At Avera, we want to be your partner in good health, so you can enjoy all the good gifts life has to offer.

**Step 1: Feel Comfortable**

We want you to feel welcome, comfortable and supported in reaching your goals.

Start with a visit to your primary care provider, who can help you set health goals and find resources to help reach them. Don’t have a primary care provider? We can help: visit Avera.org/doctors.

**Step 2: Find Your Why**

Health isn’t just a number on a scale: maybe your goals are about feeling better, having more energy, moving with less pain, better managing health conditions like diabetes or heart disease or feeling more comfortable in your clothes. These are all great – and important – goals, and we want to support you wherever you are on your journey.

Write down your why and your goal below:

**My why:**

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**My goal:**

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Step 3: Work on Your Goal
If you tried to make healthy changes in the past and it didn’t work out, that’s okay. There are other tools to try.

This booklet is designed to give you information and options to help you become healthier through weight loss. We focus on how to eat healthy and add more physical activity to your life. Check out the appendices for details on calories, nutrition labels and more.

Understand the Basics of Weight Loss
To lose weight you must lower your calories. You can do this by taking in fewer calories from what you eat and drink or by burning more calories from physical activity. For best results, you should do both! See Appendix B for more information on healthy weight range and maintenance calories.

Weigh In
It is important to monitor progress by weighing yourself. A home scale works best, but if this is not possible, find a scale to use. It is important to record weight from the same scale. Weigh yourself regularly.
• For some, it may work best to weigh in one time per day close to your wakeup time.
• Or try weighing in once per week, on the same day each week at a similar time of day.

As you learn what works best for you, know that it’s normal for your weight to go up or down 1 to 5 pounds a day due to sodium, exercise or the time of the month. Weighing in regularly helps you see trends over time.

Understand – and Overcome – Your Set Point
If you’ve maintained a weight for 1-2 years or longer, your body has probably gotten comfortable at that “set point.”

When you try to lose weight below that set point, your body always wants to bounce back to that comfortable weight.

You can overcome your set point. Try these tips:
• Lose weight slowly, at a rate of no more than 1-2 pounds per week. This helps you to learn new, healthy habits, while your body adjusts to a new, healthy lifestyle.
• Try adding more – or new – physical activity. If you usually walk, think about lifting weights or trying yoga.
• Switch to whole food. Eat more fruits and vegetables, lean protein, whole grains and low-fat dairy products.
• Eat fewer processed foods, like sweetened cereal, baked goods, candy, french fries, chips and packaged snacks.

Practice Self-Compassion
Starting to make healthy choices – and turning those choices into habits – is a journey. Take it one step – and one good choice – at a time.

If you overeat, miss an opportunity to be active or the scale doesn’t go in the right direction – it’s okay. Change is hard and takes patience and practice.

Forgive yourself. Move on. Make the next choice a good one. This is how you build a habit of self-compassion and support healthy choices going forward.

If you have a hard time practicing self-compassion, consider reaching out to a mental health professional.
Consider setting a schedule of reasonable and frequent small goals that go along with your big goal.

If your big goal is weight loss, break it down into smaller ones, like this:

**Big Goal: Lose 20 pounds**

<table>
<thead>
<tr>
<th>Small Goals (example)</th>
<th>By Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat 120 grams of protein daily</td>
<td>MM/DD/YY</td>
</tr>
<tr>
<td>Eat 5 cups of vegetables daily</td>
<td>MM/DD/YY</td>
</tr>
<tr>
<td>Exercise for 30 minutes three days each week</td>
<td>MM/DD/YY</td>
</tr>
</tbody>
</table>

**My Big Goal:**

<table>
<thead>
<tr>
<th>My Small Goals:</th>
<th>By Date:</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td></td>
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</tbody>
</table>

Now, give it a try:

- Make sure your small goals are both specific and measurable.
- Ask a good friend or health coach to help hold you accountable to these goals.
- Share your progress with your physician at your annual physical.
Congratulations on making a commitment to your health! This booklet is full of healthy tips and tricks, but if you can hit these 4 goals every day, you will be well on your way to a healthier, happier you.

1. Start every meal with fruits and vegetables.
2. Eat healthy foods, in healthy portion sizes.
3. Get moving for a stronger, healthier you.
4. Invest in your health – body, mind and spirit.
At every meal, half your plate should be fruits and vegetables.

- Try for at least 3 servings of vegetables and 2 servings of fruit every day.
- Fresh, frozen or canned vegetables and fruits are a good choice – as long as there is no added sauces, salt, fat or sugars (syrups).
- Eat whole fruit and limit fruit juice and dried fruit, which are high in sugar and calories.
- Choose colorful fruits and vegetables to add variety, nutrients and flavor.
- Soup and stir-fry meals are great choices to help keep vegetables your main ingredient.
- Compare the cost of vegetables and fruits (per pound) to the other foods you purchase. If you buy more vegetables and fruit and less meat and junk food, you will save money and lose weight.
- Be careful with smoothies; the calories can add up quickly. Drink water and eat whole fruit instead.
Vegetables to Try:

- Artichoke
- Asparagus
- Beans (green, yellow, wax)
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (spinach, kale, collard, arugula, bok choy)

Fruits to Try:

- Apples/unsweetened applesauce
- Apricot
- Banana
- Berries (strawberries, raspberries, blackberries, blueberries)
- Cantaloupe
- Cherry
- Figs
- Fruit cocktail
- Grapes
- Honeydew melon
- Kiwi fruit
- Mandarin oranges
- Mango
- Nectarine
- Orange
- Papaya
- Peach Pear
- Pineapple
- Plum
- Watermelon
2. Eat Healthy Foods, in Healthy Portion Sizes

It can be easy to over- or underestimate what a healthy portion of food looks like. Measuring out your food is a great way to learn portion sizes. Use measuring cups and spoons, or consider buying a food scale.

Lean Protein
Your plate at mealtimes should be ¼ lean protein.

- Choose 90% lean ground beef, meat with little visible fat, trim before cooking and remove skin from poultry. Stay away from bacon and sausage.
- When cooking, choose baking or grilling, and avoid anything fried or breaded.

Try the following options. The serving size listed is per meal.
- Turkey, 3 oz.
- Chicken, 3 oz.
- Fish: cod, mackerel, salmon, tuna (at least 8 oz. per week)
- Low-fat deli meats, 3 oz.
- Soy foods (tempeh, tofu), 1 oz.
- Egg, 1
- Lean beef or pork, 3 oz.
- Beans: kidney, black, white, pinto, chick peas, 1/3 cup (use as your protein once per week)
- Hummus, 1/3 cup
Try the following options. The serving size listed is per meal.

- Whole-wheat bread, 1 slice
- Brown rice, ½ cup
- High-fiber cereal, 1 oz.
- Oatmeal, 1 oz.
- Whole-grain crackers, 1 oz.
- Whole-grain tortillas, 1
- Whole-grain pita, 1
- Whole-wheat pasta, ½ cup

**Whole Grains**  
*Fill ¼ of your plate with whole grains.*

**Low-Fat Dairy**  
*At mealtimes try:*

- Skim milk, 1 cup
- Nonfat yogurt, 1 cup
- Calcium-fortified milk substitute like soy or almond milk, 1 cup
- Low-fat hard cheese, 1 oz.
- Light cottage cheese, 1 cup

If you don’t eat dairy, check with your doctor about whether a calcium supplement is right for you.
Healthy Fats
Choose healthy fats, and limit your intake to 1 tablespoon per day.

- Olive oil, 1 tablespoon
- Coconut oil, 1 tablespoon
- Nuts (cashews, pistachios, almonds), small handful
- Avocado, 1
- Peanut butter, 1 tablespoon

Add Some Flavor
Sauces like barbeque sauce, ranch dressing and ketchup can add a lot of calories – and sugar – to your meals. The following all add great flavor to your meals, without added sugar or fat:

- Fresh or dried garlic and onion
- Black pepper, cayenne pepper, chili powder and hot sauce
- Dry seasoning mixes
- Low-sodium bouillon
- Liquid smoke (a few drops only)
- Fat-free dressings, in limited amounts
- Mustard
- Horseradish
- Salsa
- Fresh herbs like basil, cilantro and parsley
Instead of Eating

We often eat for reasons that have nothing to do with hunger: boredom, loneliness, stress or sadness. When you find yourself reaching for a snack, take a pause and think about whether you are truly hungry or if your body is really asking for something else instead. Instead of eating, try one of these activities:

- Text or call a friend
- Drink a glass of water
- Pray or meditate
- Take a walk
- Do a crossword puzzle
- Brush your teeth
- Spend some time taking deep breaths and stretching
- Write down something you are thankful for
- Write a thank you note
Physical activity provides your body with amazing benefits. Physical activity includes anything that gets your body moving and your heart pumping, from walking and playing with your children to weight-lifting and playing sports.

With each move, you help your body to lose weight, feel better and decrease your risk of disease – while strengthening your heart, lungs, mind and more.

Getting physical activity for 30 to 60 minutes every day is a great goal to work toward. About 70-80% of the cardiovascular benefit from exercise is achieved with just 150 minutes of exercise per week. If you’re already there, now is the time to push yourself a little further: exercise a little more, for a little longer, and/or increase the intensity of your workout.

However, if you’re just getting started moving more, remember: anything is better than nothing. Put on good shoes and comfortable clothes and:

- Start by walking just a little bit more. Park farther away from your destination. Take the long way to the bathroom.
- Step it up. Start taking 10 minute walks with a friend or your dog. Walk in the mall if the weather is bad.
- Build from there. Start walking farther, for longer and more often until you reach 150 minutes a week.

Now is the time to consider trying out new things:

- Try an exercise video on YouTube.
- Plant a garden and grow healthy food while spending more time outside.
- Take a dance or martial arts class.
- Pull out that old exercise bike or elliptical machine and use it while watching TV.
- Remember what you loved as a kid: Maybe it’s time for swimming, biking or in-line skating to make a comeback.
- Think about trying out a sport – golf, tennis, racket ball, basketball, softball, soccer, volleyball or any other sport.
- Check out different gyms to see if any feel right to you.
- Stay hydrated! Water is always your best choice in beverage.
- If your work has a well-being program, join in!
Your health isn’t just about what you eat and how much you exercise. At every stage of life, make sure you’re committing to these healthy behaviors:

- Build a relationship with a primary care provider, who can see the big picture of your health.
- Complete an annual physical.
- Know your numbers: your blood sugar, cholesterol, blood pressure and body mass index are important indicators of health. See Appendix A to learn more.
- Have regular cancer screenings as recommended by your doctor.

- If you choose to drink, limit alcohol to 1-2 drinks per day.
- If you smoke, now is the time to talk to your doctor about quitting. Avoid second-hand smoke.
- Use sunscreen to protect your skin.
- Take quiet time each day to pray, meditate or just enjoy nature.
Feel Full with Fewer Calories

We all know that calories count. But we still tend to eat until we “feel” full, rather than when we reach our calorie limit.

When you eat foods with a low calorie density, you feel full with fewer calories. This is because these foods contain water and fiber that fill you up.

- Eat more fresh vegetables and fruits.
- Eat oatmeal rather than boxed cereal.
- Choose 94% fat-free popcorn instead of chips.
- Drink water.

You can rack up a lot of calories with high calorie-density foods without ever feeling full. Avoid fried foods, sweetened fruit and fruit drinks, full-fat dairy products, heavy sauces and gravy and sweet snacks.
Troubleshooting with Your New To-Do

You understand how to lose weight: eat healthy, move more and take care of your spirit. But sometimes, life gets in the way. Here are some tips for managing those tricky situations.

**Holidays, Special Events and Weekends**

- Have a plan. Fill your fridge with healthy food, and schedule time to take a walk.
- Stick to your new To-Do list, even on hectic days.
- Don’t skip meals, trying to save up calories for a “big meal.” This makes your body less able to regulate your blood sugars, and can cause you to get so hungry that you risk overeating.
- Eat a snack that includes a lean protein and fruit or vegetable.
- Try getting in some physical activity first thing in the morning. This starts your day off on the right foot.
- Drink plenty of water.
- When bringing a dish to family holidays, consider a fruit or veggie tray, vegetable side dish or green salad.
- Weigh in regularly. If your weight goes up, drink lots of water to flush out fluid retention from salty foods and alcohol.

**Smart Snacking**

You’ve learned how to build healthy meals. But what about snacks? Here are tips for making sure snacks aren’t ruining your plan.

- Take a moment to think about whether you’re actually hungry. Don’t just snack out of habit.
- Consider whether you’ve been eating complete meals, with vegetables, fruits, whole grains and lean proteins.
- Pair protein with your snack. Think about a hard-boiled egg and a banana or a handful of nuts with some raw carrots.

**Emotional Eating**

So many of us turn to food when we feel overwhelmed by our emotions – whether that’s joy, sorrow or stress. The best way to avoid emotional eating is to take a pause to really think about why you’re eating. If it isn’t because you’re hungry, then food isn’t the answer.

Follow these helpful tips, and know that the urge will pass:

- When you eat, sit down, put away your phone, turn off the TV and enjoy your food.
- Make sure you get in your physical activity. Exercise can reduce stress and help promote a positive outlook.
- Try munching on raw vegetables or a small handful of nuts.
- Take time to pray or meditate.
- Make a list of things you can do instead: take a walk, drink a glass of water, call a friend, do a word puzzle or read a book.

If you continue to struggle with emotional eating, or ongoing feelings of depression, let your health care provider or mental health professional know.

**Eating Out**

Yes, you CAN eat out and eat great-tasting, healthy food. Try these tips:

- Look up the menu you before you go, and have a plan.
- Eat a lettuce salad or fresh fruit before you leave home.
- If you hit an Italian or Mexican restaurant, avoid the breadsticks or tortilla chips.
- Split a meal with a friend, or ask for a to-go box and plan to eat only half the meal – which is usually plenty!
- Eat more salad and ask for more vegetables.
- Stick with water.
You’re making progress, feeling better and losing weight. Now what?

You may be tempted to take a break, and let some of your old habits creep back in.

Instead, continue your commitment to your health, and keep practicing your new To-Do list.

Additionally:

- Continue to weigh in regularly.
- Remember, healthy weight is a lifelong lifestyle change.
- If you slip up, practice self-compassion, forgive yourself and make the next choice a healthy one. Don’t let one unhealthy choice ruin your day.
- Focus on making healthy choices most of the time, and enjoy the new, healthier you.
- Remember your why, or think about whether your why has changed.
- Update your small goals to continue building good habits.

Your New To-Do:

1. Start every meal with fruits and vegetables.
2. Eat healthy foods, in healthy portion sizes.
3. Get moving for a stronger, healthier you.
4. Invest in your health – body, mind and spirit.
Blood Sugar
The amount of sugar in your blood is an important indication of how well your body’s systems are working. A1C is a great tool for determining blood-sugar health. A1C is an estimated average glucose, serving as a representation of an average glucose over three months. A1C can be used to diagnose prediabetes and diabetes, and it’s a critical step in forming your game plan to manage diabetes with your care team.

A healthy blood sugar is less than 100 mg/dL, if you fasted for at least eight hours. Two hours after eating, your blood sugar should be less than 140 mg/dL. A1C tests are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past 2-3 months.

Prediabetes is when your A1C is between 5.7% and 6.4%. Typically this means your fasting blood sugars have been elevated, or 100-125 mg/dL. Primary care providers might also diagnose prediabetes if patients have three or more fasting blood sugar levels between 100-125 mg/dL.

Diabetes is indicated when your A1C is 6.5% or higher. Similar to prediabetes, if you have at least three fasting blood sugar levels of 126 mg/dL or higher, you might be diagnosed with diabetes.

Talk to your health care provider as soon as possible if you receive a blood sugar above 125, and see Appendix C.

Cholesterol
Cholesterol is a type of fat (lipid) in your blood. Your cells need cholesterol, and your body makes all it needs. High cholesterol levels can be caused by genetic factors, a high-fat diet and/or a low amount of physical activity. High cholesterol can lead to serious health problems, including heart attack and stroke.

- High cholesterol is 240 mg/dL or above
- Borderline high is 200 to 239 mg/dL
- Cholesterol is considered normal if it is less than 200 mg/dL

There are different kinds of cholesterol.
- LDL is the “bad” cholesterol, the kind that can clog your arteries. This is the kind you need to lower if you have high cholesterol.
- HDL is the “good” cholesterol. It helps clear fat from your blood and a high level of HDL lowers your risk of heart disease.
- Triglycerides are another type of fat in your blood. If you have high triglycerides and high LDL, your chances of heart disease and related conditions are greater.

Blood Pressure
Blood pressure is the force of blood pushing against the walls of the arteries that carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. High blood pressure is also called hypertension.

Blood pressure is measured by using two numbers. The first number, called systolic blood pressure, represents the pressure in your blood vessels when your heart beats. The second number, called diastolic blood pressure, represents the pressure in your blood vessels when your heart rests between beats. Blood pressure is measured in millimeters of mercury (mmHg):

- A blood pressure less than 120/80 mmHg is normal.
- A blood pressure of 140/90 mmHg or more is too high.
- People with levels from 120/80 mmHg to 139/89 mmHg have elevated blood pressure and treatment goals should be individualized.
- Patients at high risk for cardiovascular disease typically have a blood pressure goal of less than 130/80 mmHg.
Body Mass Index (BMI)

BMI is an important indicator of overall health.

- Body mass index (BMI) is a ratio of your height to weight.
- BMI is a way to tell if you are at a healthy weight.
- The higher your BMI, the greater your risk for weight-related health problems like diabetes, high blood pressure, cancer, heart disease and more.

Note: although BMI provides adequate data about weight adequacy, it does not take into account genetics, usual weight status or lean body mass (muscle mass). Talk to your health care provider if you have questions or concerns about your BMI.

<table>
<thead>
<tr>
<th>HEIGHT (ft, in)</th>
<th>WEIGHT (lbs)</th>
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<tbody>
<tr>
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<td>4' 6&quot;</td>
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<td>4' 7&quot;</td>
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<td>320</td>
</tr>
<tr>
<td>6' 3&quot;</td>
<td>330</td>
</tr>
</tbody>
</table>

- Underweight: BMI = less than 18.5
- Normal weight: BMI = 18.5 to 24.9
- Overweight: BMI = 25 to 29.9
- Obesity: BMI = 30 to 39.9
- Extreme Obesity: BMI = 40 and above

Source: National Obesity Educational Initiative

Note: The table provides height and weight measurements in feet and inches, along with corresponding BMI categories. Each row represents a specific BMI range, with the corresponding height and weight values listed accordingly. This chart is useful for health professionals and individuals to assess their BMI and understand their weight status in relation to health risks.
Your Guide to Calories

Understanding how calories impact your weight is important.

One way to set a calorie goal for weight loss is to track how many calories you eat now, on average, and choose a daily calorie target that is 250-500 calories less. Don’t go any lower than 1,200 calories per day.

If you find that the scale isn’t budging, too many calories may be the problem.

Counting calories can be challenging, because most people underestimate the calories they eat. It’s easier to use your new To-Do list to lower your calorie intake. It can also be helpful to log your intake using a smartphone app like MyFitnessPal, or even pen and paper.

Your New To-Do:

1. Start every meal with fruits and vegetables.
2. Eat healthy foods, in healthy portion sizes.
3. Get moving for a stronger, healthier you.
4. Invest in your health – body, mind and spirit.
Prediabetes
An identification of prediabetes can provide a chance to make lifestyle changes before developing type 2 diabetes.

Prediabetes is when your A1C is between 5.7% and 6.4%. Typically this means your fasting blood sugars have been elevated around 100-125 mg/dL. Primary care providers might also diagnose pre-diabetes if patients have three or more fasting blood sugars between 100-125 mg/dL.

Your chances of having pre-diabetes are higher if you:
• Are 45 or older
• Have a parent or sibling with diabetes
• Are overweight
• Do not get physical activity
• Have high blood pressure or take high blood pressure medication
• Have low HDL cholesterol and/or high triglycerides
• Had gestational diabetes (diabetes during pregnancy)

Make these changes today, and you have the power to prevent or delay diabetes:
• Talk to your health care provider.
• Eat healthier.
  o Aim for 5 fruits and vegetables each day.
  o Aim to limit intake of simple carbohydrates. Reduce the volume:
  o If you normally eat 8 slices of bread a day, eat 4, if you normally eat 5 tortillas, try 2 instead. Limit your intake of simple carbohydrates (bread, rice, pasta, cereal, candy, soda and desserts) and choose healthier carbohydrates when you eat them. Examples of healthier carbohydrates include milk, whole grains, fruit or starchy vegetables.
  o Drink water, coffee and tea without sugar and choose other sugar-free or zero calorie beverages.
  o Add protein like meat, eggs, cheese or nuts to make your meals and snacks healthy and satisfying.
• Lose weight. Every pound lost can help – as little as 5 percent weight loss can make a big difference.
• Get moving. 30 minutes of physical activity per day can lower blood sugar. You don’t have to join a gym or own expensive sports equipment. Just get out and walk most days of the week or get up and move around during the commercials while watching TV. Strength training like weight lifting or stretch-band exercises can also be a great way to strengthen your muscles.
• Quit smoking. Quitting all tobacco/nicotine use results in many health benefits including living longer, increased energy, decreased risk of several comorbid conditions (such as heart attack, stroke and cancer) and an overall healthier you. Talk to your health care provider about options and consider calling a quit line.

Regional Phone Numbers and Websites for Quit-Line
South Dakota: 866-737-8487
Minnesota: 888-354-7526
Iowa: 866-822-6879
North Dakota: 866-388-7848
Nebraska: 877-448-7848
Nicotine Anonymous: nicotine-anonymous.org
QuitNet: quitnet.com
Smokefree.gov: smokefree.gov
The American Legacy Foundation: americanlegacy.org
North American Quitline Consortium: naquitline.org

When left untreated, prediabetes can develop into type 2 diabetes, which can cause serious, long term health issues like eye problems, tooth and gum problems, circulation problems, kidney disease and more.
Reading Food Labels

Look for the Nutrition Facts label on packaged foods. Reading labels is a big step toward eating healthier. The tips below help you know what to look for.

1 **Serving size.** Read this closely because the package, jar or can may contain more than 1 serving. This is how to measure 1 serving of the food in the package. If you eat more than 1 serving, you get more of everything on the label — including fat, cholesterol and calories.

2 **Total fat.** This tells you how many grams (g) of fat are in 1 serving. Fat is high in calories.

3 **Saturated fat.** This tells you how much saturated fat is in 1 serving. Saturated fat raises your cholesterol the most. Look for foods that have little or no saturated fat.

4 **Trans fat.** This tells you how much trans fat is in 1 serving. Even a small amount of trans fat can harm your health. Choose foods that have no trans fat.

5 **Cholesterol.** This tells you how much cholesterol is in 1 serving. For many years, it was recommended to eat less than 300 milligrams (mg) of cholesterol a day. New guidelines have removed this limitation. That’s because cholesterol has been shown to not raise blood cholesterol levels as much as once thought. But many foods high in cholesterol are also high in saturated fat. So it is recommended to limit saturated fat in your diet.

6 **% Daily value.** The higher the number, the more 1 serving has of that nutrient. Look for foods that have low numbers for total fat, saturated fat, cholesterol and sodium. Foods that are higher in fiber, vitamins and minerals (iron and calcium) are good choices.

7 **Sodium.** This tells you how much salt is in 1 serving. Choose foods with low numbers for sodium.

8 **Dietary fiber.** This number tells you how much fiber is in 1 serving. Foods that are high in fiber can help you feel full. They can also be good for your heart and digestion. The recommended daily amount of fiber is 25 grams for women and 38 grams for men. After age 50, your daily fiber needs drop to 21 grams for women and 30 grams for men.

Limit the amount of fat, saturated fat, trans fat, cholesterol, and sodium. Eating too much of these may increase your risk of certain chronic diseases like some cancers, heart disease, and high blood pressure.

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**Nutrition Facts**

8 servings per container

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
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| 1 Serving size: 2/3 cup (55g) |

<table>
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<td>0%</td>
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<tr>
<td>6 Sodium 160mg</td>
<td>7%</td>
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<tr>
<td>7 Total Carbohydrate 37g</td>
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<tr>
<td>8 Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
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<tr>
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</table>

**Protein 3g**

- Vitamin D 2mcg | 10%
- Calcium 260mg | 20%
- Iron 8mg | 45%
- 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.

For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)
APPENDIX E

Use a Tracker
Use a chart like this to help you track your food intake, physical activity and how you feel. Make copies of this chart or simply journal your entries in a notebook.

<table>
<thead>
<tr>
<th>Date:</th>
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<tbody>
<tr>
<td>Foods</td>
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</tbody>
</table>

Activity/Exercise:
________________________________________________________________________

Mood:
________________________________________________________________________

As you make the choices that lead to a healthier life, you’ll have small successes along the way. Maybe it’s weight loss, but maybe it’s something like ordering a salad at a restaurant, being able to tie your shoes, wearing your wedding ring again, drinking 8 glasses of water or any other small victory – celebrate each of them!
<table>
<thead>
<tr>
<th>Date</th>
<th>Small Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 2</td>
<td>Today I took the stairs instead of the elevator!</td>
</tr>
</tbody>
</table>