

# Working Toward a Healthy Weight: Tips to Get You Started

**L**ike many adults, you may be trying to lose some weight or keep unwanted pounds from creeping up on the scale. If so, focus on good nutrition and physical activity as the basis for a “can do” healthy living plan.

## Get Real About Your Goals:

Evaluate your weight. One way is to check your Body Mass Index (BMI). Log on to [krafthealthyliving.com](http://krafthealthyliving.com). Click on “Tools and Calculators” then “What’s Your Body Mass Index.” BMI scores weight in relation to height. A BMI between 19-25 is a healthy range for most people. At higher BMI levels, risk for some health problems increases.

- ✓ *If you’re at a healthy weight, keep up the good work!*
- ✓ *If your BMI is 25 or higher –*
  - ◆ First put the brakes on gaining additional pounds.
  - ◆ Then try to lose some weight for your health. Losing even 5% to 10% of body weight can yield possible improvements in blood pressure, cholesterol levels and blood sugar control (if you have or are at risk for diabetes).
  - ◆ Work with your doctor or a registered dietitian to set personalized weight goals.
  - ◆ Aim for a loss of one-half to one pound per week.

## Be Savvy About What Makes a Healthful Eating Plan:

What we eat over time influences our health and affects our risk for some diseases, such as heart disease, diabetes and certain types of cancer. While there is no one “right way” to eat, healthful eating plans include these principles:

- ✓ *Appropriate amounts of carbohydrate, protein and fat.* The Dietary Reference Intakes (DRI) set recommended ranges for these nutrients. A Pyramid-based diet generally puts you within these ranges. A registered dietitian can help you tailor Pyramid advice for your needs.
  - ◆ Carbohydrate – 45% to 65% of calories
  - ◆ Protein – 10% to 35% of calories
  - ◆ Fat – 20% to 35% of calories (Limit saturated fat, trans fat and cholesterol.)
- ✓ *Recommended amounts of fiber.* A fiber-rich diet (e.g., vegetables, fruits, whole-grain foods, legumes) promotes health and can help reduce risk for heart disease. The DRI is 14 grams of fiber



Tri-Color Stuffed Peppers

per 1000 calories (about 25 grams/day if you eat 1800 calories, 30 grams if you eat 2200 calories).

- ✓ *Plenty of vegetables and fruit.* Aim for several, preferably more, servings a day, especially dark green and orange vegetables and fruits, citrus fruits and berries.
- ✓ *Adequate amounts of calcium.* For most adults, the goal is three servings of dairy products each day. Choose lower-fat or fat-free milk, yogurt or cheese.

## Focus on Your Food:

Eating while multi-tasking often means you’re not paying attention to what or how

much you eat. Possible results are nutrient shortfalls from missed food group servings and too many calories.

- ✓ *Get to know your food.* Be aware of your calorie intake.
  - ◆ Check out the serving size and calories per serving on products.
  - ◆ Read menu descriptions and go easy on butter, rich sauces and toppings.
  - ◆ Count snacks as part of your food choices.
- ✓ *Plan time for meals and snacks.* Enjoy what you’re eating.
- ✓ *Eat slowly and “listen” to your body’s signals.* It takes about 20 minutes for your body to give the “I’ve had enough” cue.

## Bank Some Calorie Savings:

Small, regular calorie savings can help you manage your weight.

- ✓ *Eat sensible portions.* (Visit [krafthealthyliving.com](http://krafthealthyliving.com) and click on “healthy living library.” Look for articles on *Nutrition Basics* and *Sensible Snacking* for more information.)
  - ◆ Split a bagel, sandwich or dessert with a friend.
  - ◆ Choose a small, instead of a “super-size,” portion.
  - ◆ In a restaurant, split an entrée – eat half now and take the rest home. Or select a salad and an appetizer, instead.
- ✓ *Move more everyday.* Challenge yourself: add 2000 steps to your daily routine.
  - ◆ Park farther away from the office or store; use the stairs, too!
  - ◆ Walk around while talking on the telephone.
  - ◆ Take a quick 10-minute walk after lunch.
  - ◆ Find the longest route to the restroom, copier or mailbox.
- ✓ *Trade off to save calories.*
  - ◆ Try no-, low- or reduced-calorie versions of foods.

- Look for reduced-fat and “light” products. Read labels to make sure they also have fewer calories.

### Go for Balance:

What and how much you eat over time count for weight management.

- ✓ **Review your day.** Had a big lunch? Eat breakfast (cereal, fat-free milk and fresh fruit) for dinner. Or, try a low-calorie salad or vegetable dish to get key nutrients while managing calories.
- ✓ **Plan ahead for celebrations.** Think moderation. Trim calories at other meals or the next day. Work in extra physical activity, too.
- ✓ **Fit physical activity into your days.** Be active most days of the week. Aim for 60 minutes or more of moderate-to-vigorous intensity physical activity.
  - Organize a group walk after a family dinner.
  - Choose vacation spots with a pool, fitness center, hiking trails or to learn an activity, such as kayaking or tennis.

- Enjoy activity-based fun. For example, start your picnic with a bike ride or hike.

### Accentuate the Positive:

Be positive. You can achieve your goals – one step at a time.

- ✓ **Tap into your social network.**
  - Ask family and friends for support with your diet and activity program.
  - Walk with a friend, sign up for a dance class or join a gym.
  - Go to social events with a plan; make smart choices and enjoy the fun.
- ✓ **Monitor your progress and applaud your successes.** Don't let setbacks get you off track. Keep moving forward.
- ✓ **Take charge of your health.** Do something good for you. Enjoy healthy living while improving your weight!

### Good News

Healthful eating doesn't need to take lots of extra time or effort, just some planning and food savvy. And even a few small steps can add up to good nutrition. Try it for yourself and your family! **Here are two tasty food ideas to help you get started.**

#### Tri-Color Stuffed Peppers

**Prep:** 15 minutes

**Bake:** 40 minutes

- 2 pouches frozen BOCA Meatless Ground Burger
- 1 pkg. (10 oz.) frozen whole kernel corn
- 1-1/2 cups TACO BELL HOME ORIGINALS Thick 'N Chunky Salsa
- 1-1/2 cups cooked MINUTE Brown Rice
- 1 cup KRAFT 2% Milk Shredded Reduced Fat Colby & Monterey Jack Cheese, divided
- 1 each large red, yellow and green bell peppers, cut in half lengthwise, seeds removed
- 1/2 cup water

**MIX** ground burger, corn and salsa in large nonstick skillet; cook on medium heat 5 minutes or until heated through, stirring frequently. Remove from heat. Add rice and 1/2 cup of the cheese; mix well.

**SPOON** burger mixture evenly into pepper halves; place in 13x9-inch baking dish. Pour water into dish; cover with foil.

**BAKE** at 400°F for 30 minutes. Uncover; sprinkle with remaining 1/2 cup cheese. Bake an additional 10 minutes.

Makes 6 servings.

#### Nutrition Bonus:

For a low calorie, low fat meal, try this Southwestern twist on a family favorite. The peppers provide a good source of vitamins A and C.

**Nutrition Information Per Serving:** 260 calories, 5g total fat, 2.5g saturated fat, 10mg cholesterol, 790mg sodium, 40g carbohydrate, 7g dietary fiber, 7g sugars, 17g protein, 45%DV vitamin A, 110%DV vitamin C, 35%DV calcium, 10%DV iron.

**Exchange:** 2 Starch, 1 Vegetable, 2 Meat (VL), 1/2 Fat

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#### Chef's Salad Done Right

**Prep:** 15 minutes

- 1 pkg. (16 oz.) mixed salad greens
- 1 pkg. (6 oz.) OSCAR MAYER 96% Fat Free Smoked Ham, cut into strips
- 1 pkg. (6 oz.) OSCAR MAYER Oven Roasted Turkey Breast, cut into strips
- 1 cup KRAFT 2% Milk Shredded Reduced Fat Mild Cheddar Cheese
- 1 pt. cherry tomatoes, halved
- 1/4 cup PLANTERS Sliced Almonds, toasted
- 3/4 cup KRAFT LIGHT DONE RIGHT Thousand Island Reduced Fat Dressing

**PLACE** greens on serving platter or 6 salad plates.

**TOP** with ham, turkey, cheese, tomatoes and almonds.

**DRIZZLE** with dressing.

Makes 6 servings.

#### Kraft Kitchen Tips

**Great Substitute:**

Substitute 2 medium tomatoes, cut into wedges, for the cherry tomatoes.

#### Nutrition Bonus:

The crisp veggies in this tasty main-dish salad provide a good source of vitamins A and C. And the sprinkling of cheddar cheese supplies a good source of calcium.

**Nutrition Information Per Serving:** 220 calories, 11g total fat, 3g saturated fat, 35mg cholesterol, 1180mg sodium, 14g carbohydrate, 3g dietary fiber, 7g sugars, 16g protein, 30%DV vitamin A, 30%DV vitamin C, 30%DV calcium, 10%DV iron.

**Exchange:** 1 Vegetable, 1/2 Carbohydrate, 2 Meat (L), 1 Fat

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