

## Weight and Illness Reduction Tips

- Make healthy food choices. Reduce fats, salts and sugar. Eat from the six food groups
- Keep your calorie needs in mind focus on the balance of energy IN and energy OUT.

Calorie is the unit of heat used to indicate the amount of energy that foods will produce in the human body *1gm of protein= 4 calories, 1gm of Carbohydrate =4, Fats =9; Alcohol =7*

- Focus on portion size. Watch the portion sizes
- Increase fiber and have 8 glasses of water daily.
- Be active. Make personal and family time active. Aim for at least 30 minutes of physical activity every day.
- Keep track of your weight, BMI and waist circumference.
- Do a complete medical yearly
- Do a pap smear annually
- Do breast self-examination monthly
- Do a mammogram annually after age 40
- Men do a prostate exam annually after age 40

**Rethinking Portion Sizes**  
myearthgarden.com

Want to lose weight? How much you eat is just as important as what you eat:

**MEAT**  
2 - 3 ounces of lean meat is about the size of a computer mouse, the same amount of fish is about size of a checkbook.

**VEGETABLES**  
a serving of leafy veggies or baked potatoes is the size of a small fist, other veggies and juices should be about 1/2 cup.

**FRUITS**  
a medium sized raw fruit the size of a baseball, 1/2 cup of juice or any cooked or canned fruit.

**DAIRY**  
a serving of cheese is 1 1/2 oz, the size of 8 die, a cup of low fat milk or yogurt is all you need for a serving.

SOURCE: AMERICAN HEART ASSOCIATION

### Helpful websites for BMI calculation

[www.eatright.org](http://www.eatright.org)

[www.webmed.com](http://www.webmed.com)

[www.bmi-calculator.net](http://www.bmi-calculator.net)

[www.nutritiondata.self.com](http://www.nutritiondata.self.com)

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## Your Health : Your Best Investment

*Are you investing?*



**How is your health?**

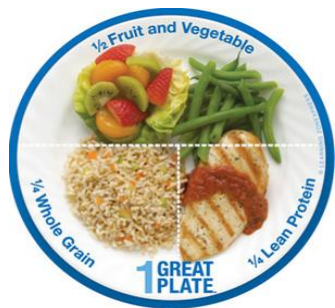
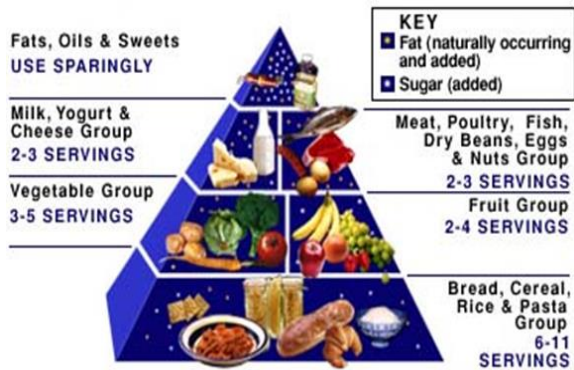
**Are you a health risk?**

## What is Health?

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO)

**Physical wellbeing** involves exercising, good nutrition and making healthy lifestyle choices!

**Good nutrition** means getting the right amount of nutrients from healthy foods in the right combinations



Making smart choices about the foods you eat will help you achieve optimum health over your lifetime, and be a key to avoiding obesity, illness, and many of today's most prevalent chronic diseases

## Measureable indicators of Health Risk

- Body Mass Index (BMI)
- Waist Circumference
- Body Shape

$$\text{BMI} = \left( \frac{\text{Weight (lbs)}}{\text{Height (in)}^2} \right) \times 703$$

Underweight	BMI less than 18.5
Normal Weight	BMI 18.5 to 24.9
Overweight	BMI 25 to 29.9
Obese	BMI 30 or greater
Morbidly Obese	BMI 40 or greater

**Waist Circumference** is a measure of the distance around the abdomen. It is one of the most practical tools to assess abdominal fat for chronic disease risk and during weight loss treatment. Keep track of your weight, body mass index, and waist circumference.



Use a tape measure to measure the waist circumference at or just above the navel.

Health risk	WOMEN	MEN
Low Risk	below 31.5 inches	below 37 inches
Moderate Risk	31.5 to 35* inches	37 to 40 inches
High Risk	35* inches or more	40.2 inches or more

**Body Shape** is important because it indicates the fat distribution in your body.

### Apple vs. Pear:

Apple-shaped bodies carry more weight around their abdomen while Pear-shaped body have a narrower waist and carry more weight around their hips and thighs.



Apple shape is associated with Cardiovascular disease, Hypertension, Diabetes, Kid-

ney disorder and Breast Cancer in Women while Pear has less risk for medical conditions.

### Other Risk factors:

- Heredity
- Ethnicity
- Age
- sex