

## Healthy Eating: Do You Weigh Too Much?

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, fats, minerals, carbohydrates, vitamins and water. As you age, you might need less energy. But you still need just as many of the nutrients in food. To get them choose a variety of healthy foods

- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

If you weigh too much, you are more likely to develop health problems. Losing extra pounds will help you feel better, be more active, feel good about yourself, and possibly live longer. Fit these guidelines into **your** lifestyle!

Your Weight Goal is \_\_\_\_\_#. Eat less than \_\_\_\_\_grams of fat per *day*.

### **Drink only Diet Drinks!**

Drink water, tea and coffee (with or without Equal or Sweet 'n' Low), Diet pop, Sugar-Free Kool-Aid and Crystal Light. Milk Drinkers use 1% or Non-Fat milk.

Since Fruit Juice is as sweet as or sweeter than Regular Pop, avoid Fruit Juice. Drink the diet drinks! However, remember it is always better to drink water!

### **Eat Fruit for Snacks!**

Stay away from sweet foods like regular pop, fruit punch/juice, lemonade, Kool-Aid, cake, pie, cookies, candy, donuts, regular ice cream, sherbet, honey and syrups. These foods have a lot of sugar and fat in them!

### **Avoid Fried Foods!**

Choose Use Low-Fat Foods like:

- Tortillas and Whole Wheat Bread
- Roast Beef
- Boiled Ham
- Tuna in Water
- Baked, boiled and mashed Potatoes
- Chicken
- Turkey Breast
- Lean Fresh Meats
- Baked or boiled skinless Chicken
- 1% Milk
- Yogurt
- Low/Non-Fat Cheeses
- Baked Chips, Low-fat Popcorn, Pretzels
- Make Bacon a "Sometimes" Food!

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### Stay away from Fast Food!

These places usually provide items that contain large amounts of fat and sugar. If you **MUST** go to those places, choose plain hamburgers (not with cheese or with sauce), Canadian bacon, cheese and/or vegetable pizzas, grilled chicken sandwiches and Non-fried Mexican and Chinese Foods (like soft burritos and chow mien).

### Stay Away from (and Don't Feed Your Family)

- Hot Dogs
- Bologna
- Sausage
- Spam
- Whole Milk
- Salami
- Chopped Ham
- Luncheon Meats
- Canned Meat
- Corned Beef Hash
- Regular Cheese
- Whole milk

