



My Healthy Life



Are you ready?

If you've always wanted to live a healthier life and feel better, then don't wait another minute. There is no better time than now to decide that you're worth it!

You don't have to go out and change everything all at once. The main thing is to get started with small changes. Making just small changes can impact your health in big ways.

Your Body Mass Index (BMI)

A good way to see if your weight is healthy for your height is to look at your **Body Mass Index (BMI)**. At your next office visit, you can ask your doctor for your BMI number. You can also calculate your BMI on your own. Here are the steps to calculate your BMI:

3 Steps to Calculate BMI

Example: Maria weighs 150 pounds and is 5 feet tall (60 inches)

- 1 Multiply your weight in pounds by 703. $150 \times 703 = 105,450$
- 2 Divide that answer by your height in inches. $105,450 \div 60 = 1757.50$
- 3 Divide that answer by your height in inches again. $1757.50 \div 60 = \mathbf{29.3}$

Once you know your BMI, you will fall into one of the categories listed here. If your BMI is too low (underweight) or too high (overweight or obese), you have a higher chance of having major health problems. Talk with your doctor about ways to improve your BMI, if needed.

Underweight:
Below **18.5**

Normal
weight:
18.5 to 24.9

Overweight:
25.0 to 29.9

Obese:
30.0 and
above

Healthy Eating Tips

- ✓ Eat smaller amounts of foods.
- ✓ Eat breakfast every day.
- ✓ Don't skip meals. Try to eat at the same time every day.
- ✓ Limit sugary drinks and rich desserts — they have “empty calories” with no nutrition.
- ✓ Eat more fruits and vegetables — try to fill half of your plate with fruits and vegetables.
- ✓ Eat whole grains — try to make half of your grains whole grains.
- ✓ Take your time, eat slowly and enjoy your food.
- ✓ Drink water with your meals and during the day. Keep a water bottle with you.
- ✓ Switch to fat-free or low-fat milk (1%).
- ✓ Avoid fried foods and foods high in fat, sugar and salt.
- ✓ Choose lean proteins like lean beef, pork, chicken, turkey and beans. Try to eat seafood (fish and shellfish) twice a week.



How to Read a Food Label

Serving Size: Use measuring spoons or cups to see what 1 serving size looks like. The nutrition information listed is for 1 serving. If you eat 2 servings, multiply everything by 2.

Calories: Knowing the number of calories you are eating and drinking is the key to weight loss. Fat-free does not mean calorie-free.

Fats: A low-fat food is less than 3 grams of fat. Try to eat foods that are low in fat, saturated fat and trans fat.

Nutrition Facts

Serving Size 1 cup (228mg)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

% Daily Value

Total Fat 13g 20%

Saturated Fat 5g 25%

Cholesterol 30mg 10%

Sodium 660mg 28%

Total Carbohydrates 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Carbohydrates: Fiber and sugars are types of carbohydrates. Choose foods that are high in fiber and low in sugar.

What does a serving look like?

1 cup of vegetables is about the size of **your fist**



$\frac{1}{2}$ cup of ice cream is about the size of a **tennis ball**



1 ounce of cheese is about the size of **4 stacked dice**



1 teaspoon of butter or peanut butter is about the size of the **tip of your thumb**



3 ounces of meat is about the size and thickness of a **deck of playing cards**

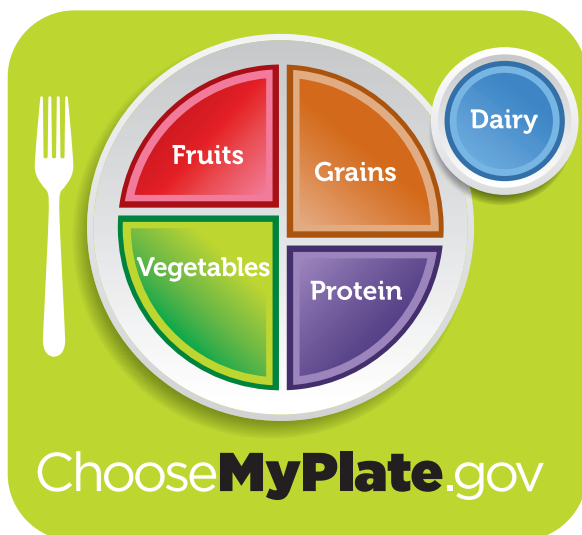


1 ounce of nuts or small candies equals **one handful**



Create a Healthy Plate

A healthy meal includes foods from all of the major food groups listed on the next page.



Bread, Cereal, Starchy Vegetables, Rice and Pasta

(6 servings per day) At least half of the grains you eat should be whole grains.

- 1 slice of whole grain bread
- 4 to 6 whole grain crackers
- ½ whole wheat bun
- ½ cup starchy vegetable
- Less than ½ cup brown rice or whole wheat pasta



Fruits (2 to 4 servings per day)

- 1 small piece of fresh fruit
- ½ cup canned fruit
- ½ banana
- 2 tablespoons of dried fruit



Vegetables (3 to 5 servings per day)

- 1 cup raw vegetables
- ½ cup cooked vegetables



Meat, Poultry, Fish, Dry Beans and Eggs

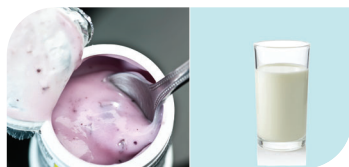
(5 to 6 ounces per day)

- 1 tablespoon peanut butter
- 1 egg



Milk and Yogurt (3 servings per day)

- 1 cup low-fat milk
- 1 cup yogurt
- 1 slice of cheese



Fats, Oils and Sweets (use only a little bit)

- 1 teaspoon of butter, margarine or oil
- 1 tablespoon of reduced-fat mayonnaise



Check out www.ChooseMyPlate.gov for more healthy plate and lifestyle ideas!



Get Moving with Physical Activity!

Just like eating well, physical activity can help you feel good. Physical activity includes things like riding a bike, mowing the lawn, cleaning, playing sports or even just walking.



Being physically active can:

- ✓ Help you lose weight and keep it off.
- ✓ Lower your chances of getting heart disease and diabetes.
- ✓ Help you feel better and give you more energy.



Talk to your doctor and get his or her permission to begin physical activity. Try to get 150 minutes of exercise a week. You can break this down into 10 minutes at a time, if you need to.



Ways to Be More Active

- Go for a walk with a friend
- Ride your bike in the neighborhood
- Take your dog for a walk
- Dance to your favorite songs
- Do a workout video
- Work in your yard or garden
- Play with your kids
- Do light aerobics or chair exercises while you watch TV
- Use the stairs instead of the elevator
- Try to walk to more places and take the longer route



Weight Loss Tips

Losing just 3% to 5% (percent) of your body weight can improve your health. Remember to set small reachable goals and keep a record of the foods you eat. Doing these things will help you reach your weight-loss goals!

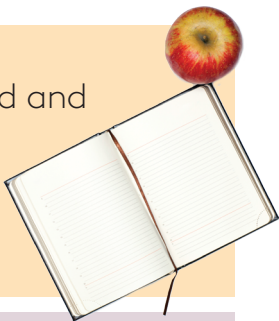
Set Your Goals

Decide which goals are reachable for you. Choose to make some of these healthy changes:

Eat more fruits and vegetables



Start a food and activity journal



Be more physically active - start with just 10 minutes a day and build up to 30 minutes per day



Snack less at nighttime



Drink water instead of sugary drinks like sodas and fruit juices



Eat smaller portions



Eat out less and eat more meals at home



Read food labels and cut out added fats and sugars

Nutrition Facts	
Blueberries	
Serving Size 100g/3.5oz	
Amount	
Calories	56
Calories from Fat 3	
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	4 mg
Carbohydrate	14 g
Fiber	2.5 g
Sugars	10 g

Write it Down — Food and Activity Journal

You may not realize how much you are eating and/or how little you are moving. Get a notebook and write down everything you are eating and drinking, and when you are active. This will give you a better picture of what’s really happening and how you can do better.

Write down:

- ✓ The foods you eat
- ✓ The activities you do
- ✓ The time of day you eat
- ✓ The feelings you have when eating (like hunger, sadness, boredom, excitement)

Date	Time of Day	Food	Feelings I Have When Eating This Food (Hunger, Sad, Bored, Excited)	Physical Activity



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