

Healthful Eating and Healthy Weight

Suggestions for Use in Training

Use this handout for group training on nutrition education.

Balance is the key to enjoyable eating and maintaining a healthy weight. Follow the tips and ideas provided to find your balance.

Balance calories eaten with daily activity.

Calories do count. To keep a healthy weight, balance the calories from foods with the calories burned in daily work and play. If you want to lose weight, do it the healthy way. Each day, decrease calories eaten and increase calories burned. For example, eating 100 fewer calories a day for a year can result in losing ten pounds. If you burn an extra 100 calories a day for a year through increased activity, you could lose another 10 pounds. Here is a simple example. If you drink a regular soda daily, choose the 12-ounce can instead of the 20-ounce bottle. The smaller portion will reduce calories by about 100 per day. Walk briskly for 15 minutes after work on the school track and for 15 minutes after dinner in your neighborhood. These actions results in weight loss. These two simple changes could result in losing 20 pounds in one year!

Balance meals throughout the day.

Meals regularly spaced throughout the day are a way to balance eating. Some people find three meals and a snack, evenly spaced, are just right to fuel work and play. Others find three small

meals and three small snacks work better to keep hunger at bay. The key is to watch portion sizes and avoid overeating. Think of your stomach as having a gauge that indicates fullness from 0 (starving) to 10 (stuffed). Pay attention to when you start to feel full, which might be rated in the 7 to 8 range. Let the fullness of your stomach, not the emptiness of your plate, help you decide when you have eaten enough food.

Balance choices among food groups.

Take a second look at your food habits. Are you leaving any food groups out of your daily food choices? Mix up the food groups between meals and snacks to have enough of each group. Most people need more fruits, vegetables, lowfat milk and milk products, and whole grains. Come up with interesting snack ideas featuring these foods.

Balance choices within food groups.

How many different foods do you eat in a day? Try to expand the number of fruit and vegetable choices eaten over the course of a week. Try to have a different color, such as orange, red, or dark green, at every meal or snack. Enjoy plant sources of protein, as well as meats. For grains, choose more than bread and other wheat products. Select whole grains such as brown rice. Mix up choices from the milk group. Select milk, cheese, or yogurt. Try to eat different choices from each food group every day.

Healthful Eating and Healthy Weight, continued

Reference:

National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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