

Dear **FAN** Committee Members,

Welcome to Month 10. This month we promote self-confidence for eating more fruits and vegetables.

**FAN Goal of the month:** Be confident! Eat more fruits and vegetables.

**Overweight and Obesity** accounts for **32% of heart disease** cases each year.

More than **70%** of African Americans in South Carolina are **Overweight or Obese**. Your *Body Mass Index (BMI)* is a good indicator to determine if you are overweight or obese and to determine your risk for developing various diseases and health conditions. Know your BMI!

*See this month's resources.\*\**

*Being overweight puts us at risk for developing the following conditions:*

- ◆Type 2 Diabetes ◆High blood pressure ◆High blood cholesterol ◆Coronary heart disease
- ◆Stroke ◆Gallbladder disease ◆Arthritis ◆Sleep apnea/Breathing problems ◆Certain Cancers

**Want to lower your risk of being overweight? Stick to a healthy eating plan!**

**Reduce  
your  
risk!**

Eat fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.  
Eat foods low in calories, total fat (saturated and trans fat), sugar and sodium (salt).  
Eat *lean* meats, poultry, fish, beans, eggs, and nuts.  
Eat in moderation—Control portion sizes.

*Note: Physical activity is also recommended for a healthy weight. Be active!  
Do at least 30 minutes of moderate physical activity on 5 or more days a week.*

**Help church members to...**

**Be More Confident and Eat Healthy!**

Living a healthier lifestyle takes self-confidence. Sometimes taking on a big challenge like eating healthy can seem overwhelming; and it is! You must be confident in yourself that you have what it takes to make the right choices to eat healthy. Try to set small, real and achievable goals. Start low and go slow and you will succeed. Confidence helps us to reach our goals.

The Bible says, "the Lord will be your confidence and keep your foot from being snared."

Encourage church members to be confident for their health and eat more fruits and vegetables!

**Be a FAN for your health: Increase your faith,  
be more physically active, and eat more fruits & vegetables!**



## FAN Committee Monthly

The key to making successful changes is to start low and go slow.

### This Month:

**Handouts.** *Please make sure your church members receive these materials.*

- **Bulletin inserts.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is "You Can Eat Healthy".
- **10 Tips for Weight Management from the American Medical Association.** This handout is based on information from the American Medical Association and lists ten useful tips to help manage your weight.
- **Storing Fresh Fruits and Vegetables.** This handout is based on information from the Centers for Disease Control and Prevention (CDC). It provides useful storing tips for most commonly eaten fruits and vegetables.

Three **Resource Updates.** *These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.*

- **Embrace Your Health! Lose Weight if you are Overweight.** This booklet teaches the benefits and tips to help you aim for a healthy weight.
- **FAN Body Mass Index Worksheet!** This worksheet shows how to find your body mass index. Use this worksheet to help your congregants learn about their BMI and risk for developing weight related diseases.
- **Building Blocks For Confidence.** This handout shows ways to build self-confidence for healthy eating.

### Cooks' Tools.

- FAN cooks plan for healthy eating success. Keep track of eating habits for lasting change.
- Use this month's tips to find farmer's markets in your area. Show your church more healthful choices that are **cheap**, **fresh** and **local**.

**Activity.** This Month includes handouts on building self-confidence for healthy eating and a list of fruits and vegetables to find at your local farmer's market. Pastors are asked to use the handouts to visit a local farmer's market and find fruits and veggies for eating 5-9 servings daily.

Try this activity! Plan an outing with your committee and church members to the local farmer's market! See how many fruits and veggies you can find.

*Be confident and try a new fruit or veggie.*

May you "prosper in all things and be in health, just as your soul prospers"  
III John 1:2 (New King James Version)





## Pastor Activity Packs

### MISSION 10: Yes, I Can Eat Healthy!

**FAN Goal of the month:** Eat more fruits and vegetables.

More than **70%** of African Americans in South Carolina are **overweight or obese**. A healthy weight is important to prevent problems like high blood pressure, stroke, heart disease, diabetes, and certain types of cancer. Maintaining a healthy weight also helps control these diseases and conditions if you already have them (SCDHEC, 2008).

**Facts:** Being overweight accounts for **32% of heart disease cases** each year.

Want to lower your risk of being overweight? Stick to a healthy eating plan!

- Eat fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Eat **lean** meats, poultry, fish, beans, eggs, and nuts.
- Eat foods low in calories, total fat (saturated and trans fat), sugar, and sodium (salt).
- Eat in moderation—Control portion sizes.

*Note: Also, aim for at least 30 minutes of moderate physical activity on 5 or more days a week.*

#### **Activity:**

Sometimes taking on a big challenge like eating healthy can seem overwhelming. You may wonder if you have what it takes to succeed or you may wonder how you will feel if you are not successful. But, don't worry! Pastors know that the Bible says, "the Lord will be your confidence and keep your foot from being snared." Let your confidence lead others in faith, as well as, in healthy eating.

### Be Confident! Eat More Fruits and Vegetables.

Download handouts for building self-confidence and a fruit & vegetable checklist. Use both handouts to build your self-confidence for eating more fruits and vegetables. Scan through the fruit & veggie check list and check off your favorite fruits and veggies and those you would like to try. Take this list to a local farmer's market for a fruit and veggie hunt. Aim to **eat 3 cups of vegetables and 2 cups of fruit each day**, but build up to this slowly.

#### **Share:**

- \* Use the *Building Blocks for Greater Confidence* handout to inspire a fellow church member to be confident and eat more fruits and veggies.
- \* Your church is listening. Announce your progress from the pulpit.

*"So do not throw away your confidence; it will be richly rewarded."*  
Hebrews 10:35 (NIV)

## Can you find these fruits and vegetables at your local farmer's market?

Scan through the list below and check off your favorite fruits and veggies and ones that you would like to try.

Use this list to help you plan for healthy eating. Try to eat 5-9 servings daily and aim for variety.

### Fruits

- |                |                  |                 |                |
|----------------|------------------|-----------------|----------------|
| ◇ Apples       | ◇ Currants       | ◇ Limes         | ◇ Plums        |
| ◇ Apricots     | ◇ Dates          | ◇ Mangoes       | ◇ Pomegranate  |
| ◇ Bananas      | ◇ Figs           | ◇ Nectarines    | ◇ Prunes       |
| ◇ Blackberries | ◇ Grapefruit     | ◇ Oranges       | ◇ Raisins      |
| ◇ Blueberries  | ◇ Grapes         | ◇ Papaya        | ◇ Rhubarb      |
| ◇ Cantaloupe   | ◇ Honeydew Melon | ◇ Passion Fruit | ◇ Strawberries |
| ◇ Cherries     | ◇ Kiwi           | ◇ Pears         | ◇ Tangerines   |
| ◇ Cranberries  | ◇ Lemons         | ◇ Persimmons    | ◇ Watermelon   |

### Vegetables

- |                    |                  |                  |                   |
|--------------------|------------------|------------------|-------------------|
| ◇ Artichokes       | ◇ Cucumbers      | ◇ Lettuce        | ◇ Scallions       |
| ◇ Arugula          | ◇ Eggplant       | ◇ Leeks          | ◇ Snow Peas       |
| ◇ Asparagus        | ◇ Endive         | ◇ Mushrooms      | ◇ Spinach         |
| ◇ Avocado          | ◇ Celery         | ◇ Mustard Greens | ◇ Squash, summer  |
| ◇ Beets            | ◇ Chard          | ◇ Okra           | ◇ Squash, winter  |
| ◇ Bell peppers     | ◇ Collard Greens | ◇ Onions         | ◇ Sugar Snap Peas |
| ◇ Bok Choy         | ◇ Corn           | ◇ Peppers        | ◇ Sweet Potatoes  |
| ◇ Broccoli         | ◇ Escarole       | ◇ Potatoes       | ◇ Tomatoes        |
| ◇ Brussels Sprouts | ◇ Fennel         | ◇ Radicchio      | ◇ Turnips         |
| ◇ Cabbage          | ◇ Garlic         | ◇ Radishes       | ◇ Turnip Greens   |
| ◇ Carrots          | ◇ Jicama         | ◇ Romaine        | ◇ Watercress      |
| ◇ Cauliflower      | ◇ Kale           | ◇ Rutabagas      | ◇ Zucchini        |



## You Can Eat Healthy!



“So do not throw away your confidence; it will be richly rewarded. You need to preserve so that when you have done the will of God, you will receive what he has promised.”

Hebrews 10:35-36 (NIV)

Eating healthy is something that we all know is important for living a healthy lifestyle. At times a lack of self-confidence may get in the way of our road to success. Lack of self-confidence may come from a lack of experience or feelings of insecurity. The first step toward a healthier lifestyle doesn't have to be big! Once you make the decision to improve your health, start with something easy to change and every change after that will seem easier. If you want to eat 5-9 servings of fruits and veggies daily, add one serving a week until you reach 5-9 per day. Build your confidence. Start low, and go slow! Be confident that you can reach your goal of eating healthy.

Questions about the FAN Program? Please contact your church FAN Coordinator.



## You Can Eat Healthy!

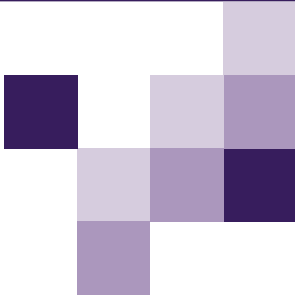


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## Greetings FAN Cooks!

This month we talk about **eating fruits and vegetables** that are in season.

Shopping for in season fruits and veggies is always full of benefits. You will save money and enjoy the flavors of fresh produce! The trick is to know what is in season to take advantage of good deals. In winter, go for broccoli, cabbage, spinach and sweet potatoes. In spring, try avocados, asparagus, baby salad greens and green beans. During warmer days of summer enjoy berry fruits, grapes, tomatoes, cucumber and sweet corn. The cooler days of autumn are the harvest time for tasty apples, pears, and pumpkins. Cooks know that fresh is always best, and that's why we encourage you and your church to visit your local farmers market. At the market fruits and veggies are often cheaper than supermarket prices, and more likely to be fresh off the farm.

*This month's recipes use in season fruits and vegetables that you can find at your local farmers market.*

### Poppy Seed Fruit Salad

(From Clemson University Kitchens)

Makes 12 servings

#### Ingredients:

##### Dressing:

1 cup mashed banana (about 2 bananas)  
 ¼ cup sugar  
 1 tbsp lemon juice  
 ¾ tsp salt  
 1 cup sour cream, fat-free  
 2 tsp poppy seeds

##### Fruit:

5 cups apples (about 4 unpeeled sliced apples)  
 1 cup drained pineapples (chunks or crushed)  
     \*low sugar  
 1 11 oz -can mandarin oranges, drained  
 3 cups fruit in season (quartered strawberries,  
     grapes cut in half, raspberries, or blueberries)  
 1 tbsp almonds, sliced

In a small bowl, mash banana's. Add sour cream, sugar, poppy seeds, lemon juice and salt. Chill for AT LEAST 30 minutes to enhance flavor. In a large bowl, combine apples, oranges, pineapples, and other fruit. Stir in dressing. Add almonds on top of salad.

Total Fat: 1g (Unsaturated: 1g, Saturated: 0g, Trans: 0g) Calories: 120 Carbohydrates: 29g

Fiber: 3g Protein: 2g Sodium: 0mg Cholesterol: 0mg

### Veggie Casserole

(From Clemson University Kitchens)

Makes 4 servings

<b>Ingredients:</b> 2 cups Zucchini, sliced	2 cups onions, sliced	2 cups tomatoes, sliced
1 ½ tbsp Italian Herb Seasoning	½ tsp salt	Dash of pepper

Preheat oven to 350°F. Layer vegetables in a 2 quart casserole dish that has been sprayed with non stick spray. Sprinkle each layer with seasonings. Add additional seasonings of your choice (i.e. paprika, cumin, cayenne pepper, etc.). Bake for 30 minutes or until vegetables are done to your liking.

Total Fat: 0g Calories: 60 Carbohydrates: 15g Fiber: 3g Protein: 2g Sodium: 0mg Cholesterol: 0mg

*"So whether you eat or drink or whatever you do, do it all for the Glory of God." I Corinthians 10:31 (NIV)*

# 10 Good Reasons to Shop at the Farmers Market

- **Taste Real Flavors:** This food is as real as it gets - fresh from the farm.
- **Enjoy the Season:** Shopping and cooking from the farmers market helps you to reconnect with the cycles of nature in our region.
- **Support Family Farmers:** Small family farms are becoming rare. Buying directly from these farmers gives a better return for their produce and a fighting chance in today's market.
- **Protect the Environment:** Food in the U.S. travels an average of 1500 miles to get to your plate. Farmers market food is transported shorter distances and the food is grown using methods that reduce pollution to the earth (gases, trash, etc).
- **Nourish Yourself:** A lot of food in grocery stores is highly processed. In contrast, most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible.
- **Discover the Spice of Life (Variety):** At the Farmers Market you may find the freshest array of produce you don't see in your everyday supermarket: a rainbow of tomatoes, white peaches, peanuts, okra, and much, much more. Find out what produce is special to your region!
- **Promote Humane Treatment of Animals:** At the farmers market you can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, fed natural diets, and have been spared the cramped and unnatural living conditions common to big farm businesses.
- **Know Where Your Food Comes From:** The same farmers that grow your food, sell their produce to you at the farmers market. Meeting and talking to farmers is a great way to learn more about how, where and when food is grown, and why!
- **Learn Cooking Tips, Recipes, and Meal Ideas:** Farmers and vendors at the farmers market are often good cooks with plenty of free advice about how to cook the foods they grow and sell.
- **Connect with Your Community:** The farmers market makes shopping a pleasure rather than a chore. See your farmers market as a community gathering place - a place to meet up with your friends, bring children, or just get a taste of small-town life in the midst of your wonderful city or town.

*Adopted from The North American Farmers' Direct Marketing Association (NAFDMA)*

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# 10 Tips for Weight Management from the *American Medical Association*

## 1. Establish regular meal times.

- Try not to skip any meals because skipping meals leads to overeating later in the day. If you do not have time for a full meal, try to eat a healthy snack or meal replacement bar instead.

## 2. Read food labels when you are purchasing food items.

- Pay attention to the portion size, the number of calories in each portion, and the amount of saturated fat in each portion. This can help you make the healthiest choices.

## 3. Make small substitutions in your diet to cut calories.

- Drink water, diet soda, or unsweetened ice tea instead of high-calorie drinks (i.e. sweet tea & soda). Choose low-calorie and low-fat dressings & cheese. Go easy on fried foods – bake, broil, poach, or grill your food.

## 4. Identify “guilty pleasures” such as ice cream, cookies, or potato chips.

- Continue to enjoy them by trying low-calorie versions or eating less of the regular version.

## 5. Avoid places and situation that trigger eating.

- If walking past the donut shop causes donut cravings, try changing your route.

## 6. Pre-portion your servings to control the amount.

- Scoop your ice cream in a bowl instead of eating it out of the carton. Bag potato chips or cookies into single-serving sized containers or zip-lock bags. Remember to pass on seconds.

## 7. Control calories when dining out.

- At fast-food restaurants, “down-size” food and drinks instead of “super-sizing” them.

## 8. Share an entrée with a friend at sit-down restaurants.

- However, order a personal salad or side of vegetables. Be sure to ask restaurants to: “Please hold the cheese,” and “Leave the sauce on the side.”

## 9. Pre-plan meals and snacks, and make certain to have the food on hand.

- This makes it easier to limit trips to the vending machines and unhealthy, unplanned snacking. Replace the candy on your desk with fruit or avoid walking near the office candy bowl.

## 10. Try substituting other activities for eating.

- Take a walk, talk to a friend, or listen to music. These activities avoid the extra calories and can be more satisfying than eating.

# Your Questions Answered

**Q** My family doesn't like vegetables. How can I make them more exciting?

**A** Vegetables come in many different colors, shapes, sizes, and flavors. With such a variety, there are likely to be some that your family will enjoy. Introduce new varieties on a regular basis.

Involve your family in the process. Plan a family outing to your local farmer's market. Allow children to pick out a new vegetable for the family to try. Have them help prepare and cook. Plant a small garden or volunteer to pick vegetables at a nearby farm or community garden.

When preparing vegetables, bring out different flavors by adding spices, herbs, or flavored vinegars. Try garnishing dishes with onions, garlic, salsa, or other vegetables.

Most importantly, keep trying. Vegetables are a good source of vitamins and minerals and an important part of a healthy diet.\*

**Q** Help! Fresh fruits and vegetables go bad before I can use them. What can I do to minimize waste?

**A** Try to purchase only the amount of fresh fruits and vegetables you will eat in the next few days. Remember that fruits and vegetables come in forms, including frozen, canned, or dried, which last longer.

Properly storing fruits and vegetables can also help minimize spoilage. *See reverse side for storage tips.*

Here are some ways to use fresh fruits and vegetables before they spoil:

- Steam fresh vegetables. Allow them to cool and then place in air-tight containers and freeze. Use later in soups, casseroles, or re-heat for quick side dishes.
- Mash ripe bananas and freeze in 1/4 cup servings. Use for smoothies or homemade whole-grain breads.
- Squeeze the juice of oranges, grapefruit, lemons, or limes in a bowl. Mix with water and pour in ice trays. Freeze for flavorful ice cubes that add a fresh citrus essence to water or tea.
- Be creative. Add different fruits and vegetables to your favorite dishes to create new flavor twists.

**Q** How can I be sure that fruits and vegetables are free of contaminants?

**A** Although there is no way to be absolutely certain that any food is free of contaminants, one of the best ways to reduce the risk of illness is to wash all fruits and vegetables, before preparing or eating.

Follow these simple steps:

1. Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.
3. Rinse produce under clean running water. Do not use detergents or bleach as these products are not intended for consumption.



fruits & veggies  
**more  
matters**

**Q** Which cooking method is best for retaining the nutrients in fruits and vegetables?

**A** There is no one right way to cook a particular food, and no matter how careful you are, food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables.

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables "just until tender" and avoid overcooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.

\* A healthy diet also includes fruits, whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

# Storing Fresh Fruits and Vegetables

<b>Apples</b>	Refrigerate to prevent further ripening. Apples can keep for up to six weeks. Check apples often, and remove any apples that begin to decay, or the others will do the same.
<b>Bananas</b>	Keep at room temperature to further ripen. Once ripe, store in refrigerator for up to 3 to 5 days. Although the peel will turn dark brown, the fruit is good.
<b>Bell Peppers</b>	Store unwashed bell peppers in a plastic bag in the refrigerator. Peppers should stay fresh for about a week.
<b>Broccoli</b>	Store broccoli unwashed in an open plastic bag and place in refrigerator crisper. Use within a day or two after purchasing.
<b>Carrots</b>	Refrigerate carrots in the crisper section. Carrots should last several weeks.
<b>Corn</b>	Cook corn shortly after purchase for the best taste. If not, store in the refrigerator. Keep it in its husk until you are ready to cook it. For best flavor, eat within a couple of days.
<b>Garlic</b>	Store garlic bulb in a cool, dark place with low humidity out of the refrigerator. Garlic should last for several weeks.
<b>Lemons</b>	Store at room temperature or in a plastic bag in the refrigerator. Lemons should keep for about two weeks at room temperature or six weeks in the refrigerator. Cut lemons should be refrigerated and used as quickly as possible.
<b>Lettuce</b>	Keep unwashed lettuce in plastic bags in the crisper section of the refrigerator. Salad greens should be stored separately from fruits. Lettuce can last up to two weeks.
<b>Mangos</b>	Store mangos at room temperature and out of sun. The ideal temperature for mangos is 55°F. Mangos should have a shelf life of one to two weeks. Store cut mangos in plastic bag for no more than three days.
<b>Onions</b>	Store in a cool, dry, open space away from bright light. Because onions absorb moisture, do not store onions below the sink. Do not place onions near potatoes because potatoes give off moisture. Depending on the season, onions may last two to four weeks.
<b>Oranges</b>	Keep oranges at room temperature or in the crisper drawer of the refrigerator. Oranges will generally keep for up to two weeks.
<b>Potatoes</b>	Store in a cool, dry place. Sunlight can cause the skin of brown potatoes to turn green. Remove any green spots before using. Potatoes will keep for three to five weeks.
<b>Spinach</b>	Pack unwashed spinach lightly in a cellophane or plastic bag, and store in the refrigerator crisper. Spinach should be eaten within three to four days.
<b>Squash</b>	Place summer squash in plastic bags and store in the refrigerator. Squash should keep for about a week. Winter squash has a longer shelf life and may be stored in a cool, dry place for up to three months.
<b>Tomatoes</b>	Store at room temperature away from sunlight until fully ripened. Ripe tomatoes may be stored in the refrigerator and used within a week.

**General Storing Tip:** For fruits and vegetables that require refrigeration, store the fruits and vegetables in separate crisper sections to prevent exposure to ethylene gas, which is produced by some fruits, and decreases the storage life of certain vegetables.

**For more answers to common questions, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).**

# Embrace Your Health!

Lose Weight If You Are Overweight



NATIONAL INSTITUTES OF HEALTH  
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE  
AND OFFICE OF RESEARCH ON MINORITY HEALTH



**M**aybe you've been thinking about losing weight for some time now. Perhaps you have even tried to lose weight before. Reading this brochure shows you have the motivation to get started again. Follow the steps below to help you form good habits to keep you going until you reach your goal weight.

## **What causes a person to be overweight?**

Two common reasons for being overweight are eating too much and not being active enough. If you eat more calories than your body burns up, the extra calories are stored as fat. Everyone has some stored fat. Too much fat results in being overweight.





## Why should an overweight person lose weight?

Losing weight helps you feel better and makes it easier to be more active. Losing weight is not easy but take the challenge. You can do it!

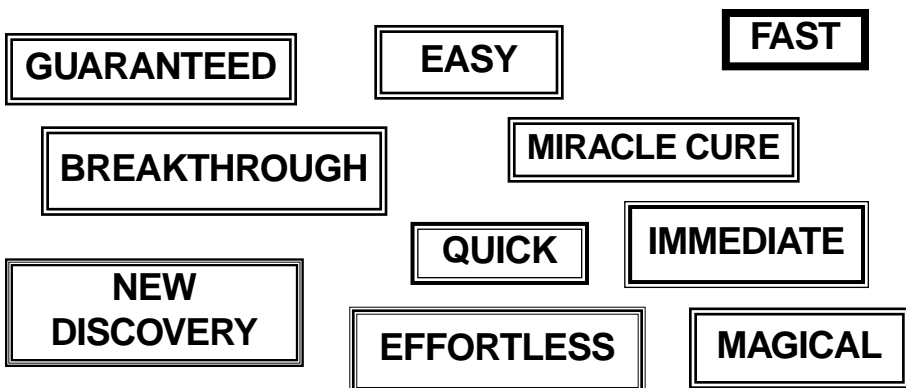
If you are overweight, here are some other good reasons to lose weight.

- Your blood cholesterol levels may improve.
- Your blood pressure levels may go down.
- Your blood sugar level may be better controlled.

Even if you don't have health problems due to being overweight, a healthy weight can help you lower your risk of heart disease.

## Looking for a quick and easy way to lose weight?

**Don't be fooled.** Be wary of misleading programs that offer quick weight loss. Some famous phrases like, **“Eat all you want and still lose weight,”** or **“Melt fat away—while you sleep,”** may come to mind. Some other phrases to be wary of are:



## Ready, set . . . lose!

You can make losing weight a family project or set your own personal goal. Pick a day to begin. Focus on making simple changes on a daily basis. Make these changes slowly. Stick to them. Try these tips:

### **Choose lower fat, lower calorie foods.**

- Prepare food by broiling or baking more often instead of frying.
- Eat fewer breaded and fried foods. Breading and frying foods like fish, shrimp, chicken, and vegetables add fat and calories.
- Eat lean meat, fish, and poultry without skin. Choose poultry breasts and drumsticks more often than the wings and thighs.



- Eat more fruits, whole grain, and vegetables. If you are a nibbler, choose fruit and vegetables as snacks more often.
- Use the food label to choose lower calorie foods.
- Drink fewer alcoholic and high-calorie beverages.
- Drink six to eight glasses of water each day.



# How big is a serving?\*

ONE PORTION OF:	SERVING SIZE	IS ABOUT THE SIZE OF:
Meat	3 ounces cooked	a deck of cards
Cheese	1 ounce	a pair of dice
Potato	1/2 cup	an ice cream scoop
Bread	1 slice	half a bagel, half an English muffin, half a hamburger or hotdog bun
Cereal	1 ounce	1/2 to 1 cup depending on the type of cereal
Rice or pasta	1/2 cup cooked	a very small bowl that side dishes are served in at a cafeteria
Salad dressing or gravy	2 tablespoons	half a ladle of dressing at a salad bar
Fruits and vegetables	1/2 cup chopped, cooked, or canned	a very small bowl that side dishes are served in at a cafeteria
	1 piece	a medium apple or orange
Juice (fruit or vegetable)	3/4 cup	a small juice glass

\*These serving sizes are the same as those on the Nutrition Facts food label.

## Limit your portion size.

- Eat smaller portions—do not go back for seconds.
- Try eating only one serving of high-fat, high-calorie foods like pizza, ice cream, or chips. Slowly cut back on your portion size. Substitute with lower fat, lower calorie foods during the rest of the day.



### **Keep moving:**

- Be physically active for at least 30 minutes a day, or as much as you can. It really helps you to lose weight if you are more active.

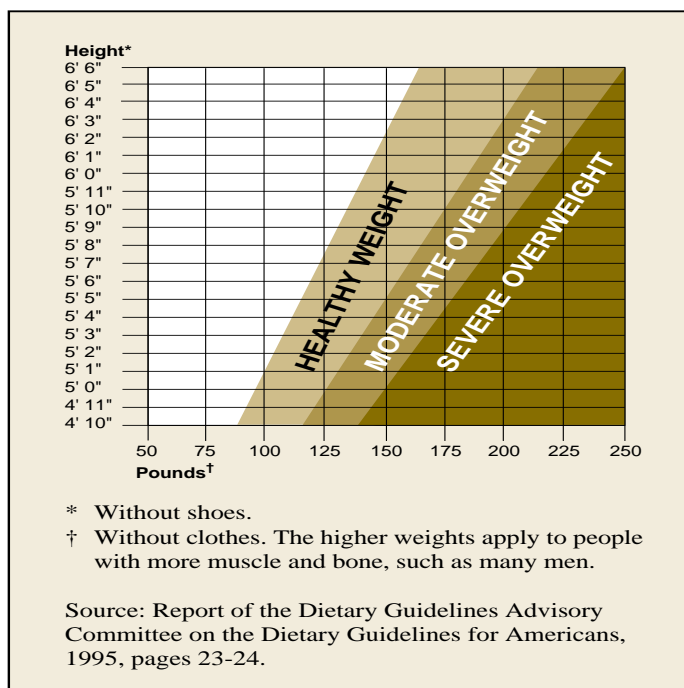
### **Try these to move more:**

- Park your car a block or two away and walk.
- Get off one or two bus stops early and walk the rest of the way.
- Use the stairs.
- Dance. See if you remember all the steps or learn some new ones. Add more moves for a personalized workout.



# Aim for a healthy weight!

## Are You Overweight?



My weight is \_\_\_\_\_ pounds.

Use the chart above to find out if your weight is within the healthy weight range suggested for people of your height. Weights above the healthy weight range are less healthy for most people.

Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1/2 to 1 pound a week until you reach a healthy weight. Keep track of your progress. To help you lose weight, ask for help from your doctor or a dietitian.



**Check two or three things you will do now to lose weight or to maintain a healthy weight.**

**Your long-term goal should be to do them all.**

- ☐ Choose lower fat, lower calorie foods more often.
- ☐ Eat more slowly.
- ☐ Eat more fruits and vegetables for snacks.
- ☐ Use the stairs instead of the elevator.
- ☐ Drink water instead of soft drinks with sugar.
- ☐ Use less high-fat cheeses, cream, shortening, and butter when cooking.
- ☐ Limit alcoholic beverages.



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Public Health Service  
National Institutes of Health  
National Heart, Lung, and Blood Institute  
NIH Publication No. 97-4061  
September 1997



# Body Mass Index Worksheet

The Body Mass Index, or BMI, describes the relationship of your height compared to your weight. Health professionals use the BMI to classify individuals into weight categories: underweight, normal weight, overweight and obese. BMI is also an estimate of ones risk for developing weight related conditions/diseases. As BMI increases, a person's risk for diseases such as diabetes, hypertension, cancer and heart disease increase. Know your BMI!\*\*

BMI	BMI Weight Category	BMI Interpretation
<18.5	Underweight	<ul style="list-style-type: none"> <li>It is possible that your weight may be too low putting you at risk for certain health conditions related to low weight.</li> <li>Check with your doctor to determine if weight gain is advised.</li> </ul>
18.5-24.9	Normal Weight	<ul style="list-style-type: none"> <li>Your BMI is in the healthy range.</li> <li>Try to stay within this range throughout your life. Stick with a healthy lifestyle by eating a balanced diet and being physically active regularly.</li> <li>Monitor your BMI and check with your doctor if there are any major changes.</li> </ul>
25-29.9	Overweight	<ul style="list-style-type: none"> <li>Weight loss is recommended to improve health and reduce disease risk.</li> <li>Start low and go slow. Begin with a weight loss goal of 5-10% of your current body weight. Example: If your current weight is 200 lbs, aim to lose 10 to 20 lbs, at a rate of 1-2 lbs per week.</li> <li>Check with your doctor before starting a weight loss plan.</li> </ul>
≥ 30	Obese	

\*\*If you are pregnant, under 18, a body builder, or competitive athlete, the BMI may not be an accurate measure of your weight category or disease risk. Please consult your doctor.

**Refer to the BMI index chart on the other side of this handout.**



The Body Mass Index (BMI) is an estimate of overall disease risk. The BMI categories are not gender specific. BMI is not a measurement of body composition (fat and lean mass). If you are pregnant, under 18, or involved with competitive athletics, the BMI may not be an accurate measure of your disease risk.

Usually, the BMI is calculated as a ratio of your weight in kilograms to your height in meters squared. To make things easier, the chart on the next page uses pounds and inches. Simply locate your height in inches on the left, and your weight in pounds across the top. Follow the values down and across the chart. Where they meet is your BMI value.

BMI	BMI Interpretation
< 18.5	<ul style="list-style-type: none"><li>It is possible your weight may be un-healthfully low, putting you at higher risk for certain medical conditions.</li><li>Check with your doctor to determine if weight gain is necessary.</li></ul>
18.5 - 24.9	<ul style="list-style-type: none"><li>Your BMI is in the healthy range.</li><li>There is generally no health advantage for you to lose weight.</li><li>Try to stay within this range throughout your life. Maintain healthful habits such as eating a balanced diet and engaging in regular exercise.</li><li>Reassess your BMI at least every two years and talk to your physician if there are significant BMI changes.</li></ul>
25 - 29.9	<ul style="list-style-type: none"><li>If you have two or more cardiovascular disease risk factors (smoking, high blood pressure, high cholesterol, sedentary lifestyle, diabetes), weight loss is indicated. In the absence of these risk factors weight maintenance is appropriate.</li><li>If you do not have cardiovascular disease risk factors yet choose to reduce weight, try a low fat, high fiber diet and regular exercise.</li></ul>
≥ 30	<ul style="list-style-type: none"><li>Weight loss is indicated to improve health and reduce disease risk.</li><li>Start with the goal of reducing your current body weight by 10% using a low fat, high fiber, calorie-reduced diet and regular exercise.</li><li>Check with your physician before starting a strenuous exercise program.</li></ul>

**If you are pregnant, under 18, a body builder or competitive athlete, this tool may not be an accurate measure of health and /or disease risk.**

**Refer to the BMI index chart on the other side of this handout.**

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>

# Body Mass Index Chart

Inches ↓	Pounds (rounded off) →																																					
	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
79	9	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	19	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30
78	9	10	10	11	12	12	13	13	14	14	15	16	16	17	17	18	19	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	30	30	31
77	10	10	11	11	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30	31	31
76	10	10	11	12	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30	31	32	32
75	10	11	11	12	13	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	29	30	31	31	32	33	33
74	10	11	12	12	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	33	34
73	11	11	12	13	13	14	15	15	16	17	17	18	19	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35
72	11	12	12	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	31	32	33	33	34	35	35	36
71	11	12	13	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	31	32	33	34	34	35	36	36	37
70	12	12	13	14	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	35	35	36	37	37	38
69	12	13	13	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38	38	39
68	12	13	14	14	15	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	34	35	36	37	37	38	39	40	40
67	13	13	14	15	16	16	17	18	19	20	20	21	22	23	24	24	25	26	27	27	28	29	30	31	31	32	33	34	35	35	36	37	38	38	39	40	41	42
66	13	14	15	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	36	37	38	39	40	40	41	42	43
65	13	14	15	16	17	18	18	19	20	21	22	23	23	24	25	26	27	28	28	29	30	31	32	33	33	34	35	36	37	38	38	39	40	41	42	43	43	44
64	14	15	15	16	17	18	19	20	21	22	22	23	24	25	26	27	28	28	29	30	31	32	33	34	34	35	36	37	38	39	40	40	41	42	43	44	45	46
63	14	15	16	17	18	19	20	20	21	22	23	24	25	26	27	28	28	29	30	31	32	33	34	35	36	36	37	38	39	40	41	42	43	43	44	45	46	47
62	15	16	16	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	38	39	40	41	42	43	44	45	46	47	48	49
61	15	16	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	44	45	46	47	48	49	50
60	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
59	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	43	44	45	46	47	48	49	50	51	52	53	54
58	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	56
57	17	18	20	21	22	23	24	25	26	27	28	29	30	31	33	34	35	36	37	38	39	40	41	42	43	44	46	47	48	49	50	51	52	53	54	55	56	57
56	19	19	20	21	22	24	25	26	27	28	29	30	31	33	34	35	36	37	38	39	40	42	43	44	45	46	47	48	49	51	52	53	54	55	56	57	58	60

Source of BMI Chart: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1995.

To use the table:

- Find the appropriate height in inches in the left-hand column.
- Find the appropriate weight in pounds across the top line.
- Follow the height in inches across and the weight in pounds line down until they intersect. The number listed is the BMI at that height and weight.

# ***Building Blocks for Greater Confidence***

At some point in our lives we all struggle with a lack of self-confidence. The important thing is to overcome this barrier. Confidence helps us live a spiritually and physically healthy life. When we believe in ourselves and the faith behind us, we can move mountains! Confidence comes from many places, including (1) skills and knowledge, (2) being prepared, and (3) paying attention to each success. Use these building blocks to increase your confidence for healthy eating.

## **Remind yourself of past success.**

Confidence builds on past success. Have you been successful in the past at eating foods that are low in calories, fat, salt or sugar? If so, you can do it again! Fruit and veggies are great options that meet these goals. Be confident. You can eat 5-9 servings of fruit and veggies each day!



## **Focus on your strengths.**

Confidence comes from within. Keep up the good things you do and turn weaknesses into strengths. If your weakness is eating out, that's OK! Choose healthier options. Substitute a side salad for French fries or try baked chicken instead of fried. Be confident. You can eat less saturated fat!



## **See your future successes.**

Confidence grows when we see ourselves succeeding. If you try a new recipe that requires new fruits or veggies, be confident. Visualize that your recipe will be a success.



## **Rethink failure.**

Confidence is a learning experience. When we learn from each failure we can become more confident when we try again. Having trouble eating 5-9 servings of fruits and veggies daily? Try adding them to meals. Add fruit to cereal or sneak veggies in your meatloaf. Be confident, you can do it!

## **Set real goals.**

Confidence increases when we set realistic goals and achieve them. If you want to eat 5-9 servings of fruits and veggies daily, start low and go slow. For example, add a serving a week until you reach 5-9 per day. Before you know it you will reach your goal. You can reach your goals, be confident!

## **Take confident steps.**

Confidence means believing with faith that you can move mountains. Use it to take a leap of faith for your health. You can try things that you have never done before and you may be surprised. For example, there are many fruits and veggies around at your local farmer's market. Eating 5-9 servings that you enjoy could be closer than you think. Be confident. You may like what you find!

