

First, let's get your starting measurements. This way we can measure how much progress your making!

Weight _____ Height _____ BMI _____ Body Fat % _____

What are your weight loss goals?

Weight _____ BMI _____ Body Fat % _____

How can you achieve these goals? Change your diet!

Right foods

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
2. **Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
3. **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried.
4. **Get your calcium-rich foods.** To build strong bones eat low fat and fat-free milk and other milk products several times a day.
5. **Go lean with protein.** Eat lean or low fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chickpeas, nuts, or seeds to a salad; pinto or black beans to a burrito; or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

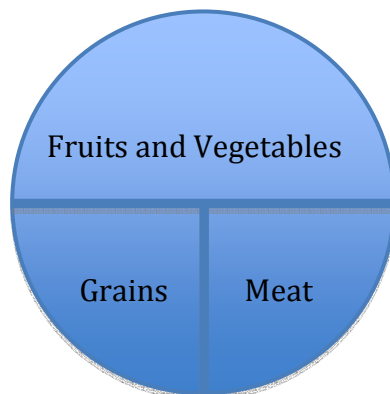


7. **Drink water.** Drinking water will not only make you feel better, it will make you less hungry!

Right portions

When eating meals, you need to make sure to use the right portion size. Here are some helpful tips that you can use anywhere - even in restaurants where the portion size is twice what it should be.

1. Your plate should be 1/2 fruits and vegetables, 1/4 meat, and 1/4 grains.
2. One serving of meat is the size of your palm or the size of a stack of cards.
3. One serving of starch (potatoes) should be no larger than the size of a tennis ball.
4. An appropriate size for a baked potato **serving** is the size of a computer mouse.
5. **One** serving of cheese is 1 ounce. This is one cheese stick or 6 cubes of cheese the size of 6 dice.
6. **One** serving of cooked pasta is equal to 1 cup or the size of a tennis ball.
7. **One** serving is 1 slice of bread, 1/2 of a hamburger roll or bagel, 1 English muffin, 1/2 cup cooked rice, or 1 cup of cereal.
8. **One** cup is the size of a baseball or a tennis ball.



Right snacks

Aim to have snacks **that are no more than** 100 to 150 calories in between meals. Choose snacks that are low in sugar and fat and high in protein and fiber. Foods high in sugar will cause you to feel hungry within an hour.

Examples of healthy snacks:

1. Fresh fruit.
2. An apple with a tablespoon of peanut butter.
3. A homemade smoothie with low fat yogurt,
4. 100 calorie bag of Smart pop (99% fat free) or kettle corn popcorn.
5. 1 serving of cheese and fruit.

Avoid

1. Sugary drinks such as juice and soda. Choose water or fat free milk instead.
2. Sugary foods such as candy and desserts.
3. Foods that are high in saturated fats such as chips, French fries, and bacon – eat good fats instead (like those found in nuts and fish).
4. Watch out for foods that have trans-fats in them-these fats do no good for your body and clog your arteries faster than regular fats.
5. Foods that are white (white rice, mashed potatoes, etc.)- Choose brown rice or a baked potato instead

Increase your activity!!

1. **Establish a routine.** Set aside time each day as activity time— walk, jog, skate, cycle, or swim. Aim for 60 minutes of physical activity every day or most days.
2. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
 - A ½ gallon carton filled with water is equal to approximately 4 pounds.
 - A gallon container filled with water (or milk) is equal to about 8 pounds.
 - A 16 ounce can equals 1 pound.
 - A lot of exercises can be done using your own body weight!
3. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around.
4. **Limit TV watching and computer time.** Challenge yourself! Don't turn the TV on until after you have done some physical activity for the day!

Some examples of ways to increase your activity:

1. Take your dog out for a walk.
2. Start up a kickball, baseball, football, or soccer game.
3. Join a sports team.
4. Go to the park with a friend.
5. Help your parents with yard work.
6. Play tag with kids in your neighborhood.
8. See how many jumping jacks you can do.
9. Race a friend to the end of the block.



Just remember, it doesn't matter what you do as long as you keep moving!

Helpful websites:

MyPyramid.gov
www.presidentschallenge.org

