

Healthful Eating and Healthy Weight

Suggestions for Use in Training

Use this handout for group training on nutrition education.

Balance is the key to enjoyable eating and maintaining a healthy weight. Tip the scales in your favor by following the ideas below.

Balance calories eaten with daily activity.

Calories do count. To keep a healthy weight, balance the calories from foods with the calories burned in daily work and play. If you want to lose weight, do it the healthy way. Each day, decrease calories eaten a little and increase calories burned a little. For example, eating 100 fewer calories a day for a year can result in a 10 pound weight loss. If you burn an extra 100 calories a day for a year through increased activity, you could lose another 10 pounds. Here is a simple example. If you drink a regular soda daily, choose the 12-ounce can instead of the 20-ounce bottle. The smaller portion will reduce calories by about 100 per day. Walk briskly for 15 minutes after work on

the school track and for 15 minutes after dinner in your neighborhood. It all adds up, or rather, subtracts from your weight. These two simple changes could result in a 20-pound weight loss in a year!

Balance meals throughout the day.

Meals regularly spaced throughout the day are a way to balance eating. Some people find three meals and a snack, evenly spaced, are just right to fuel work and play. Others find three small meals and three small snacks work better to keep hunger at bay. The key is to watch portion sizes and avoid overeating. Think of your stomach as having a gauge that indicates fullness from 0 (starving) to 10 (stuffed). Pay attention to when you start to feel full — that might be rated in the 7–8 range. Let the fullness of your stomach, not the emptiness of your plate, help you decide when you have eaten enough.

Healthful Eating and Healthy Weight *continued*

Balance choices among food groups.

Take a second look at your food habits. Are you leaving any food groups out of your daily food choices? Mix up the food groups between meals and snacks to have enough of each group. Most people need more fruits, vegetables, lowfat milk and milk products, and whole-grains. Come up with interesting snack ideas featuring these foods.

Balance choices within food groups.

How many different foods do you eat in a day? Try to expand the number of fruit and vegetable choices eaten over the course of a week. Try to have a different color, such as orange, red, or dark green, at every meal or snack. Enjoy plant sources of protein as well as meats. For grains, go for more than bread and other wheat products. Select whole-grains such as brown rice. Mix up choices from the milk group. Select milk, cheese, and yogurt. Try to eat different choices from each food group every day.

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2017, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

01/2017

