

Healthy Eating

Try these suggestions if you are struggling with your weight or just want to have a healthier lifestyle. Making a few small changes can help a lot.

1. Eat three small meals and two snacks each day. Eat breakfast, a morning snack, lunch, an afternoon snack, and dinner.

2. Eat mostly fresh vegetables, fruits and whole grains. Fresh vegetables and fruits (without added fat or sugar) should make up half your plate at each meal. Whole grains (instead of white rice or refined flour) should make up a quarter of your plate. The rest of your plate should contain lean meats and dairy. For snacks, eat healthy foods, such as carrots, apple, yogurt, salt-free almonds. In general, the less processed the food, the better.

3. Make exercise or activity part of your day. You should get an hour of physical activity every day, although any amount of activity is better than none. Physical activity can include walking instead of driving, taking the stairs, moving your legs while you sit, or doing household chores. But your activity should also include 30-45 minutes of vigorous exercise three to four times a week, which can be done in 10 minute bursts.

4. Don't drink your calories. Drink water instead of soda, juice, sweetened coffee drinks or alcohol. As a first step, switch to diet soda and skim milk.

5. Set realistic weight loss goals. Setting unrealistic goals can lead to frustration and less weight loss in the end. Losing a small amount of weight (5% of your total body weight) can benefit your health.

6. Write down everything you eat and drink. Recording everything you eat and drink each day is one of the most helpful strategies for losing weight.

7. Start meals with two glasses of water or a broth-based soup. Beginning meals with two glasses of water or a broth-based soup can lead to reduce food consumption and weight loss.

8. When you're eating, don't do anything else. Do nothing other than talking (such as watching TV or working) while you eat. Eat slowly and focus on the taste of the food.

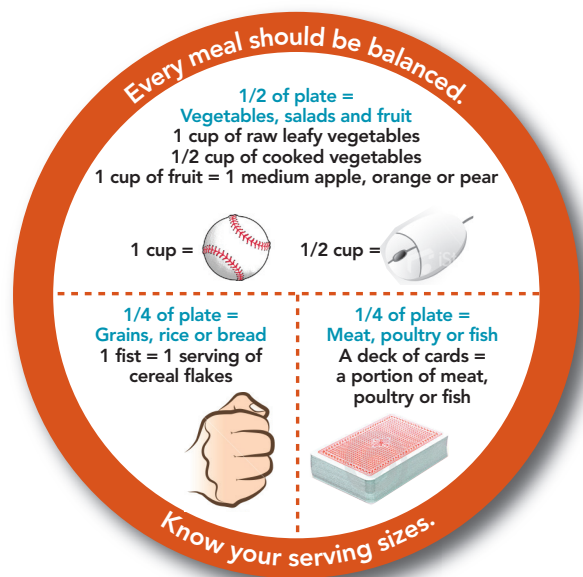
9. Don't use small lapses as an excuse to return to poor habits. Even if you think your diet is "already blown" because you've overeaten once or twice, do not continue to overeat or skip meals. Instead, just get back on your regular eating plan.

10. Take tempting foods out of your reach. It's fine to eat small portions of unhealthy or tempting foods every once in a while. However, if you know you can't eat just a little bit of a tempting food, don't keep them nearby. Keeping your environment free of tempting foods might involve getting support from those around you.

11. Reduce stress when possible. For many people, stress leads to significant weight gain. Try to avoid unnecessary stressful situations. Many stressful situations are unavoidable, but yoga, meditation, relaxation, and positive activities can reduce the amount of stress you feel.

12. Get enough sleep. Getting enough sleep can lead to weight loss on its own. The typical adult needs between seven and eight hours of sleep per night.

For more information, go to:
www.choosemyplate.gov/,
or www.webmd.com/diet,
www.dhs.wisconsin.gov/ForwardHealth/



Healthy Lifestyle Index

	Yes	No
1. Do you eat five or more fruits or vegetables per day?		
2. Do you eat breakfast every day?		
3. Do you regularly drink sweetened drinks (for example soda, juice, sweetened coffee drinks)?		
4. Do you eat junk food more than once a week?		
5. Do you eat fast food more than once a week?		
6. Do you regularly eat when you're not hungry?		
7. Do you regularly do things other than talking while you eat (for example watching TV, working)?		
8. Do you spend more than two hours of free-time a day watching television, on the computer, or playing video games?		
9. Do you walk places when walking is an option?		
10. Do you take the stairs when that is an option?		
11. Do you exercise at least three times a week?		
12. Do you regularly get at least 7 hours of sleep a night?		

6+ "Shaded" Responses = At Risk