

Mississippi State Department of Health

# A Healthy Weight for You



## Having a healthy weight can help you:

- Feel good
- Have more energy
- Set a good example for your family

## Being overweight can lead to serious health problems that include:

- Type 2 diabetes
- High blood pressure
- Heart disease
- Some cancers



## You can become overweight if you:

- Eat more calories than your body needs
- Are not active
- Have a family history of weight problems
- Have a medical condition or take medications that can lead to overweight



## What's a healthy weight for you?

If you don't know a healthy weight for you, talk with your health care provider. A dietitian or nutritionist can help you with an eating and exercise plan that's right for you.

## Being active is important for good health. It can help you stay fit and healthy.

- Being physically active is good for your overall health.
- Regular activity is one of the best ways to lose weight and keep it off.
- Find an activity you enjoy so you'll be more likely to stick with it.
- Start slowly and build up to 30 to 60 minutes of activity most days of the week.
- It doesn't matter what type activity you do, just move! All movement counts.
- Talk with your medical provider before beginning any exercise program.



## Ideas for increasing activity:

- Go for a walk with family or friends.
- Walk around a shopping mall or large department store.
- Play games with your children (i.e. throw a ball, play tag).
- Work in the yard.
- Clean the house.
- Dance – by yourself or with your kids.
- Use an exercise video.



## Making healthy food choices:

- Eat smaller portions and avoid second servings.
- Eat fewer fried foods. Bake, broil or boil foods instead.
- Trim fat and skin off meat, fish and poultry.
- Use less fat when cooking. Add flavor with spices.
- Use nonstick pans and pan sprays.
- Look for foods that are a good source of dietary fiber. Fiber can prevent illnesses and help you maintain a healthy weight. Try to get 20-30 grams of fiber per day.
- Eat more fruits and vegetables every day. These foods are high in vitamins and fiber, but low in calories.
- Drink 8 glasses of water every day.
- Choose 100% fruit juices, but limit these to 8 oz. per day.
- Avoid drinks that are high in sugar, such as Kool-aid, sodas, fruit punch and fruit drinks.
- Enjoy fat free or low fat milk, yogurt or other dairy foods daily.
- Eat whole grains daily (whole wheat breads and cereals, brown rice, etc.). These foods are generally good sources of fiber.
- Choose snacks wisely. Try fruits, raw vegetables with dip, whole grain crackers or cereals, low fat dairy (yogurt, ice milk, mozzarella cheese sticks), fruit smoothie, animal crackers or vanilla wafers.



A change that I plan to make to improve my health is \_\_\_\_\_

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