

Choosing healthier foods is the first step in managing your weight.



Other small steps you can take to help lose or maintain your weight are:

- ✓ Using your BMI to set a weight goal
- ✓ Controlling your portions
- ✓ Being a smart shopper
- ✓ Cooking at home

Body Mass Index (BMI)

is a number that compares your weight to your height. Knowing your BMI can help you determine whether you're at a healthy weight or need to lose weight.

YOUR BMI	GOAL	SOME RISK	HIGH RISK
_____	18.5-24.9	25-29.9	30 or higher

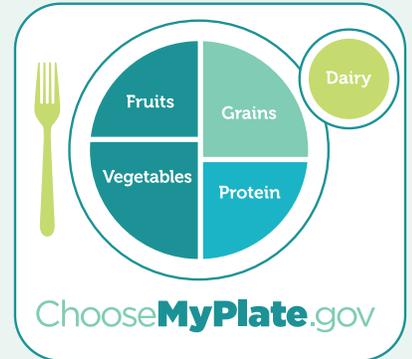
You can determine your BMI by using the chart below:

BMI CALCULATOR

WEIGHT (POUNDS)

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'0"	30.5	33.6	26.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'0"	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'0"	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9

underweight
 ideal
 overweight
 obese



CONTROL PORTIONS

Portioning foods can help cut down on the calories, fat, and salt you eat. Using the MyPlate model makes it easy.

Fill your plate with:

- ½ fruits and vegetables
- ¼ grains such as rice or pasta
- ¼ protein



SHOP SMART

- Make a shopping list using the MyPlate model.
- Buy foods in their most natural forms—fresh or frozen rather than packaged or canned.



COOK AT HOME

- Using MyPlate as a guide, plan meals in advance to avoid relying on fast food.
- Choose low fat cooking methods such as baking, broiling, or grilling.
- Use garlic, onion, dried herbs, and spices to add flavor instead of salt.

Make smart food choices.

Making healthy choices can help reduce your calorie, fat, and salt for a healthy heart and weight.

CHOOSE

- Vegetables
- Fruits
- Whole grains (such as brown rice, whole wheat pasta, whole wheat bread, and oats)
- Beans and peas
- Lean animal proteins (such as skinless poultry, 93% or above lean beef, fresh cuts of lean center-cut pork, fish, and seafood)



LIMIT

- Processed grains (such as crackers, cookies, and rolls)
- Full-fat dairy products (such as whole milk or cheese)
- Canned and packaged foods (such as soups, canned vegetables, and canned tuna)
- Salty and/or high fat condiments (such as soy sauce, bbq sauce, cajun seasoning, gravy, and salad dressings)

AVOID

- Fried foods
- Salty and fried snacks (such as chips and fries)
- Sugary and high fat baked goods (such as donuts, cake, and pastries)
- Sugary drinks (such as regular sodas and fruit drinks)



Learn the Salty Six

Limiting foods high in salt can help manage your blood pressure. The Salty Six are common foods that can be loaded with extra salt.

- Breads & Rolls
- Deli/Cured Meats
- Pizza
- Soup
- Sandwiches
- Burritos & Tacos



Visit www.wellaheadla.com/WISEWOMAN for ways you can cook your favorite foods with less salt.

Read Nutrition Labels

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving	240	%Daily Value*
Calories		
Total Fat 4g		5%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 430mg		19%
Total Carbohydrate 46g		17%
Dietary Fiber 7g		25%
Total Sugars 4g		
Includes 2g Added Sugars		4%
Protein 11g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 6mg		35%
Potassium 240mg		6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Understanding the nutrition labels on food can help you make healthier choices. Compare nutrition labels to help you make the best choice. **Choose foods that are lower in saturated fat, sodium, and added sugars.**

Look for the Heart-Check

The heart-check makes it easier to find foods that you know are part of a healthy eating plan.



Here is an example of a menu using these healthy choices:

Breakfast

- 1 cup cooked oatmeal
- 1 small banana
- 1 Tbsp. peanut butter
- 1 cup skim or 1% milk

Lunch

- 2 cup salad greens
- ½ cup raw veggies
- ½ cup black beans
- 1 boiled egg
- 2 Tbsp. vinegar-based dressing
- 6 unsalted crackers

Snack

- 1 medium apple
- 1 oz. cheese

Dinner

- 1 cup whole wheat pasta
- ½ cup low sodium marinara
- 3 oz. chicken
- 1 oz. shredded parmesan
- 1 cup broccoli

Snack

- 6 oz. low-fat yogurt
- 1 cup fresh fruit