

REDUCING HEALTH RISKS THROUGH WEIGHT MANAGEMENT

Eating a healthy, balanced diet and getting 60 minutes of physical activity per day can help you manage your weight and reduce your risk of developing

HEALTH RISKS FROM OBESITY

Having excess weight, such as being overweight or obese, puts you at a higher risk for:

- ◆ High cholesterol
- ◆ High blood pressure
- ◆ Type 2 Diabetes
- ◆ Heart disease¹

A weight loss of 5-10% of your weight can reduce risk of developing diabetes.²



WHAT CAUSES WEIGHT GAIN?

- ◆ Food and beverages contain **calories** (energy).
- ◆ When you eat more calories than your body needs, your body stores some of the excess energy as fat which increases weight.
- ◆ Reducing calorie intake and burning more calories through physical activity can help you lose weight.^{2,3}

Additional Resources:



www.diabetes.org
www.nutrition.gov
www.eatright.org
www.heart.org

Choose healthy portions of the foods from each of the following food group every day to create a balanced diet. Aim for 5 servings of fruits

Choose fresh, frozen, or no-salt added canned vegetables.

Non-starchy vegetables are low in calories (*cucumbers, carrots, peppers, broccoli, tomatoes, lettuce, green beans...*)

Starchy vegetables are higher in calories, limit serving to 1 cup (corn, peas, potatoes, winter squash, yuca)³



Focus on fresh or frozen fruit, or canned fruit in juices or light syrup. (*apples, berries, pineapple, peaches, pears, grapes, mixed fruit cup...*)



Choose whole grains more often. (*100% whole grain bread, brown rice, whole wheat pasta, oatmeal, bran cereal...*)



Limit portions to 1/4 of your plate (about 3/4-1 cup)³



Pick lean proteins to include with meals and snacks. (*grilled, baked, or broiled meats, poultry, lean turkey or hamburger, tuna, salmon, eggs, nuts, tofu, beans...*)⁵

1 meat portion = the size of the palm of your hand



Include 3 servings of low-fat dairy or dairy replacements per day. (*fat-free or 1% milk, reduced fat cheese, non-fat or light yogurt, lactose-free milk, soy milk...*)

Use heart-healthy oils instead of butter.* Add foods with healthy omega-3 fatty acids to meals and snacks. (*olive oil, canola oil, walnuts, almonds, sunflower seeds, avocado, sardines, salmon...*)³

***Even healthy fats are high in calories.** Limit servings and portions of high-fat foods.⁵

Foods that contain added sugar, saturated fat, and sodium can negatively impact your health.⁶ Limit excess calories and unhealthy nutrients by limiting the frequency and/or portions of the following foods.^{3,5}

Sweetened beverages

(soda, juice, sweetened tea, hot chocolate, fruit punch, lemonade, sports or energy drinks...)

High-fat and processed meat

(corned beef, ribs, bacon, chicken-skin, chitterlings, sausage, bologna, salami, pastrami, hotdogs)

Fried foods

(fried chicken, fried fish, mozzarella sticks, french-fries, onion rings, tempura, chips...)



Grains with excess fat or sugar added

(sweetened cereals, flavored oatmeal, biscuits, muffins, croissants, baked goods, granola, pie crust, buttery crackers)

Added sugar

(table sugar, brown sugar, corn syrup, maple syrup, candy, etc..)

Added fat or saturated fats

(butter, oil, lard, coconut oil, drippings, creamy dressings, tartar sauce, full-fat mayonnaise)

Full-fat dairy

(whole milk, ice-cream, frozen yogurt, regular yogurt, cream, half and half, milk shakes, full-fat cheese...)

*Excess Salt or Sodium

(table salt, salty snacks like chips or nuts, soy sauce, some salad dressings, ramen noodles, pancake mix, regular cottage cheese, processed meats and cheese)