

HEALTHY WEIGHT CONTROL

Anna married **Bill**. **Anna** began **cooking** for her new family--**Bill** and his children. To her surprise, they complained. **Bill's** thirteen-year-old daughter **Kay** didn't want to eat anything. **Kay** said she was on a **diet**. **Bill's** five-year-old son **Tim** didn't want to eat what **Anna** cooked. **Tim** said he was a "picky eater" and liked only **fast food**. Even **Bill** pushed the **vegetables** and **fruits** away. **Bill** said he liked only **meat, potatoes, and desserts**.

Anna went to the library. She told the librarian what happened. The librarian gave her information about **healthy** eating and **weight control**. **Anna** learned that poor eating and **physical activity habits** affect **weight**. She found that if people eat more **calories** than they use, they gain **weight**. Extra **calories** eaten are stored in the **body** as **fat**. If people eat fewer **calories** than they use, they lose **weight**. **Anna** learned that **weight control** is balancing the number of **calories** the **body** gets with the number of **calories** the **body** uses.

Anna read more information. She learned general ways to help her whole family learn **healthy** eating **habits**. She also learned that each person in her family has different needs based on their **age, gender, and level of physical activity**. She learned specific ways to meet each person's needs for **healthy** eating.

WHY IS WEIGHT CONTROL IMPORTANT?

Anna read that when a person gets more **calories** than are used, the person gains **weight**. If the person gains too much **weight**, the person becomes **overweight**. **Tim** and **Bill** aren't **overweight** now, but they could be later if they don't develop **healthy** eating and **physical activity habits**. **Anna** learned that **weight control** affects **health**. Being **overweight** can lead to high **blood pressure** and high **cholesterol**. These conditions can lead to **heart disease** or **stroke**. Being **overweight** also can cause a kind of **diabetes**. **Diabetes** contributes to **eye**, **nerve**, and **skin** problems. **Diabetics** also have a greater risk of **heart attack** or **stroke**. **Anna** learns that being **overweight** even contributes to some kinds of **cancer**.

Anna learned that eating too little **food** also can be a problem, especially for growing teenagers like **Kay**. She found out that some people are fooled by special weight loss **diets** and other **weight control fads**. She learned that **dieting** is a temporary change in eating habits that lowers the number of **calories** eaten. **Dieting** is not healthy because eating only a small amount of food can't be continued over time. Most people go back to their hold eating habits.

Some **diets** even require that you eat only certain **foods** like **grapefruit** or **cabbage soup**. These **diets** are not **healthy**. These **diets** do not provide **foods** from all of the **food groups** that are needed for growth. There are some products like special pills or drinks that try to trick buyers. These types of **diet** products promise fast and easy results, but none of them work. **Diets** do not work because they do not change eating and **physical**

activity habits for a lifetime. Changes in eating and **exercise** should be for a lifetime. **Anna** learns that some **diets** are even dangerous.

Anna was convinced. She now knows that **weight control** is more than eating too much or too little. **Weight control** is needed for her family's good **health**.

GOOD IDEAS FOR WEIGHT CONTROL

The librarian gave **Anna** a lot to read. **Anna** made a list of good ideas to remember. These ideas are good for everyone in the family.

1. Use **MyPyramid** to choose **healthy foods**. Choose a **variety** of **plant foods** including **whole grains**, **fruits**, and **vegetables**. Choose **low-fat dairy products**. Avoid **fried foods**. Serve **lean meats**. Remove skin from **chicken** and **poultry**. Limit **foods** and drinks that are high in **sugar**. Choose a **diet** that is low in **fat**, **saturated fat**, and **cholesterol**.
2. Increase **exercise** and **physical activity levels** on a daily basis. Take the stairs when possible. Park farther away from where you need to go. Develop new outdoor interests and hobbies. If you don't like to work out alone, join a team or **exercise** with others.
3. Plan ahead. Keep **healthy snacks** such as **raw vegetables**, **fresh fruit**, and plain **popcorn** on hand. Choose **fresh foods** when you can.
4. Enjoy the **foods** you eat. If you like a certain **food** that is a **healthy** choice, buy it for yourself. For instance, if you enjoy **apples**, treat yourself to a variety when they are **in season**.

5. Experiment with different **foods** and **recipes**. Try **low-fat** versions of the **foods** you like.
6. Choose and prepare **foods** with less **salt**. This practice can lower **blood pressure** and decrease the risk of **heart disease**.
7. Focus on behavior changes that become lifetime **habits**. Focus on do's instead of don'ts. Don't give up all the **foods** you like. Most treats are allowed in **moderation**. Become more aware of **serving** sizes and choose smaller amounts.
8. Drink lots of **water**. Water does not have any calories. You may be thirsty instead of hungry. Water is less expensive than diet beverages.
9. When eating out, choose **restaurants** that offer **healthy** choices. Avoid **appetizers**. They're usually high in **fats**. Choose clear instead of thick **soups**. If a **restaurant** has a **salad bar**, choose **fresh vegetables** and **low-fat dressings** instead of **cheese**, **croutons**, and regular **dressings**. Ask for **meats** with **sauces** or **gravy** on the side. Choose **steamed vegetables** instead of **fried**. Avoid using **butter** or **margarine** on **bread**. Have plain **baked potatoes** rather than those with **butter**, **sour cream**, and **bacon**. The **servings** at most **restaurants** are much larger than **serving** sizes on **MyPyramid**. When possible, split **meals** with a friend or take home leftovers.
10. When you go to **fast food restaurants**, choose wisely. If you order a **burger** or other **sandwich**, skip the **mayonnaise** and the **cheese**. Get a **salad** with **low-fat dressing** instead of **fries**. If you order a **pizza**, choose one with just **cheese** or with **vegetables**.

HEALTHY EATING FOR CHILDREN

Anna wondered if there were something special she should do for **Tim**. The librarian gave her more to read. **Anna** found out that **healthy weight control** helps children as much as adults. She found out that **healthy weight control** builds a sound **body**. **Healthy foods** are the **body's** fuel. Good fuel powers the **body**. It helps a young **body** grow. **Anna** also found out that adding regular **physical activity** strengthens **bones, joints, and muscles**. **Physical activity** also develops balance and coordination.

Together, **healthy weight control** and **exercise** lead to positive attitudes, more **energy**, and higher self-esteem. These become lifelong **habits** for **healthy** living. These good **habits** are what **Anna** wants **Tim** to follow. **Anna** makes a special list of ideas to use with **Tim**.

1. Don't force a child to eat. Give several small **meals** rather than three large ones. Because a child's **stomach** is smaller, include a couple of **snacks** each day in addition to regular **meals**. Keep serving sizes small, especially when introducing new **foods**. Include at least one **food** you know the child likes.
2. Use **MyPyramid** to provide the correct number of **servings** each day for **meals** and **snacks**.
3. As long as the choice is a **healthy** one, don't worry if the child wants the same **food** over and over. For instance, the child may want to eat only **peanut butter sandwiches** at **lunch**. Instead, try changing the kind of **bread** or type of **peanut butter**. Consider putting **peanut butter** on **fruit** or crunchy **vegetables** like **celery** or **carrots**. Keep offering other **foods** for the child to try. Offer **foods** that provide a **variety** of **textures** and colors.

Encourage children to try **foods** that are prepared in different ways such as **potatoes** that are **baked** or **boiled** rather than **fried**.

4. Let the child help **measure** and prepare **healthy foods**. For instance, teach the child how to make simple **snacks** or **breakfast** and **lunch** foods.
5. Encourage the child to become more **physically active** on a daily basis. Let the child try **physical activities** with different levels of **energy**--riding a tricycle, walking, swimming, dancing, jumping rope, skipping, or running. Limit the time the child spends inside, especially time spent watching TV or playing video games. Children need at least one hour of **physical activity** each day.
6. If the child eats school **lunches**, talk about what was served each day and how the **foods** fit in different **food groups**. School **lunches** may include **foods** that are not served regularly at home. Ask the child to try a bite of each **food** that is served.
7. Don't tell a child, "Clean your plate." This practice can result in **overeating**. Instead, help the child become aware of feelings of **hunger** or **fullness**.
8. When eating out, let the child choose from **healthy** options rather than from the whole **menu**. Many children want **fast food** because it often comes with a small toy. Usually, the **restaurant** sells the toy separately. Buy it with the child's **healthy** choices.
9. Keep a good **variety** of **foods** on hand for children's **snacks**. For instance, include **fresh fruit**, cut **raw vegetables**, **low-fat breads** and **low-fat dairy products**.
10. Offer **water** to children. **Juices** and **milk** provide **vitamins** and **minerals** but extra **servings** can add **calories**.

HEALTHY EATING FOR TEENAGERS

Anna was concerned about **Kay**. **Anna** knows that growing teenagers need to eat. She also knows that teenagers, or teens, more than almost any other age group, are very interested in how they look. Most teens pay too much attention to ads that promise perfect results. As a result, they may go to extremes to get the kind of **bodies** they think they should have.

Anna shares her concerns with the librarian. The librarian gives her more to read. **Anna** makes a list of tips for **Kay**.

1. Don't skip **meals**, especially **breakfast**. Teens need the **energy** that **breakfast** provides. Teens who skip **meals** often **overeate** at the next **meal**.
2. Teens should consider eating school **lunches**. School **lunch menus** provide foods that contain lots of **vitamins** and **minerals** and are low in **fat**. At school, a teen could choose **salad** instead of **fries**. The teen could choose a **turkey sandwich** on **whole-wheat bread** instead of a **burger**.
3. Encourage teens to eat at regular times. Teens shouldn't eat too late at night. They should avoid eating on the run. Teens also should give themselves enough time to eat. It takes time to feel **full**. Eating too fast can cause **overeating**.
4. Teens should avoid eating the same **foods** each day. Encourage them to try new **foods**.
5. Teens need at least one hour of **physical activity** each day. Limit time spent watching television, using the computer, and playing video games. Encourage **physical activities** such as bike riding, walking, swimming, dancing, basketball, and skating.

6. Teens should learn how to choose **foods** to meet their **energy** needs. Teens who are **physically active** on sports teams or in other activities can eat extra **servings** of foods within each **food group** and some **foods** that contain some **fats** and **sugar**. The sports season is not the time to **diet** because too few **calories** can result in poor sports performance. However, when the sport season is over or when regular practices end, the teen should eat less.
7. Teens and other individuals who **exercise** and **sweat** can become **dehydrated**. **Water** is the best **beverage** to replace **body** fluids. **Sports drinks** with lots of **water** can be used to replace fluids, too.
8. Show teens how to read **food labels**. Help teens use **food labels** to make good **food** choices.
9. Let teens help with **meal** planning and **food preparation**. Let them try new **recipes** and **foods**.
10. Focus attention on the realistic goal of having a strong, **healthy body** rather than the unrealistic goal of having the **body** of a model or body-builder. **Genetic traits**, as well as **food** choices and exercise habits, affect **body** shape and the development of risk factors for certain diseases.
11. Encourage teens to adopt a **drug-free** and **alcohol-free** attitude. **Alcoholic drinks** contain **calories** and little or no **vitamins** and **minerals**.

HEALTHY EATING FOR ADULTS

Anna wants everyone in her family to learn **healthy** eating **habits** and **weight control**. She wants the entire family to be **healthy**. She asks the librarian for suggestions. The librarian gives her information about **healthy** eating for adults. **Anna** makes another list.

1. As adults get older, they often become less **physically active**. However, many adults keep the same eating **habits**. The difference usually results in increases in **body fat** and **weight** gain. Even middle-aged adults who **weigh** the same as they did in their teens probably have increased **body fat**. This increase occurs because the **lean** parts of the **body** often decrease with **age**. Although the **weight** may not change, there is more **fat** and less **muscle**. Adults should compare the **calories** they get from **food** with the **calories** they use through **physical activity**. They should look for ways to be more **physically active**.
2. Some workplaces have easy access to **sweets** and **snacks**. Adults should avoid eating between **meals**. If they do eat between **meals**, they should try to make their choices **healthy** ones such as **fruit**, **low-fat yogurt**, **pretzels**, and plain **popcorn**.
3. Adults should limit their intake of **beverages** with **caffeine** such as **coffee**, **tea**, or **carbonated soft drinks**. Although plain **tea**, **coffee**, and **diet soft drinks** don't have **calories**, adults often choose these beverages instead of **water**, **juice**, or **milk**.
4. Adults should know their family's history of **heart disease** or **stroke**. If family members have these diseases, it is even more important that adults choose **lean** and **low-fat foods**.
5. Adults should get at least 30 minutes of moderate **physical activity** each day. Moderate **physical activity** requires as much **energy** as walking 2 miles in

30 minutes. **Physical activity** includes **aerobic exercise** as well as **exercises** for strength and flexibility. **Aerobic exercise** speeds **heart** rate and **breathing**. This helps adults keep **healthy heart muscles**. Adults should also do **exercises** that strengthen and stretch **muscles**. Developing strength keeps **bones healthy**. Gentle stretching, dancing, or yoga can add flexibility. This half hour of **exercise** does not need to be done at one time. For instance, adults can park farther away and add a five-minute walk to and from work. They can take the stairs instead of the elevator. They can play outside with their children instead of watching from the window.

6. Adults with a family history of **diabetes** should watch their intake of **calories** and their **weight**. Being **overweight** increases the risk of developing **diabetes**. **Exercise** is very important to lose **weight** and avoid gaining **weight**.

GOOD LIFELONG HABITS FOR GOOD HEALTH THROUGHOUT LIFE

Anna and her family started making different choices about what they ate. **Kay** no longer said she was on a **diet**. **Tim** wasn't such a picky eater anymore. **Bill** ate more than just **meat, potatoes, and desserts**. Together, they ate **healthy foods** more often. Together, they avoided **foods** that were high in **fats** and **sugars**. **Anna** and her family also became more **physically active** each day. All of these changes became good **habits**. They became good lifelong **habits** for good **health** throughout life.