

Workshop 4

Tips for Losing Weight and Keeping It Off

Eat Healthy ● Be Active
Community Workshops



Instructor Guide

Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
 - *Icebreaker:* Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You also can make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.

Note: Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.
 - *Activity:* Copies of *Rethink Your Drink* handout, pens/pencils
- Photocopy handouts (one per participant):
 1. Your Healthy Weight (1 page)
 2. Daily Calorie Needs (1 page)
 3. Top 4 Tips for Losing Weight and Keeping It Off (2 pages)
 4. “Rethink Your Drink” Matching Game (1 page)
 5. Calorie Log (3 pages)
 6. MyPlate/10 Tips to Use SuperTracker Your Way (2 pages)
 7. Workshop Evaluation (1 page)

Workshop Outline

The workshop should last ~1 hour, including activities.

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives

- **Objective 1:** Learn how to determine your body mass index (BMI) (5 minutes)
 - Review handout: *Your Healthy Weight* (help participants figure out their own BMI)
- **Objective 2:** Learn about the amount of calories you need each day (5 minutes)
 - Review handout: *Daily Calorie Needs*
- Stretch Break (5 minutes)
- **Objective 3:** Learn tips for losing weight and keeping it off (10–15 minutes)
 - Review handout: *Top 4 Tips for Losing Weight and Keeping It Off*
 - Review handout: *Calorie Log*
- Activity: Rethink Your Drink (5–10 minutes), using handout
- Review handout *MyPlate* and how to use *10 Tips to Use SuperTracker Your Way* (2 minutes)
- Wrap-up/Q&A (5–10 minutes)
 - Reminders of things to try at home:
 - Keep track of everything you eat and drink for 3 days this week
 - Slowly build up the amount of physical activity you do this week
- Ask participants to complete the evaluation form (5 minutes)

Workshop Lesson Plan

Icebreaker Activity—Taste Testing (5 minutes)

Fruits and Vegetables Tasting: Gather a variety of different fruits and vegetables (try items that may be unfamiliar to your population such as kiwi, jicama, papaya, passion fruit, okra, pomegranate, parsnip, etc.), and have participants taste a few as they come into the workshop.

Check out the Centers for Disease Control and Prevention’s Fruit and Vegetable of the Month Web site for creative ideas of foods try: <http://www.fruitsandveggiesmatter.gov/month/index.html>

Note: Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.

Supplies necessary: Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You also can make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.

Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for losing weight and maintaining a healthy weight.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
 - *Balancing Calories*
 - ✓ Enjoy your food, but eat less.
 - ✓ Avoid oversized portions.
 - *Foods to Increase*
 - ✓ Make half your plate fruits and vegetables.

- ✓ Make at least half your grains whole grains.
- ✓ Switch to fat-free or low-fat (1%) milk.
- *Foods to Decrease*
 - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
 - ✓ Drink water instead of sugary drinks.
- Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.
 - ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

Talking Points—Learning Objectives (2–3 minutes)

1. Learn how to determine your body mass index (BMI).
2. Learn about the amount of calories you need each day.
3. Learn tips for losing weight and keeping it off.

Talking Points—Handout: Your Healthy Weight (5 minutes)

- BMI is a measure of your weight compared to your height. BMI can help adults determine whether they are at a healthy weight.
- BMI calculations don't work as well for people who are extremely muscular, very tall, or very short.
- Overall, BMI is a good indication of healthy weight for the majority of the adult population.
- BMI does not measure body fat. BMI is a quick and easy measure that can give you an idea of your weight status. Research has shown that BMI is often similar to body fat levels.
- Overweight or obese individuals are at increased risk for many diseases, such as: heart disease, high blood pressure, high cholesterol, type-2 diabetes, and some types of cancer.

Your Healthy Weight

To use the body mass index (BMI) chart below, locate your height in the left-most column, and read across the row. Move your height to locate your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI category		Weight Status	
Less than 18.5	18.5-24.9	25-29.9	30 or higher
Underweight	Healthy weight	Overweight	Obese

*BMI is a very rough estimate, based on the square of the height and weight.

Adult BMI Chart

Height	Healthy Weight to overweight (BMI 18.5-24.9)				Overweight to obese (BMI 25-29.9)				Obese to very obese (BMI 30 or higher)			
	150	155	160	165	170	175	180	185	190	195	200	205
5'0"	110	121	132	143	154	165	176	187	198	209	220	231
5'1"	115	126	137	148	159	170	181	192	203	214	225	236
5'2"	120	131	142	153	164	175	186	197	208	219	230	241
5'3"	125	136	147	158	169	180	191	202	213	224	235	246
5'4"	130	141	152	163	174	185	196	207	218	229	240	251
5'5"	135	146	157	168	179	190	201	212	223	234	245	256
5'6"	140	151	162	173	184	195	206	217	228	239	250	261
5'7"	145	156	167	178	189	200	211	222	233	244	255	266
5'8"	150	161	172	183	194	205	216	227	238	249	260	271
5'9"	155	166	177	188	199	210	221	232	243	254	265	276
5'10"	160	171	182	193	204	215	226	237	248	259	270	281
5'11"	165	176	187	198	209	220	231	242	253	264	275	286
6'0"	170	181	192	203	214	225	236	247	258	269	280	291

- Additional information on BMI can be found here:
http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

Quick Activity: Determine Your BMI: Using the chart, help participants find the BMI for a man who weighs 218 pounds and is 5 feet 9 inches tall (answer: his BMI is 32, which is considered obese). Ask participants to determine their own BMI and what weight category they are in. *Note:* BMI can be a sensitive subject for participants and this is not something they need to share with the group.

Talking Points—Handout: Daily Calorie Needs (5 minutes)

- This chart shows how many calories are recommended for males and females in all age groups.
- You may need more or fewer calories depending on how active you are.
- If you want to lose weight, you will need to decrease the number of calories you eat each day and/or increase the amount of physical activity you do.

Daily Calorie Needs				
Estimated Calorie Requirements				
This chart shows how many calories are recommended for males and females in all age groups. You may need more or fewer calories depending on how active you are.				
Gender	Age (years)	Sedentary*	Moderately Active†	Active‡
Child	2-3	1,000-1,200	1,200-1,400†	1,300-1,400‡
	4-5	1,200-1,400	1,400-1,600†	1,400-1,600‡
	6-11	1,400-1,800	1,800-2,000†	1,800-2,200‡
	12-13	1,800	2,000	2,400
	14-18	1,800-2,000	2,000-2,200†	2,400
Female	2-3	1,000	1,200	1,300
	4-5	1,200	1,400	1,600-2,000
	6-11	1,400	1,600	1,800-2,000
	12-13	1,800-2,000	2,000-2,200†	2,200-2,400‡
	14-18	1,800-2,000	2,000-2,200†	2,200-2,400‡
Male	2-3	1,000	1,200	1,300-2,000
	4-5	1,200-1,400	1,400-1,600	1,600-2,000
	6-11	1,400-2,000	1,600-2,200	2,000-2,400
	12-13	1,800-2,000	2,000-2,200†	2,200-2,400‡
	14-18	2,400-2,600	2,600-2,800†	2,800-3,000‡

*Sedentary: little or no exercise. †Moderately active: 30 minutes of moderate exercise most days. ‡Active: 60 minutes of moderate exercise most days.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010 edition. <http://www.dietaryguidelines.gov>

Stretch Break (5 minutes)

Muscle-strengthening activities provide additional benefits not found with aerobic activity. The benefits of muscle-strengthening activity include increased bone strength and muscular fitness. Muscle-strengthening activities also can help maintain muscle mass during a program of weight loss. Activities count as muscle-strengthening if they involve a moderate to high level of intensity or effort and work the major muscle groups of the body: the legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities for all the major muscle groups should be done at least 2 days a week.

Ask each participant to do 5 repetitions of each exercise. You can repeat these two exercises 2 or 3 times, depending on time.

Standing Pushups (ask participants to spread out so each is facing a wall).
Instructions: To begin, start standing up facing a wall. Place the palms of your hands on the wall at shoulder width apart with your arms fully extended. Press your body toward the wall so that your chest comes toward the wall and your elbows bend out to your sides (don't move your feet). Slowly press your body back to the starting position.

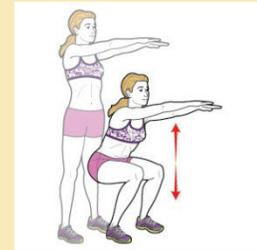
Modification: Stand closer to the wall so that your arms are not fully extended when you are doing the pushups.



Standing Squats (ask participants to stand up, with their feet shoulder width apart).

Instructions: Extend arms in front of your body. Keeping your weight on your heels, bend your knees and lower your hips down as if you were sitting in an imaginary “chair.” Keep a neutral back and do not let your knees go past your toes.

Modification: Start sitting in a chair. Slowly stand up. Try not to use your arms and then slowly sit back in the chair (again, try not to use your arms).



Talking Points—Handout: Top 4 Tips for Losing Weight and Keeping It Off (5–10 minutes)

- Reaching and maintaining a healthy weight is important for your overall health and well-being.
- If you are significantly overweight, you have a greater risk of developing many diseases or conditions, including high blood pressure, type-2 diabetes, stroke, and some forms of cancer.
- For obese adults, even losing a few pounds (such as 5-10% of your body weight) or preventing further weight gain has health benefits.
- Consuming fewer calories than expended will result in weight loss. This can be achieved over time by eating fewer calories, being more physically active, or, best of all, a combination of the two.



Learn Your BMI and Set a Weight Goal

- You just learned how to determine your BMI and your weight status category.
- A weight goal needs to be reasonable. If you want to lose weight, start with a goal of 5–10% of your current weight. For example, if you weigh 150 pounds, that would mean losing about 7–15 pounds. Make sure to talk to your doctor as well.

Eat Less

- Calorie balance over time is the key to weight management.
- Eat smaller portions. Try using smaller plates for dinner.
- Choose low-calorie snacks. Try foods such as fruits, vegetables, air-popped popcorn, fat-free yogurt, hummus, and almonds.
- Watch your intake of sugary and high-fat desserts—they can add a lot of extra calories and fats.
- Limit foods high in solid fats, such as butter/stick margarine, regular cheese, fatty meats, and French fries fried in oil.
- Drink more water and fat-free or low-fat (1%) milk and less regular soda, sports drinks, energy drinks, and fruit drinks.

Keep Track of What You Are Eating

- Keep track of what you eat for 3 or more days (using the *Calorie Log* handout or online at <http://www.ChooseMyPlate.gov/supertracker>) to get an idea of how many calories you are eating and drinking each day.
- The amount of calories you need varies depending on how active you are. See the *Daily Calorie Needs* handout to learn about your body's estimated calorie requirements.
- Weighing yourself regularly can help you determine whether you are eating the amount of calories that your body needs. If your weight is going up, cutting back on the amount of calories you are eating each day can help you lose weight.

Food	Amount	Calories
Breakfast		
Breakfast cereal	1 cup	110
Skim milk	1 cup	80
Whole wheat toast	2 slices	160
Total Breakfast Calories		350
Lunch		
Grilled chicken sandwich	1 sandwich	300
Apple	1 medium	95
Skim milk	1 cup	80
Whole wheat bread	1 slice	75
Apple	1 medium	95
Skim milk	1 cup	80
Total Lunch Calories		825
Dinner		
Roasted chicken	3 oz	130
Roasted potatoes	1 cup	160
Green beans	1 cup	80
Skim milk	1 cup	80
Whole wheat bread	1 slice	75
Skim milk	1 cup	80
Total Dinner Calories		505
Snacks		
Popcorn	1 cup	30
Apple	1 medium	95
Skim milk	1 cup	80
Whole wheat bread	1 slice	75
Skim milk	1 cup	80
Total Snacks Calories		260
Total Daily Calories		2,281

Add Activity Every Day

- The *Physical Activity Guidelines for Americans* recommend that everyone engage in regular physical activity for health benefits.

- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Avoid inactivity.
 - ✓ Every bit counts, and doing something is better than doing nothing!
 - ✓ Start with a 10-minute chunk of physical activity a couple of days a week.
 - ✓ Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.
 - ✓ Walking is one way to add physical activity to your life.
 - Build up to walking longer and more often.
 - Pick up the pace as you go.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

Activity—Handout: “Rethink Your Drink” Matching Game (5–10 minutes)

“Rethink Your Drink” Matching Game: Ask participants to work with a partner and, using the worksheet, match the beverage with the number of calories. Using the answer key, go over answers with the group and discuss the better choices.

Supplies necessary: Copies of *Rethink Your Drink* handout, pens/pencils



Talking Points—Activity: “Rethink Your Drink” Matching Game

- 100 calories can make a BIG difference. If you eat 100 calories less each day, over the course of 1 year, you could lose up to 10 pounds. $100 \text{ calories} \times 365 \text{ days} = 365,000 \text{ calories}$ / 3,500 (number of calories in a pound) = approximately 10 lbs.
- An easy way to cut calories is from snacks and beverages. This activity shows how some beverages can be very high in calories.
- Instead of filling up on high-calorie beverages, think of your snacks as ways to get in more fruits and vegetables. Foods with fiber (whole-grain foods) and protein can help fill you up.

Answer Key for Activity

Beverage Calorie Count			
Lemonade (20 oz.)	280 cal.	Sports drink (20 oz.)	165 cal.
Café latte with fat-free milk (12 oz.)	125 cal.	Diet soda with aspartame (20 oz.)	0 cal.
Regular cola soda (20 oz.)	227 cal.	Whole milk (8 oz.)	150 cal.
Sweetened iced tea, bottled (20 oz.)	225 cal.	Fat-free milk (8 oz.)	90 cal.
Unsweetened iced tea, bottled (20 oz.)	3 cal.	100% apple juice (12 oz.)	192 cal.
Frozen caramel coffee drink with whipped cream (16 oz.)	430 cal.	Water	0 cal.
Chocolate milk, 1% low-fat milk (8 oz.)	158 cal.		

Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



Talking Points—Wrap-up/Q&A (5 minutes)

Things to Try at Home

- Keep track of everything you eat and drink for 3 days this week.
- Continue to build up the amount of physical activity you choose to do.

Complete Evaluation Form (5 minutes)

Today's Date: _____

Tips for Losing Weight and Keeping It Off Evaluation

1-Strongly Disagree	2-Disagree	3-Neutral/Disagree a bit	4-Disagree	5-Strongly Agree
1. The workshop covered useful information.				
Comments: _____				
2. The workshop activities were helpful.				
Comments: _____				
3. I plan to keep track of what I eat for 3 days this week.				
Comments: _____				
4. I plan to change my eating habits based on the information presented.				
Comments: _____				
5. I plan to become more active based on the information presented.				
Comments: _____				
6. The information presented in the workshop is a helpful way.				
Comments: _____				
7. Overall, I found the workshop to be very helpful.				
Comments: _____				
8. Please list 3 or more techniques you found most useful.				
Comments: _____				



Workshop 4 ● Handouts



Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the left-most column, and read across the row from your height to find your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI (in kg/m ²)*	Weight Status
Less than 19	Underweight
19–24.9	Healthy weight
25–29.9	Overweight
Greater than 30	Obese

* BMI is the body weight in kilograms divided by the square of the height in meters (kg/m²).

Adult BMI Chart

Height	Healthy Weight (in pounds) (BMI is 19 to 24)						Overweight (in pounds) (BMI is 25 to 29)					Obese (in pounds) (BMI is 30 to 35)					
	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Daily Calorie Needs

Estimated Calorie Requirements^a

This chart shows how many calories are recommended for males and females in all age groups. You may need more or less calories depending on how active you are.

Gender	Age (years)	Sedentary ^b	Moderately Active ^c	Active ^d
Child	2–3	1,000–1,200	1,000–1,400 ^e	1,000–1,400 ^e
Female ^f	4–8	1,200–1,400	1,400–1,600	1,400–1,800
	9–13	1,400–1,600	1,600–2,000	1,800–2,200
	14–18	1,800	2,000	2,400
	19–30	1,800–2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
	Male	4–8	1,200–1,400	1,400–1,600
9–13		1,600–2,000	1,800–2,200	2,000–2,600
14–18		2,000–2,400	2,400–2,800	2,800–3,200
19–30		2,400–2,600	2,600–2,800	3,000
31–50		2,200–2,400	2,400–2,600	2,800–3,000
51+		2,000–2,200	2,200–2,400	2,400–2,800

^a These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine (IOM) Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a body mass index (BMI) of 21.5 for adult females and 22.5 for adult males.

^b **Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

^c **Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

^d **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

^e The calorie ranges shown are to accommodate the needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

^f Estimates for females do not include women who are pregnant or breastfeeding.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*, page 14. <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Top 4 tips for losing weight and keeping it off



You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

We wrote this handout to help you get started.

Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together.

Write how much you would like to weigh here: _____

Write your reasons for wanting to reach (and stay at) a healthy weight:



Tip 2: Eat less—you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

How will you choose to eat less each day?

Tips to eating fewer calories:

- Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks, such as a carrot with a low-fat dip or a few whole-wheat crackers with a teaspoon of peanut butter.
- Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add cut up fruit to low-fat plain yogurt.
- Cut back on high-calorie beverages.** If you drink alcohol, limit the amount you drink. Drink water instead of soft drinks. Instead of drinking a jumbo-sized juice, drink a small glass of 100% fruit juice or eat a piece of fresh fruit.
- Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!



What's the right weight for my height?

Check your body mass index, or BMI for short. BMI is a measure of an adult's body fat based on height and weight.

To learn more and get your measurement today, visit www.nhlbisupport.com/bmi

Write your BMI here:



For more information, visit www.healthfinder.gov

Small changes can make a large difference

Tip 3: Keep track of what you are eating

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It also can help you see areas where you are doing well and areas where you could improve. For example, are you snacking too much in the evening?

3 ways to track:

- Write down everything you eat and drink in a notebook.
- Track online at **www.choosemyplate.gov**. Click “Assess Your Food Intake” to log what you eat and find out how well you’re doing.
- Take a photo of the food with your cell phone to remind you of what you ate.

Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense—staying active helps you burn up some of the calories from foods. Most of us don’t get enough activity to make up for what we eat.

Go to **www.choosemyplate.gov** to get tips on how you can stay active. You can also find out more about the types and amount of activity you need to get the most health benefits.

And remember, some physical activity is better than none!

Check off ways you can add activity into your day. Think of other things that you could do!

- Take the stairs
- Walk at lunch
- Hike with your kids
- Ride a bike
- Take up a sport
- Jog in place while watching TV
- Other ways to add activity to my day: _____

**The key to staying at a healthy weight?
Stay motivated!**

Keep this sheet in a handy place to pull out to read now and again. Continue with your healthy eating and your physical activity habits. And bounce back if you get off your plan.



“Rethink Your Drink” Matching Game

Match the Beverage to Its Calorie Count

Lemonade (20 oz.)	227 cal.
Café latte with fat-free milk (12 oz.)	3 cal.
Regular cola soda (20 oz.)	192 cal.
Sweetened iced tea, bottled (20 oz.)	125 cal.
Unsweetened iced tea, bottled (20 oz.)	0 cal.
Frozen caramel coffee drink with whipped cream (16 oz.)	225 cal.
Chocolate milk, 1% low-fat milk (8 oz.)	165 cal.
Sports drink (20 oz.)	430 cal.
Diet soda with aspartame (20 oz.)	158 cal.
Whole milk (8 oz.)	0 cal.
Fat-free milk (8 oz.)	150 cal.
100% apple juice (12 oz.)	90 cal.
Water	280 cal.

Source: Adapted from Centers for Disease Control and Prevention, Rethink Your Drink
 Web page. http://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Check out these options for reducing calories in your beverages

Note: These changes could save you up to 650 calories in 1 day!

Occasion	Instead of . . .	Calories	Try . . .	Calories
Morning coffee shop	Medium café latte (16 oz) made with whole milk	265	Small café latte (12 oz) made with skim milk	125
Lunchtime	20-oz bottle of nondiet soda	227	Water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 oz)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	Nondiet ginger ale with your meal (12 oz)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water, ~30 calories for seltzer water with juice
Calories		796		125–155

Source: USDA National Nutrient Database for Standard Reference. <http://www.nal.usda.gov/fnic/foodcomp/search/>

Calorie Log

It can be hard to keep track of everything you eat in a day. Often, we eat more than we realize! This log will help you track the foods and beverages that you consume.

You can also track what you eat (and your physical activity) at www.choosemyplate.gov/supertracker. You can then compare the calories you ate to the recommended calories for you based on the *Daily Calorie Needs* handout.

Meal	Food	Calories
Breakfast	[At home] Skim milk, 1 cup	83
	[At home] Toasted oat cereal, 1 cup	111
	[At home] Banana, medium	105
	[At home] Coffee, 8 ounces 1% low-fat milk, ½ cup	61
Total Breakfast Calories		360
Lunch	[Office cafeteria] Turkey sandwich: deli turkey (2 ounces)	59
	[Office cafeteria] whole-wheat bread, Swiss cheese (1 slice)	130
	[Office cafeteria] 2 slices lettuce, tomato, mustard	114
	[Office cafeteria] Coleslaw, ½ cup	134
	[Office cafeteria] Apple, 1 medium	72
	[Office cafeteria] Diet soda, 12 ounces	0
Total Lunch Calories		509
Dinner	[Restaurant] Pepperoni pizza, 2 slices	416
	[Restaurant] Parmesan breadsticks, 2	82
	[Restaurant] Caesar salad, 1½ cups	253
	[Restaurant] Iced tea, unsweetened, 16 ounces	5
	[Restaurant] Low-fat vanilla frozen yogurt, 1 cup	241
Total Dinner Calories		997
Snacks	[Home, office] Fruit yogurt, nonfat, 8 ounces	87
	[Home, office] Pretzels, 1 ounce	107
	[Home, office] Whole-wheat crackers, 12	114
	[Home, office] Cheddar cheese, 1 ounce	114
Total Snacks Calories		422
Total Daily Calories		2,261

Day 1

Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		

Day 2

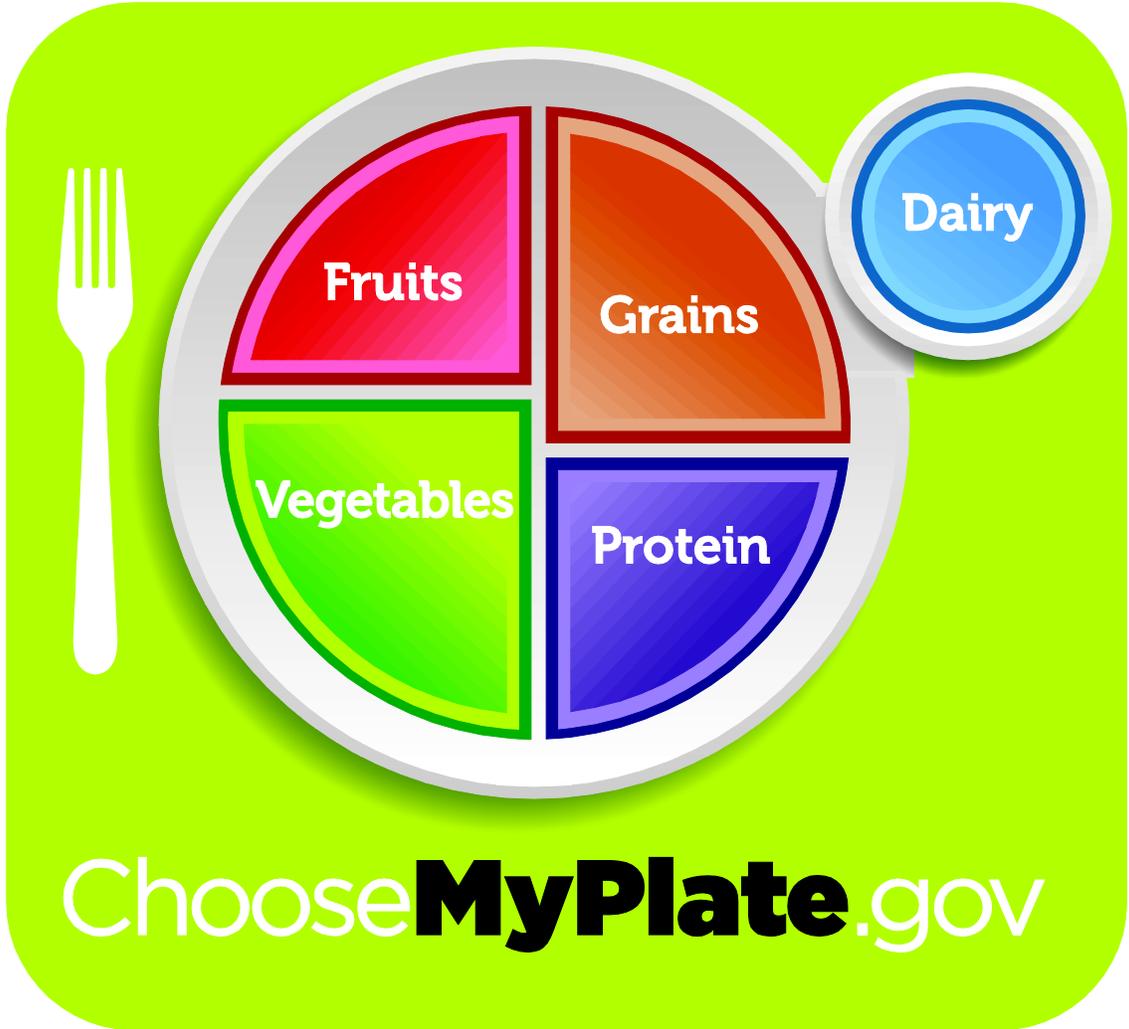
Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		



Day 3

Meal	Food	Calories
Breakfast		
Total Breakfast Calories		
Lunch		
Total Lunch Calories		
Dinner		
Total Dinner Calories		
Snacks		
Total Snacks Calories		
Total Daily Calories		





Choose **MyPlate**.gov

10 tips
Nutrition
Education Series

use SuperTracker your way



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

1 create a profile

Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.



2 compare foods

Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.

3 get your plan

View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.

4 track your foods and activities

Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.



5 build a combo

Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.

6 run a report

Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an in-depth analysis of food group and nutrient intakes over time.



7 set a goal

Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.



8 track your weight

Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.



9 record a journal entry

Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.

10 refer a friend!

Tell your friends and family about **SuperTracker**; help them get started today.

Today's Date: _____

Tips for Losing Weight and Keeping It Off Evaluation

1=Strongly Disagree 2=Disagree 3=Neither Disagree or Agree 4=Agree 5=Strongly Agree

1. The workshop covered useful information. 1 2 3 4 5
Comments:

2. The workshop activities were helpful. 1 2 3 4 5
Comments:

3. I plan to keep track of what I eat for 3 days this week. 1 2 3 4 5
Comments:

4. I plan to change my eating habits based on the information I learned today. 1 2 3 4 5
Comments:

5. I plan to become more active based on the information I learned today. 1 2 3 4 5
Comments:

6. The instructor presented the information in a helpful way. 1 2 3 4 5
Comments:

7. Overall, I found the workshop to be very helpful. 1 2 3 4 5
Comments:

8. Please tell us which materials you found most useful.
Comments:



