Healthy Choices Means a Happier Life

'Eat right and exercise' is age-old advice from your doctor, or maybe even your own mother. Now, you are an adult woman with a job, a family, and all the responsibilities that come with these roles.

Making good choices about what you eat and exercising can have many instant benefits, including:

- More energy
- Happier moods
- Better at coping with stress
- Looking better

Over 45 million U.S. adults are overweight.

Being Overweight Is the Biggest Problem

Over 45 million adults are overweight. They are at risk for many *chronic diseases* – diseases that appear over a long period of time and can kill you.

Good nutrition and exercising can help you avoid:

- Heart disease
- High blood pressure
- Diabetes
- Some cancers
- Osteoporosis (weakening of bones)
- Arthritis-related problems

Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information about eating healthy and staying active, call the Weight Control Information Network from the National Institute of Health at: **1-877-946-4627**

Or visit the Centers for Disease Control and Prevention chronic disease Web site at: **www.cdc.gov/nccdphp**

healthy directions

Exercise & Eating Well

create healthy habits without changing your whole life

healthy directions
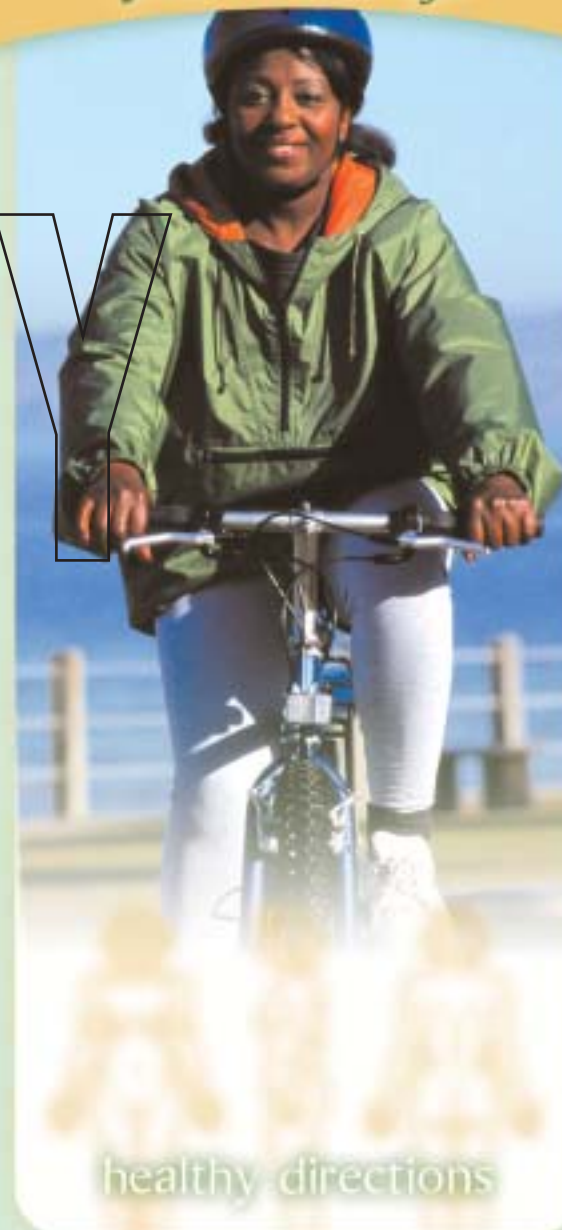
How to Find Healthy Foods

Look at the labels on the packages of food you're buying in the grocery store. They will tell you how many "nutrients" you will get from each item.

Here are some examples of unhealthy foods:

- Fried foods (hamburgers, French fries, onion rings, doughnuts)
- Foods that are high in fat (red meat, heavy cream sauces, whole dairy products, biscuits, croissants)
- Foods that are high in sodium (canned or jarred foods, packaged meats, ketchup and mayonnaise, potato chips)
- Foods that are high in sugar (candy, muffins, colas and other soft drinks)

How to Cook Healthy Foods

Fried foods are not healthy. Frying adds fat to whatever you're eating. Red meat, fish or chicken can be boiled, broiled, grilled, poached or steamed. Any of these types of cooking will make your meal taste lighter and better, and they will be better for you.
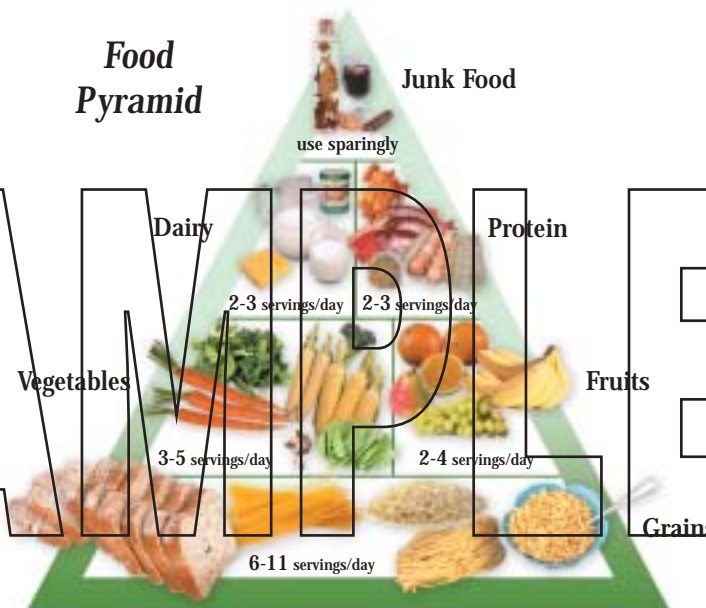
Drinking Water Is Important Too

Your body is mostly made of water. Drinking at least 8 glasses of water a day will restore the minerals your body needs to feel active and energized.

Eating too much or not enough are both unhealthy.

How to Eat the Right Amount

Eating too much or not enough are both unhealthy. The word "serving" on food labels or in cookbooks tells you how much you should eat at one time.

The United States Department of Agriculture (USDA) recommends the following amount of daily servings for each food group:

Food Pyramid

Junk Food
use sparingly

Dairy — 2-3 servings/day

Protein — 2-3 servings/day

Vegetables — 3-5 servings/day

Fruits — 2-4 servings/day

Grains — 6-11 servings/day

The Dos and Don'ts of Fast Food

DO order sandwiches without cheese, bacon or mayonnaise.

DON'T order French fries or onion rings.

DO order soft tortillas instead of hard tacos or hard taco salads.

DON'T eat biscuits, muffins or croissants.

DO use low-fat dressings on salads.

DON'T eat too much. Watch your portions.

The More Active You Are, The More Energy You'll Have

Sitting around can actually make you more tired than exercising! If you take only 20 minutes out of each day to take a walk, you will have more energy for your everyday activities. Twenty minutes is quick and easy. You can get up a little bit earlier in the morning, use your lunch break, or exercise right when you get home from work.

Ways You Can Exercise Without Even Knowing It

- Use the stairs instead of the elevator
- Walk on escalators instead of riding
- Walk or bicycle instead of driving your car
- Park your car further from where you need to go and walk

Being Healthy Is Your Choice

You don't need to completely change your life to eat healthy and stay active. A few small changes will help you look better and feel happier. You will have more energy and you will live longer.

Feel better! Live longer!