

FIT FOR LIFE...Eat Smart & Exercise

Here are some easy to use tips on making the right choices whether you're eating at home, school, or out with friends; plus, how to fit some exercise into a busy schedule. You'll find it's not that hard to get in the healthy lifestyle habit...and that you'll feel better about yourself, maintain a healthy weight, plus have more energy for sports and school.

Read it before you eat it!

“**Nutrition Facts**” are on the label of most foods. You can also ask for this info at any fast food restaurant and it's often on their websites.

Nutrition Facts			
Serving Size 8 crackers (31g) (1 serving = 2 full cracker sheets) Servings Per Container About 4			
Amount Per Serving			
Calories	140	Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0.5g		3%
Trans Fat	1g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	24g		8%
Dietary Fiber	Less than 1g		3%
Sugars	8g		
Protein	2g		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL AND/OR LIQUID SOYBEAN OIL, GRAHAM FLOUR, HIGH FRUCTOSE CORN SYRUP, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, MALTED BARLEY FLOUR.			

Serving Size and Servings Per Container:

the Serving Size used to measure all the other facts on the label, and how many of those servings are in this package.

- **Warning:** If there are 2 servings in the package, and you eat the whole package, you're getting **twice** the amount of calories, sugar, fat, etc.

Calories: the amount of energy provided by a food. The bottom line:

- Burn **less** calories than you eat and you **gain** weight
- Burn **more** calories than you eat and you **lose** weight.

Did You Know?

- A can of non-diet soda may have as many as 13 tsp of sugar.
- A 5 oz bag of chips may have the equivalent of 12.5 tsp of margarine.
- A tablespoon of mayo has 100 calories and 11 grams of fat.

To find out how many calories you should eat daily for your height and activity level, check out:

www.mypyramid.gov

% Daily Values: based on an average 2000 calorie diet, tells how much of the various nutrients a serving of this food counts toward your daily allowance.

Look for **low** percentages of:

- Total Fat
- Saturated Fat (in dairy foods and meats)
- Trans Fat
- Cholesterol
- Sodium
- Sugars

Choose foods that offer 5% or less of these per serving, and avoid those that offer 20% or more.

Look for **high** percentages of:

- Dietary Fiber
- Vitamins A, C
- Calcium
- Iron
- Protein

To translate **grams** of fat or sugar, **divide by 4**

4 grams of fat = 1 teaspoon of solid fat

4 grams of sugar = 1 teaspoon of sugar

Ingredients List: Ingredients are listed from highest to lowest amounts. If it's first, there's most of that ingredient. So avoid foods with fats and sugars near the top of the ingredient list.

- Remember that sugar can be listed under many names, like fructose, sucrose, dextrose, lactose and maltose (they all rhyme with "gross"); plus honey, molasses, corn syrup and grape juice concentrate.
- Hydrogenated or Partially hydrogenated vegetable oils are high in Trans Fats, so watch out for them.

On the front of the label, look for "**low-fat** or **non-fat**," but make sure it's not high in sugar. Also, choose "**100% Juice**" instead of "ades, punches, drinks, nectars, etc."

Reading Menus:

AVOID:

Fried or Crispy

Creamed

Au gratin

Escalloped

Breaded or Battered

Cream or cheese sauces

Hollandaise or Béarnaise

Gravy

CHOOSE:

Broiled

Grilled

Baked

Steamed

Poached

Roasted

Lightly sautéed

Natural juices

Some Healthy Snacks:

- Microwave popcorn (without butter)
- Low-fat yogurt smoothie with frozen fruit
- Whole grain cereal with low-fat milk and fruit
- Fresh and dried fruit
- Raw veggies with salsa
- Handful of nuts
- Low-fat string cheese
- Dark chocolate (1 small square)
- Pretzels

Some Fast Food Smart Choices:

- Order regular servings or share large ones with friends
- Hold the cheese and mayo on burgers
- Broiled chicken sandwich, chicken fajita
- Salad w/ low-fat dressing on the side
- Baked potato or fruit bowl
- Diet soda, water, or low-fat milk
- Pizza with veggie toppings

More Smart Eating:

- “Eat the rainbow” of colorful foods. Choose deep orange and bright yellow fruits and vegetables and dark green leafy vegetables.
- Choose whole grain breads (look for “whole wheat flour” high on the label) and cereals, like oatmeal; also brown rice and wild rice.
- Drink water, eat small portions and eat slowly. It can take 1/2 hour for your stomach to send the message that you’re full!

Exercise:

Be active at least one hour a day, five days a week

- Try breaking your exercise up into 10-15 minute blocks throughout the day. Use the 20 minutes of commercials in a 1 hour TV show to jump rope (burns 100 calories), dance, do push ups, etc., instead of opening the fridge.
- Drink water before, during and after exercise. You need at least eight 8 oz glasses of water or fluid a day.
- Always stretch before and after you work out

No time for the gym? Try these mini-workouts:

Aerobic exercise like dancing, running, basketball—anything that gets you breathing hard - is great for your heart and lungs. It also burns calories.

- Take the stairs instead of the escalator or elevator
- Walk or ride your bike instead of a car or bus
- Make your own dumbbells from water bottles or heavy books
- Use your own body weight, like push-ups and sit-ups
- Take an aerobic video out of the library, do 10 minutes at a time
- Buy a pedometer and walk 10,000 steps a day

Exercise—Burning Calories:

Aerobic exercise like dancing, running, basketball—anything that gets you breathing hard—is great for your heart and lungs. It also burns calories.

For example, a 154 lb person burns in an hour:

Running	590 calories
Fast walking.....	460 calories
Basketball.....	440 calories
Vigorous weight lifting.....	440 calories
Dancing.....	330 calories
Rollerblading.....	384 calories

Smart and Easy Food Substitutions:

INSTEAD OF:

Fruit Juice

Mayo

Whole or 2% milk or cheese

Soda

Sour cream

Sauces, butter and salt

White breads, cereal, and rice

Fried chips

TRY:

Fresh fruit

Mustard or low-fat mayo

1%, fat-free

Water or seltzer with juice

Low-fat yogurt, sour cream, or cottage cheese

Herbs and spices

Whole wheat bread & cereal, brown rice

Baked chips or pretzels

RESOURCES

Your Body Mass Index (BMI) tells you if you are underweight, in the normal range, or overweight, according to your height.

To check your BMI, visit the CDC'S BMI Calculator:
www.cdc.gov/nccdphp/dnpa/bmi

In the Mix: Fitness
www.pbs.org/inthemix/fitforlife_index.html

It's My Life: Food Smarts
www.pbskids.org/itsmylife/body/foodsmarts

It's My Life: Solo Sports
www.pbskids.org/itsmylife/body/solosports

Nutrition.gov
www.nutrition.gov

Verb
www.verbnow.com

Fitness.gov—The President's Council on Physical Fitness
www.fitness.gov

USDA's New Food Pyramid
www.mypyramid.gov

Check out the Young Adult section of your local library