

# Healthy Eating and Weight Management

**Overweight and obesity are associated with diseases such as type 2 diabetes, Coronary Heart Disease, High Blood Pressure and many other chronic diseases.**

**Successful weight management to improve overall health requires great commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices in combination of daily physical activity.**

**A healthy eating plan gives your body the nutrients it needs every day. It provides adequate calories for good health without causing weight gain. A great eating plan is low in saturated fat, trans fat, cholesterol, salt, and added sugar. Following a healthy eating plan will help lower your risk of getting a variety of diseases and improve your quality of life.**

Examples of healthy foods:

- Fat-free and low-fat dairy products, such as low-fat yogurt, cheese, and milk.
- Good quality protein foods, such as lean meat, fish, poultry without skin, beans and peas.
- Whole-grain foods, such as whole-wheat bread, oatmeal, and brown rice. Other grain foods include pasta, cereal, bagels, bread, tortillas, couscous and crackers.
- Fruits, which can be fresh, canned (no added sugar), frozen, or dried.

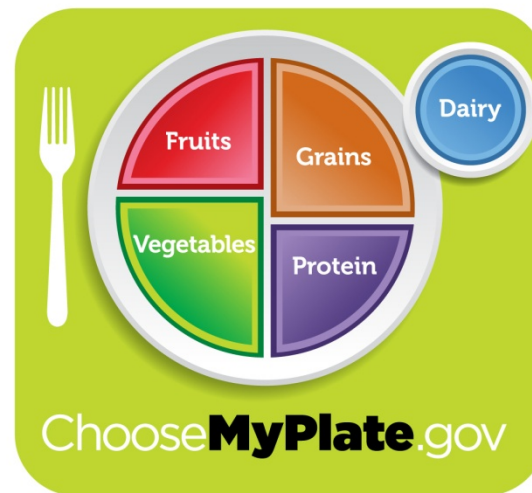
- Vegetables, which can be fresh, canned (without added salt), frozen, or dried.

Canola and olive oils, and soft margarines made from these oils, are heart healthy. However, you should use them in small amounts because they are higher in calories.

## Portion Size

Portion size is the amount of food that you choose to eat for a meal or snack. In fact, over the past 40 years, portion sizes have grown significantly. These growing portion sizes have changed what we think of as a normal portion. Cutting back on portion size is a good way to eat less calories and balance your energy.

**MyPlate** illustrates the five food groups using a familiar mealtime visual, a place setting.



## Foods to Limit

Foods that are high in saturated and trans fat and cholesterol raise blood cholesterol levels and also might be high in calories. Fats and cholesterol raise your risk for heart disease, so they should be limited.

**Saturated fat** is found mainly in:

- Poultry with skin
- Fatty cuts of meat such as ground beef and processed meats (bologna, hot dogs etc)
- High fat dairy products like whole milk cheese, whole milk, cream, butter and ice cream
- Lard, coconut and palm oils

**Trans Fat** is found mainly in:

- Foods with partially hydrogenated oils such as hard margarines and shortening
- Baked products and snack foods, such as crackers, cookies and doughnuts
- Foods fried in hydrogenated shortening, such as French fries and chicken

**Cholesterol** mainly is found in:

- Egg yolks
- Red meat
- Organ meats
- Shrimp and shellfish
- Whole milk or whole milk products, such as butter, cream and cheese