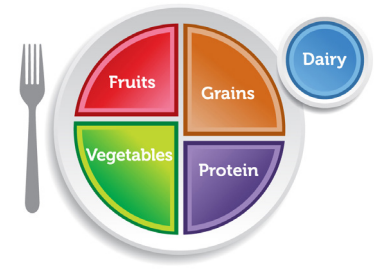




A Pioneering Area Agency on Aging

Obesity



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Obesity is at an all-time high and this can have negative consequences on our health and well-being. It increases our risk of developing high blood pressure, high cholesterol, heart disease, diabetes and more. If you are currently diagnosed with a chronic condition, managing your weight may also help control the condition. Let's look at some ways we can manage or lose weight.

Portion Control

Practicing portion control is a key component to a healthy weight. Some of us may have come from the "clean your plate" era and have grown up learning to eat everything that was on our plate. We may still subconsciously have this mindset, even if it's not intentional. Choosing a smaller plate can greatly help.



Estimating portion sizes can be done using everyday objects to help compare to what the recommended serving size is. For example, 3 oz. of meat should resemble the size of a deck of cards and 1 cup of raw vegetables should be about the size of a baseball.

Drinking water throughout the day can also help with portion control. Water will often act as a "filler" and will help to curb hunger. Aim to drink water either before or with your meals, as it will help to control hunger and the swallow food.

Meals and Snacks

Have you ever eaten a meal and afterwards felt so full and uncomfortable? Often times we eat so fast our brain cannot register that we are full. Research has shown that it takes our brain 20 minutes to recognize that our stomach is full! Focus on slowing down and taking small bites. A good rule of thumb is to eat until you are satisfied and no longer hungry.

Consider eating smaller, more frequent meals throughout the day. If we skip meals or wait too long between meals, our blood sugar levels may drop and cause cravings or hunger. Skipping meals may also lead to over-eating later on in the day. Try to go no more than three to four hours without re-fueling your body with a healthy snack.

Have you ever sat down with a bag of chips or carton of ice cream and before you realize it, it's gone? Pre-portioning snacks ahead of time and putting food in a separate container when eating can help you stay in control.

Exercise

Incorporating exercise into your routine is important for weight loss as well as overall health. There are many types of exercise that can be done at home – walking, stretching and yoga! Please ask your doctor about what types of exercise will be right for you if you start an exercise plan.

One Change at a Time

Set smart and realistic goals for yourself on what you want to focus on. Don't set yourself up for failure by trying to do too many things at once. Focus on small, short-term goals and finding what works best for you. Eventually it will become a habit you won't have to think about!

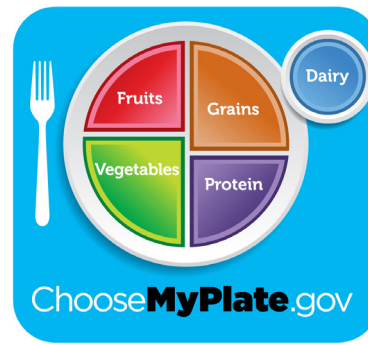
"You can focus on the results and not see the changes OR you can focus on the changes and always see the results."



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.

Estimating Portion Sizes

- 3 oz. meat or poultry = deck of cards
- 3 oz. fish = checkbook
- 1 cup raw vegetables = baseball
- 1 baked potato = size of your fist
- 1 medium size fruit = tennis ball
- 1 ½ oz. cheese = 3 dominoes
- 2 Tbsp. Peanut Butter = ping pong ball



Healthy Eating

P	B	J	N	K	J	N	E	D	A	S	E
O	Y	R	L	F	Q	E	L	V	M	D	S
R	N	D	G	N	I	K	C	A	N	S	I
T	Q	W	A	G	O	A	L	S	R	D	C
I	J	N	O	A	O	L	G	E	P	V	R
O	N	N	P	D	B	P	T	U	W	F	E
N	E	L	F	I	W	A	N	M	T	V	X
S	K	V	T	F	W	O	F	K	X	C	E
I	N	E	N	F	A	C	L	Y	Z	X	J
Z	S	Y	W	W	S	F	I	S	Z	F	K
E	Z	R	R	W	I	P	A	Q	V	Y	V
U	V	S	F	V	J	J	V	P	O	S	?

EXERCISE
GOALS

PORTION SIZE
SLOW DOWN

SMALL BITES
SNACKING

WATER