

## Nutrition and Activity for Adults

Being overweight increases your risk of developing diabetes, high blood pressure, high cholesterol, heart attacks, strokes, dementia, and certain cancers. Take charge of your health by maintaining a healthy weight and incorporating regular exercise and nutritious food into your life.

### What is a healthy weight?

A healthy weight falls into a range. Healthcare providers look at your BMI, or Body Mass Index, as an estimate of your body fat. First, calculate your BMI with this formula (weight (lb) / [height (in)]<sup>2</sup> x 703) or online ([www.CDC.gov](http://www.CDC.gov)).

BMI less than 18.5: "underweight" range.

BMI is 25.0 to 29.9: "overweight" range.

BMI is 18.5 to 24.9: "normal" or Healthy Weight range.

BMI is 30.0 or higher: "obese" range.

### How much should I exercise?

Everyone should engage in at least 150 minutes of exercise every week. This time is the equivalent of exercising 30 minutes a day, Monday through Friday. This exercise can be divided into different kinds of activities, such as playing sports, running, walking, biking, hiking, swimming, dancing, lifting weights, yoga, push ups, sit ups, etc. If you are trying to lose weight, you may need more than 30 minutes per day.

The intensity of your work out is also important. Walking is good exercise, but running is more vigorous and causes your body to work harder, burn more calories, and lose weight faster. If you want to lose weight or build more muscle mass, push yourself to make your workouts longer (more time) and harder (more intense).

If you are unable to block out half an hour or an hour, break up your work out throughout the day. Take the stairs instead of the elevator. Park your car farther from the entrance so you have to walk more. Go for a brisk walk during your lunch break. Walk faster as you go about your day.

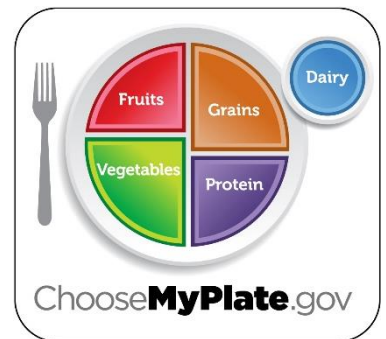
### What is a healthy diet?

A healthy diet is balanced in fruits, vegetables, proteins, and grains. The amounts for each food group below are based on someone who exercises less than 30 minutes per day; if you exercise more, you may be able to eat more without gaining weight.

- Fruits (2 cups daily): Choose a variety. Bananas, apples, berries, oranges, etc.
- Vegetables (2-3 cups daily): Choose a variety. Lettuces, spinach, broccoli, etc.
- Grains (3-4 oz daily): They are also known as starches and carbohydrates. Choose whole grain or brown. Rice, bread, tortillas, pasta, noodles, potatoes, etc.
- Protein (5-6 oz daily): Choose low fat meats (like chicken and fish). Eat red meat (like beef and pork) on rare occasions. Avoid processed meats (like ham, bacon, and sausage), which are very high in salt and fat. If you are a vegetarian, eat nuts, tofu, or lentils instead.
- Dairy (3 cups daily): Choose skim or low fat. Milk, cheese, yogurt, sour cream, etc.

Although everyone loves to eat fast food, ice cream, chocolate, candy, cookies, French fries, hamburgers, and pizza, we must limit these foods to very small amounts.

If you are trying to lose weight, you will need to decrease your portion sizes and get used to eating less. Quantity and quality count: eating too much food and eating unhealthy food will cause you to gain weight. Focus on controlling the sizes of your portions and replacing unhealthy food with healthy food.



**fist = 1 cup**  
(Such as: two servings of pasta or oatmeal)



**palm = 3 oz**  
(Such as: a cooked serving of meat)



**thumb tip = 1 teaspoon**  
(Such as: a serving of mayonnaise or margarine)



**handful = 1 oz snackfood**  
(Such as: 1 oz nuts)



**thumb = 1 oz**  
(Such as: a piece of cheese)