid overeating



## **HOW TO DITCH THE DIET FOR A LIFESTYLE: A BALANCED EATING APPROACH FOR WOMEN**

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### Healthy Foods to Eat

- |                                    |  |
|------------------------------------|--|
| Beans                              | Blueberries                            |
| Brown rice                         | Sweet potato                           |
| Whole grain bread                  | Peanut butter                          |
| Oatmeal (rolled or steel cut oats) | Almond butter                          |
| Quinoa                             | Nuts (almond and cashews)              |
| Broccoli                           | Seeds (flax, chia, sunflower, pumpkin) |
| Cauliflower                        | Cod                                    |
| Green beans                        | Salmon                                 |
| Kale                               | Chicken                                |
| Apples                             | Lean ground turkey                     |
| Banana                             | Soy and Almond milk                    |
| Oranges                            | Low-fat plain yogurt                   |
| Strawberries                       |  |

### Daily Food Group and Serving Sizes for Women<sup>2</sup>

- 3 servings (1oz.) of whole grains (oatmeal, brown rice, whole grain bread)
- 3 servings (1 cup) of low fat or fat free dairy (yogurt, milk)
- 2-3 servings (2.5-3 oz.) of protein (lean chicken, turkey, fish, beans, nuts)
- 2 cups of fruit
- 2.5 cups of colorful vegetables

## What are the benefits of balanced eating?

- You will have more energy
  - You will give your body the nutrition it needs to function and fight disease, like obesity and cancer<sup>4</sup>
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- Eating a variety of healthy foods can help you reach and manage a healthy body weight<sup>4</sup>
  - Preparing your meals in advance will help you save money
  - You will learn how to make healthier choices with time, which is important when developing a loving relationship with your body
1. National Eating Disorder Association, 2005.
  2. Academy of Nutrition and Dietetics, 2014.
  3. U.S Dept. of Health and Human Services, 2018.
  4. World Health Organization Europe, 2018.



### Healthy Defaults *(continued)*

- Take time to enjoy your food. Eat without distractions like the TV, phone, or computer
- Go grocery shopping on a full stomach and only buy healthy foods from your grocery list
- Get enough sleep. It's recommended women sleep at least 7-9 hours at night<sup>2</sup>
- Stay hydrated. Drink at least 8 cups of water a day. The more the better!<sup>3</sup>
- When eating out choose baked entrees and fresh sides, like fruit and salad
- Listen to your body. A rumbling stomach is a sign your hungry!
- Respect your fullness. Pause when you're eating to see how the food tastes and feel if you're full