



Calories matter for weight—and some foods make it easier for us to keep our calories in check. Healthy eating is a key to good health as well as maintaining a healthy weight. It's not only *what* and *how much* we eat but also, it seems, *how* we eat that's important. **What to Eat:**

**1. Choose minimally processed, whole foods:**

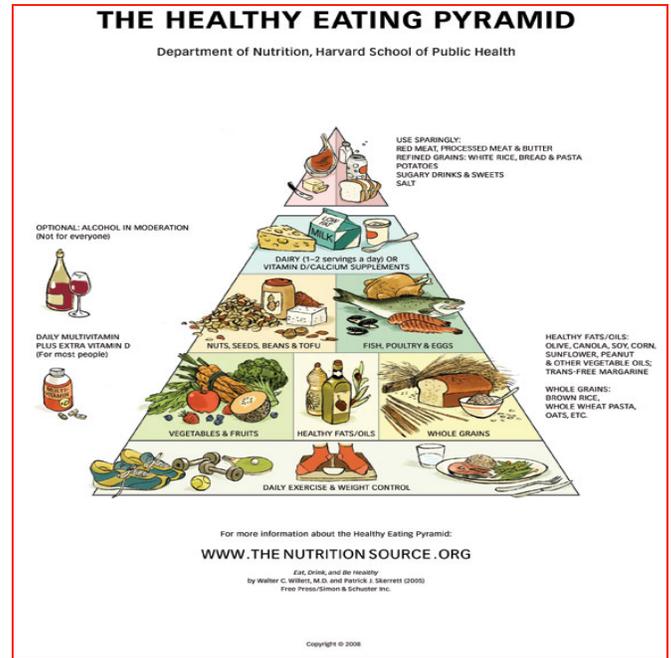
- Vegetables (a colorful variety—not potatoes)
- Whole fruits (not fruit juices)
- Whole grains (whole wheat, steel cut oats, brown rice, quinoa)
- Nuts, seeds, beans, and other healthful sources of protein (fish and poultry)
- Plant oils (olive and other vegetable oils)

**2. Drink water or other beverages that are naturally calorie-free.**

**3. Limit these foods and drinks:**

- Sugar-sweetened beverages (soda, fruit drinks, sports drinks)
- Fruit juice (no more than a small amount per day)
- Refined grains (white bread, white rice, white pasta) and sweets
- Potatoes (baked or fried)
- Red meat (beef, pork, lamb) and processed meats (salami, ham, bacon, sausage)
- Other highly processed foods, such as fast food

A good example of an overall healthy diet is the Harvard School of Public Health's Healthy Eating Pyramid and Healthy Eating Plate. <http://www.hsph.harvard.edu/nutritionsource/pyramid-full-story/>



The Healthy Eating Pyramid and the Healthy Eating Plate complement each other. Both emphasize foods that promote good health. And both encourage people to limit or avoid foods and drinks that are harmful, or that provide lots of calories but have little nutritional value. The Healthy Eating Pyramid also addresses other aspects of a healthy lifestyle—exercise, weight control, vitamin D and multivitamin supplements, and moderation of alcohol for people who drink.



**Laugh your weight off?? This is no joking matter...**

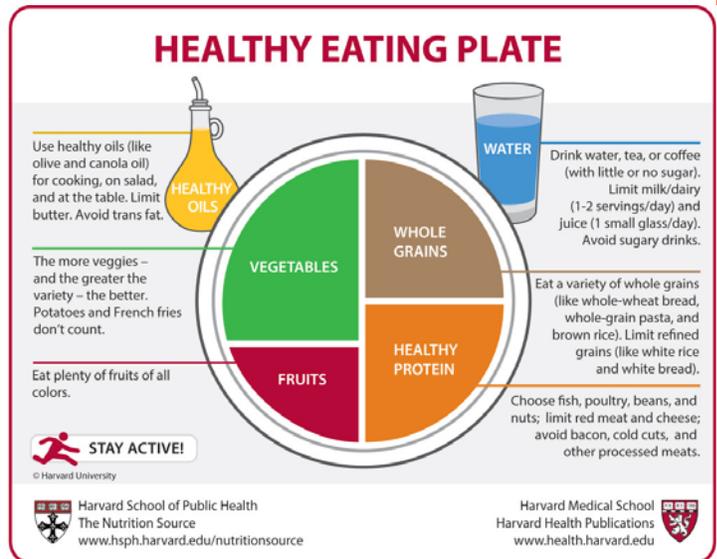
Did you know you could burn calories by laughing? A study at Vanderbilt University showed you could lose up to 50 calories by laughing 10-15 minutes a day. Happy, laughing people burn 20% more calories than mean spirited, grouchy people. Laughter has other health benefits that include stress reduction, immune system boosting, natural pain relief and increased blood flow (good for the heart)!

- Running to the refrigerator is not considered exercise.
- What runs but never gets tired? Water
- I keep trying to lose weight, but it keeps finding me.
- Been on a diet for 2 weeks, and the only thing lost is 14 days!
- Stressed spelled backwards is desserts.
- If you can't pronounce the ingredients... you probably shouldn't eat it.
- If only losing weight was as easy as loosing my keys, my phone, my glasses, or my mind, if it was, I'd be really skinny!
- Even when dieting, laughter should be on everyone's menu... it tastes delicious!
- Blessed are those who hunger and thirst, for they are sticking to their diets.
- It is better to count calories than to count chins.
- Why did the cookie visit the doctor? He felt crummy
- Should vegetarians eat animal crackers?
- How does a snowman lose weight?
- When eating healthy, do you lose pounds or lose your sense of humor?



## What is the Healthy Eating Plate?

1. **Fill half of your plate with vegetables and fruits.** The more color, and the more variety, the better. Most Americans don't get enough vegetables, especially the dark green and red-orange types, or fruits.
2. **Save a quarter of your plate for *whole grains*—not just any grains:** Grains are *not* essential for good health. What's essential is to make any grains you eat *whole grains*, since these have a gentler effect on blood sugar and insulin than refined grains. Whole grains include whole wheat, brown rice, oats, barley, and the like, as well as foods made with them, such as whole wheat pasta. The less processed the whole grains, the better:
3. **Pick a healthy source of protein to fill one quarter of your plate:** The Healthy Eating Plate acknowledges that some protein sources (fish, chicken, beans, nuts) are healthier than others (red meat and processed meat).
4. **Enjoy healthy fats.** The glass bottle near the Healthy Eating Plate is a reminder to use healthy oils, like olive and canola, in cooking, on salad, and at the table. Limit butter, and avoid unhealthy trans fats.
5. **Drink water, coffee or tea.** On the Healthy Eating Plate, complete your meal with a glass of water, or if you like, a cup of tea or coffee (which also are low calorie and have health benefits)—Some healthy plates recommend drinking a glass of milk. Limit milk and dairy products to one to two servings per day and limit juice to a small glass per day. Skip the sugary drinks.
6. **Stay active.** The figure scampering across the bottom of the Healthy Eating Plate's placemat is a reminder that staying active is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your calorie needs. Since two out of three U.S. adults and one in three children are overweight or obese, one thing is clear: Many of us have been choosing plates that are too large.



## Consider Quality, Not Just Calories

“A calorie is a calorie”? Rather than choosing foods based only on caloric value, think instead about choosing high-quality, healthy foods, and minimizing low-quality foods.

**High-quality foods** include unrefined, minimally processed foods such as vegetables and fruits, whole grains, healthy fats and healthy sources of protein –

**Lower-quality foods** include highly processed snack foods, sugar-sweetened beverages, refined (white) grains, refined sugar, fried foods, foods high in saturated and trans fats, and high-glycemic foods such as potatoes.

There isn't one “perfect” diet for everyone, because of individual differences in genes and lifestyle, however, quality counts!

**Quality counts**– Researchers conclude that consumption of processed foods higher in starches, refined grains, fats, and sugars can increase weight gain. While, foods shown to be associated with weight loss were vegetables, whole grains, fruits, nuts, and yogurt.

**EAT WHOLE, REAL FOODS.**



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## What do you mean? “It’s loaded with Calories”

A calorie is a unit of measurement — but it doesn't measure weight or length. A calorie is a unit of **energy**. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it. Calories aren't bad for you. Your body needs calories for energy. But eating too many calories — and not burning enough of them off through activity — can lead to weight gain.

Most foods and drinks contain calories. Some foods, such as lettuce, contain few calories (1 cup of shredded lettuce has less than 10 calories). Other foods, like peanuts, contain a lot of calories (½ cup of peanuts has 427 calories). **How do you know it's loaded?** You can find out how many calories are in a food by looking at the nutrition facts label. The label also will describe the components of the food — how many grams of carbohydrate, protein or fat it contains.

- 1 gram of carbohydrates equal 4 calories
- 1 gram of protein equals 4 calories
- 1 gram of fat equals 9 calories

So, if you know how many grams of each are in a food, you can calculate the total calories. For example, if a serving of potato chips (about 20 chips) has 10 grams of fat, 90 calories are from fat. That's 10 grams x 9 calories per gram. If you want to know your calorie requirements for losing weight or to maintain your weight visit: <http://www.webmd.com/diet/features/estimated-calorie-requirement> Or, to see what 200 calories look like, visit: <http://www.theguardian.com/lifeandstyle/gallery/2013/feb/19/200-calories-look-like-portion>