

Healthy Weight 1

Online Resources for Participants

- Healthy Weight - My Doctor Online: <https://kpdoc.org/healthyweight>

- Lifestyle Medicine Health Guide:
 - <https://kpdoc.org/lifestylemedicine> (English)
 - <https://kpdoc.org/lifestylemedicineespanol> (Spanish)

- Whole Food, Plant-Based Eating video series: <https://kpdoc.org/wholefoodplantbased>

- Wellness Coaching <https://mydoctor.kaiserpermanente.org/ncal/health-guide/wellness-coaching>

- Family Nutrition video: <https://kpdoc.org/familynutritionemmi>

- Food for Health Recipe Resources: <https://about.kaiserpermanente.org/health-and-wellness/recipes#>

- Self-Care App resources: <https://kp.org/selfcareapps>

- Mental Health resources: <https://kpdoc.org/mentalhealth>

- USDA My Plate Plan <https://www.myplate.gov/myplate-plan>

- The Center for Mindful Eating <https://www.thecenterformindfuleating.org/>

Healthy Habit Builder

Name: _____

Healthy Habit Builder

Name: _____

Date: _____

Reflections: One Week Later

What I learned:

What went well:

What changes I might make next time:



Check My Habits: Adults

Check My Habits: Food	Rarely/Never	Sometimes	Almost Always	I Want to Work on This
I eat 5 to 9+ servings of vegetables and fruit per day.				
I eat whole grains instead of refined (white) grains.				
I fill my plate with ½ vegetables, ¼ whole grain, and ¼ protein (Healthy Plate Method).				
I avoid sweetened beverages (juice, soda, flavored milk and coffee drinks).				
I don't skip meals or let myself get overly hungry.				
I read food labels.				
I'm familiar with recommended portion sizes.				
I avoid foods high in saturated and trans fats (fried foods, processed meats).				
I avoid foods high in added sugar.				
I avoid highly processed foods (chips, sodas, sweets, "junk food").				
I choose vegetables and fruit as a snack.				
Check My Habits: Exercise				
I get at least 30 minutes of moderate-to-vigorous exercise most days of the week.				
I use a pedometer or other fitness devices to track my steps.				
I do strength training at least twice a week.				
I take the stairs instead of the elevator.				
I walk during my breaks at work.				
I add activity into my day (like parking further from my destination).				
I exercise while watching TV.				
I take frequent breaks when working at my desk to get up and move.				
Check My Habits: Behavior				
I track my daily food and exercise on paper or with an app.				
I get at least 7 hours of sleep per night.				
I'm able to manage stress in my life.				
I limit my recreational screen time to 2 hours a day or less (TV, computer, tablet, smartphone, video games).				
I don't eat while watching TV.				
I plan my meals and snacks in advance.				



Check My Habits: Adults

Check My Habits: Behavior	Rarely/Never	Sometimes	Almost Always	I Want to Work on This
I have alternatives for outdoor exercise during bad weather (go to the gym).				
I eat mindfully (slowly, without distractions, enjoying my food).				
I'm in touch with my body's sensations of hunger and fullness.				
I handle emotions and stress without turning to food.				
Check My Environment				
My home is stocked with healthy foods.				
My "trigger" foods are limited or removed.				
I have what I need to exercise safely and comfortably (shoes, equipment, location).				
I have people in my life who support my efforts to be healthy.				
I have considered what might hold me back and made plans to address it.				
I know where to get quick, healthy food options when I need something fast.				
My schedule allows me some time for myself (exercise, relaxation, fun).				
I use an alarm clock instead of my phone clock to wake me up in the morning.				
I limit my screen use (TV, smartphone, tablet, computer) in my bedroom.				
Check My Mindset				
I'm looking for a lifestyle change.				
I want to improve my health.				
I think positively about myself and my health goals.				
I find ways to make eating healthy fun and enjoyable.				
I find ways to make exercise fun and enjoyable.				
I'm in touch with, and often remind myself of, the reasons I want to make lifestyle changes.				



Body Mass Index for Adults

Your body mass index (BMI) is a measurement that allows you to assess your risk for health problems due to excess body weight. If your BMI is high, lifestyle changes can help prevent further weight gain to avoid health problems.

To find your BMI, match your weight on the top row with your height on the far-left column and locate the corresponding BMI value on the chart.

BMI TABLE					Body Weight (pounds)																			
	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	
HEIGHT (ft. & in.)	4' 8"	18	20	22	24	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67
	4' 9"	17	20	22	24	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65
	4' 10"	17	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63
	4' 11"	16	18	20	22	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61
	5' 0"	16	18	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
	5' 1"	15	17	19	21	23	24	27	28	30	32	34	36	38	40	42	44	45	47	49	51	52	55	57
	5' 2"	15	17	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
	5' 3"	14	16	18	20	21	23	24	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53
	5' 4"	14	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
	5' 5"	13	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
	5' 6"	13	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
	5' 7"	13	14	16	17	19	20	22	24	25	27	28	29	31	33	35	36	38	39	41	42	44	46	47
	5' 8"		14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
	5' 9"		13	15	16	18	19	21	22	24	25	27	28	29	31	33	34	36	37	38	40	41	43	44
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	5' 11"			14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
	6' 0"			14	15	16	18	19	20	22	23	24	26	27	29	29	31	33	34	35	37	38	39	41
	6' 1"			13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
	6' 2"			13	14	15	17	18	19	21	22	23	24	26	27	28	29	31	32	33	35	36	37	39
	6' 3"				14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38
	6' 4"				13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37
	6' 5"				14	15	17	18	19	20	21	23	24	24	26	27	29	29	31	32	33	34	36	
	6' 6"				14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	
	6' 7"				14	15	16	17	18	19	20	21	23	24	24	26	27	28	29	30	32	33	34	
	6' 8"				13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	29	31	32	33	
	6' 9"				13	14	15	16	17	18	19	20	21	23	24	24	26	27	28	29	30	31	32	
	6' 10"				13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	More Risk											Less Risk									More Risk			



Lifestyle and weight management

People who are successful at achieving a healthy weight:

- Develop healthy eating habits.
- Become more physically active.
- Adopt healthy behaviors little by little and stick with them over time, even when they're at a healthy weight.

How can I develop healthy eating habits?

Try to eat more:

- Fruits and vegetables
- Whole grains like whole-wheat bread and brown rice
- Beans, peas, and lentils
- Unsweetened dairy products
- Fish and lean meats

Try to eat fewer:

- Fatty meats like sausage, hamburgers, and poultry with skin
- Processed snacks like chips, cookies, and cakes
- Fried foods
- Sweetened beverages like sodas, fruit drinks, and lattes



How can I become more physically active?

Small increases in physical activity over time can make a big difference.

- Aim for 30 minutes of physical activity on most days of the week, or 150 minutes per week.
- Make physical activity fun. Go for walks or bike rides with family and friends.
- Try walking instead of driving.
- Take the stairs instead of the elevator at work or while shopping.
- Play sports or join a local gym.
- Start dancing or swimming.

What if this isn't working for me?

It's normal to feel frustrated if you're making changes and not seeing results. Remember that change takes time. Focus on feeling your best and making positive choices that will bring long-term health.

We're here to help. Try these resources:



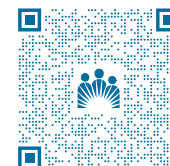
Wellness Coaching
kpdoc.org/wellnesscoaching
866-251-4514



Healthy Weight
kp.org/healthyweight



Health Education
kp.org/classpass



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.

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The Healthy Plate

Use this plate to help you portion your food.
Portions are based on a small dinner plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, skinless chicken, eggs, cooked beans, lentils, or tofu.



Glass of water

Fill half of your plate with nonstarchy vegetables, such as carrots, broccoli, cabbage, bell peppers, asparagus, or leafy greens, like spinach or kale.



Fill one-quarter of your plate with healthy grains or starches (carbohydrates or carbs), such as brown rice, 100% whole-wheat pasta, quinoa, bulgur, corn, peas, one slice of 100% whole-grain bread, or one corn or 100% whole-wheat tortilla.

For good nutrition also choose each day:

- 2 to 3 servings of fresh fruit, such as a small apple or orange, or half a banana.
- 2 to 3 servings of low-fat or fat-free plain milk or yogurt, or dairy alternatives such as soy, oat, sweet pea, or almond milk.
- A small amount of healthy fats, such as olive oil, a slice of avocado, or a handful of nuts.

Ideas for meals and snacks (portions = 45 grams carb per meal)

Breakfast		Lunch and Dinner
<ul style="list-style-type: none"> • 1 small 100% whole-wheat or grain bagel • 2 tbsp. natural unsweetened nut butter • 1 cup diced honeydew melon 	<ul style="list-style-type: none"> • 1 scrambled egg or ½ cup scrambled soft tofu (cooked with 1 tsp. olive or avocado oil) • 1 100% whole-wheat English muffin • 1 slice of avocado • 1 small peach, orange, or nectarine 	<ul style="list-style-type: none"> • 3 oz. tuna or turkey sandwich on 2 slices of 100% whole-wheat bread • 2 tbsp. avocado + lettuce or spinach, tomato, and onion • 1 cup carrots and/or broccoli • 1 small orange
<ul style="list-style-type: none"> • ¾-1 cup 100% whole-grain nonsugary cereal • ½ cup of unsweetened sweet pea milk • 1 slice of 100% whole-grain bread • 1 tbsp. unsweetened nut butter 	<ul style="list-style-type: none"> • 1 slice of 100% whole-wheat or whole-grain bread • 1-2 tbsp. natural unsweetened peanut butter • 1 cup of fat-free or low-fat unsweetened soy milk • 1 small apple 	<ul style="list-style-type: none"> • 3 oz. broiled or baked fish or 1 cup diced extra firm tofu (sautéed with 1 tsp. olive oil and garlic) • 1 cup quinoa, yam, or 100% whole-grain pasta • 2 cups steamed vegetables tossed with 1-2 tbsp. slivered almonds
<ul style="list-style-type: none"> • ¾ cup of plain low-fat or fat-free Greek yogurt • ½ cup diced fruit • 2 tbsp. nuts and seeds • ¼ cup 100% whole-grain granola 	<ul style="list-style-type: none"> • ⅔ cup brown rice • 1 poached or boiled egg • 1 cup nonstarchy vegetables. Ex: spinach, mushrooms, tomatoes, bell peppers, zucchini, green beans, broccoli, cabbage, cauliflower, asparagus, beets • ½ cup diced mango 	<ul style="list-style-type: none"> • grilled portobello mushroom and vegetable sandwich on 100% whole-grain pita bread • 2 cups mixed salad greens • 2-3 tbsp. hummus • 2 tbsp. crumbled low-fat feta cheese
<ul style="list-style-type: none"> • 2 small 100% whole-grain pancakes • 1 cup of mixed berries • 2 tbsp. unsweetened nut butter 	<ul style="list-style-type: none"> • ½ cup cooked oatmeal • 1 cup unsweetened oat milk • 2 tbsp. slivered almonds • ½ cup strawberries 	<ul style="list-style-type: none"> • 1 cup vegetarian chili (with beans, sweet potato, and mix of nonstarchy vegetables) • side salad with olive oil (1-2 tsp.) and vinegar, or 1-2 tbsp. low-fat or nonfat dressing • 2 slices of cantaloupe
Snacks		<ul style="list-style-type: none"> • 3 oz. skinless baked or grilled chicken • 1 cup steamed greens with a dash of hot sauce • ⅔ cup steamed brown rice • 1 small fresh fruit
<ul style="list-style-type: none"> • 6 oz. low-fat or fat-free plain Greek yogurt or cottage cheese • handful of unsalted nuts or ½ cup edamame • 3 cups air-popped or light microwave popcorn • 1 medium apple with 1-2 tbsp. natural unsweetened peanut butter • 3 large rye wafer crackers with 1 oz. low-fat cheese 	<ul style="list-style-type: none"> • ½ cup red bell pepper with ¼ cup guacamole • ½ cup celery sticks with 1-2 tbsp. low-fat cream cheese • ½ cup tomatoes and 1 oz. low-fat mozzarella • ½ cup roasted unsalted chickpeas • ½ cup cucumber slices with ⅓ cup hummus • 1 hardboiled egg, ½ fresh fruit 	<ul style="list-style-type: none"> • 1 cup canned (low-sodium) bean or lentil soup • 1 serving of 100% whole-grain crackers (see serving instruction on nutrition label) • 1 cup carrots and cucumber

Shopping List

Grains and cereals

quinoa (pronounced "keen-wah")
wild or brown rice, grits, millet, steel-cut oats
100% whole-grain or lentil pasta and noodles
100% whole-grain or wheat-bran cereal, bulgur,
whole cornmeal, hulled barley, couscous, tortillas
(corn or 100% whole-wheat)
100% whole-wheat or whole-grain breads, rolls,
bagels, crackers

Starches

corn, peas
pumpkin
potatoes

winter squash
sweet potatoes

Fruits and vegetables

fresh, frozen, or canned fruits or veggies without
added sugar, fat, or salt

Healthy fats

avocado, natural unsweetened nut butter, unsalted
nuts and seeds

Cooking oil

olive, avocado, sesame, canola oil

Proteins

whole beans (dried, or low-sodium canned), lentils,
lean pork or beef
salmon, tuna, or other fish, skinless chicken or turkey,
tofu, tempeh, edamame
eggs, low-fat/salt veggie or black-bean burgers

Dairy

plain and fat-free or low-fat milk, yogurt, or cheese

Dairy substitutes

calcium and vitamin D-fortified plain soy, oat, pea,
rice, or almond milk

Condiments

nonfat or olive oil-based salad dressing, lite mayo,
mustard, hummus, tahini, low-fat bean dip,
guacamole, or salsa

Portion Guidelines

1 serving	Is the size of:
1 cup	a closed fist
1 medium potato	a computer mouse
1 oz. cheese	tic-tacs container
1 tortilla or slice of bread	1 DVD disc
2 tbsp.	wine cork
3 oz.	deck of cards
1 oz. nuts	1 shot glass

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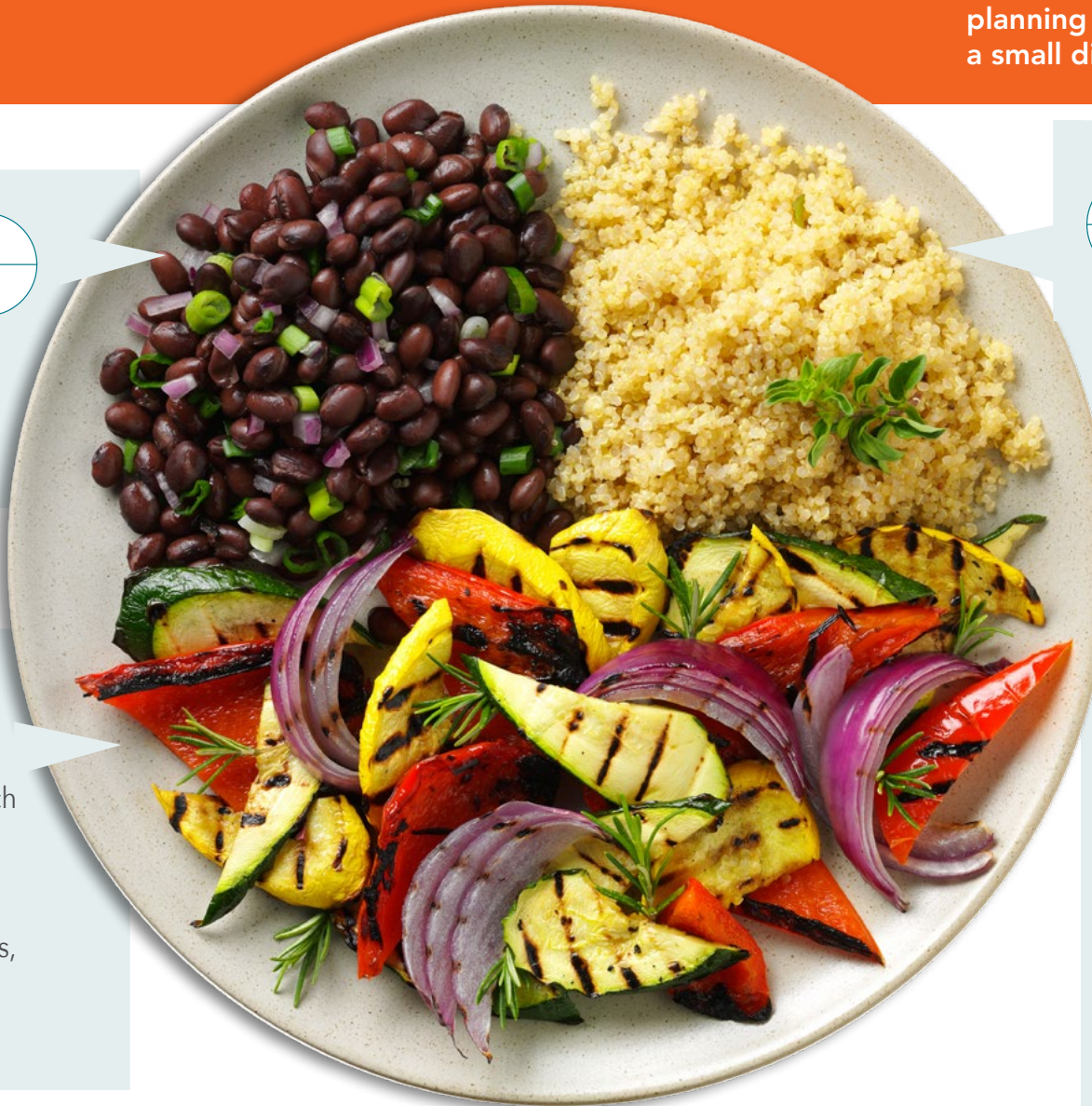
THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

Breakfast

- | | |
|---|--|
| <ul style="list-style-type: none"> 4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese 1 cup diced melon | <ul style="list-style-type: none"> ¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach 1 sprouted-grain English muffin or 2 corn tortillas ¼ avocado ½ cup mango or pineapple |
| <ul style="list-style-type: none"> 2 oz. whole-grain muesli cereal ½ banana, ½ cup berries 10 walnuts 1 cup nondairy milk | <ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 2 Tbsp. "natural" peanut butter 1 cup nondairy milk 1 small apple |
| <ul style="list-style-type: none"> 1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit 1 small bran muffin | <ul style="list-style-type: none"> ⅔ cup brown rice ½ cup beans 1 cup cooked vegetables ½ cup salsa ½ cup avocado |
| <ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 1 cup berries 1 cup nondairy milk | <ul style="list-style-type: none"> 1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit 1 cup nondairy milk |

Snacks

- | | |
|--|---|
| <ul style="list-style-type: none"> ½ cup baked sweet potato | <ul style="list-style-type: none"> Raw vegetables with hummus or vegetable paté |
| <ul style="list-style-type: none"> 2 tbsp. dried fruit or nuts | |
| <ul style="list-style-type: none"> Fresh fruit | <ul style="list-style-type: none"> Medium apple with 1-2 Tbsp. "natural" peanut butter |
| <ul style="list-style-type: none"> 3 cups air-popped or light microwave popcorn | <ul style="list-style-type: none"> 3 large rye wafer cracker 1½ oz. cashew cheese |
| <ul style="list-style-type: none"> ¼ cup roasted garbanzo beans | <ul style="list-style-type: none"> Fresh nonstarchy vegetables |

Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

- | | |
|---|---|
| <ul style="list-style-type: none"> 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion Carrots or broccoli 1 orange | <ul style="list-style-type: none"> 2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic) 1 cup quinoa, yam, or whole-grain pasta |
| <ul style="list-style-type: none"> 3-4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun Garden salad with avocado and 1-2 Tbsp. oil and vinegar dressing Diced peaches or pear | <ul style="list-style-type: none"> 2 cups vegetarian chili 2 Tbsp. pumpkin seeds or avocado 1 cup cabbage slaw with lime juice ⅓ cantaloupe |
| <ul style="list-style-type: none"> 1 cup canned black bean soup (lower sodium) 1 cup kale (dropped into soup) 6 whole-grain crackers 1 apple | Chinese cuisine <ul style="list-style-type: none"> ½ cup brown rice, wild rice, or quinoa 1 cup broccoli tofu (sautéed in broth) 1 cup vegetarian hot-and-sour soup |
| <ul style="list-style-type: none"> 1 low-fat, low-sodium frozen entrée or vegetarian entrée Green salad with fresh vegetables, nutritional yeast, 1-2 Tbsp. olive oil and vinegar dressing or avocado 1 plum | Indian cuisine <ul style="list-style-type: none"> ½ cup beans or 1 cup lentil soup (dal) 1 whole-grain flatbread 1 cup diced cauliflower, onions, and tomatoes |
| <ul style="list-style-type: none"> ½-1 cup black-eyed peas 1 cup steamed greens with a dash of hot sauce 1 cup brown rice 1 fresh fruit | Mexican cuisine <ul style="list-style-type: none"> 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes Diced mango |

Healthy meals start at the store. Use this shopping list to help you prepare.

- | | | |
|---|---|--|
| ✓ Fruits—fresh, frozen, canned in their own juice, or dried | ✓ Light soy sauce, tamari, or Bragg's liquid aminos | ✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels |
| ✓ Vegetables—fresh, frozen, or low-sodium canned | ✓ Sauerkraut or kimchee | ✓ Rye wafer or whole-wheat crackers |
| ✓ Plain nondairy milk (fortified soy, rice, oat, or almond) | ✓ Whole beans (canned or dried), or lentils | ✓ Brown rice or whole-wheat pasta |
| ✓ Plain nondairy yogurt (soy or almond) | ✓ Hummus, bean spreads, or tahini | ✓ Whole-grain cereal (oats, or muesli) |
| ✓ "Natural" peanut or other nut butter | ✓ Tofu (silken, firm), tempeh | ✓ Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa) |
| ✓ Cultured cashew cheese | ✓ Avocado, olives, or sun-dried tomatoes | ✓ Tortillas (corn, or whole- or sprouted-wheat) |
| ✓ Olive or organic canola oil | ✓ Unsalted nuts and seeds | |
| | ✓ Nutritional yeast | |
| | ✓ Vegetable broth | |

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Healthy Living: What Does Healthy Eating Mean to You?

Eating healthy foods can improve your overall health, help you manage your weight, increase your energy level, and prevent many chronic diseases.

Healthy eating means different things to different people, such as:

- Eating more fresh, seasonal, and local produce from nearby farmer's markets.
- Reducing unhealthy fats and sodium to lower the risk of heart disease or stroke.
- Eating more organic, natural, or unprocessed foods.
- Reducing unhealthy snacks, and finding healthier fast food options.

Whatever your goals for healthier eating, learn how to start making changes—and how to enjoy them, too!

What is a healthy diet?

Eating well doesn't have to be hard or take the pleasure out of food. In fact, enjoying your meals is what makes healthy eating fun—and this will make you more likely to stick with it.

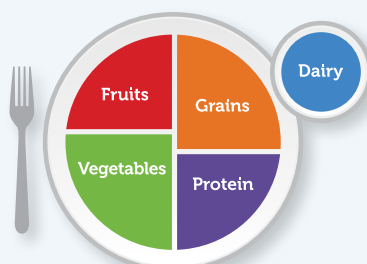
Try to eat more:

- Fruits and vegetables
- Whole grains like whole-wheat bread and brown rice
- Beans, peas, and lentils
- Unsweetened dairy products
- Fish and lean meats

Try to eat less:

- Fatty meats like sausage, hotdogs, bacon, hamburgers, and poultry with skin
- Processed snacks like chips, cookies, and cakes
- Fried foods
- Sweetened beverages like sodas, fruit drinks, and lattes

How can I improve what I eat?



MyPlate.gov

Plan your plate:

- Fill half of your plate with fruits and vegetables.
- Divide the other half equally between lean protein and whole grains.

Between meals, choose snacks with fiber, like fruits, nuts, or whole grains. These foods will satisfy you longer than processed snacks or sweet treats.

Control your portion sizes:

- A portion of rice or pasta is smaller than you think—just ½ cup or the size of a tennis ball.
- A piece of bread or a tortilla should be around the size of a CD.
- A 3-ounce serving of meat or fish is about the size of a deck of cards.

Remember that 1 tablespoon of peanut butter is about the size of half a golf ball.

Focus on fruits and vegetables:

- Add 1 extra fruit or vegetable to your diet each day until you've reached 5 or more.
- Choose a rainbow of colorful fruits and vegetables, either fresh, frozen, or dried.
- Add flavor to vegetable dishes with a sprinkle of olive oil, herbs and spices, or a little grated cheese.

If you choose canned products, look for low-salt vegetables and fruit canned in juice rather than in syrup.

Choose lean proteins:

- Eat meat, poultry, or fish that's been roasted, baked, or broiled without the skin.
- Use smaller portions of lean red meats and eat them less often.

- Include more plant sources of protein like beans, peas, lentils, and nuts. Try substituting these healthier plant options for meat at least a few times a week.

Check labels to avoid trans fats and reduce sodium:

- Avoid partially hydrogenated oils or trans fats, which are found in some margarines, processed snacks like crackers, chips and cookies, and deep-fried foods.
- Cook with healthy oils, such as olive or canola oil, and use a trans-fat-free margarine. Try adding avocado slices, nuts, or seeds to your salads.

Most of us eat too much sodium, so check the food label. Less than 140 mg per serving means it's a low-sodium food. Processed and canned foods tend to be highest in sodium, so it's best to eat fresh foods or packaged with less sodium (check mg on label).

How can I get started?

Making changes can be hard. But when it comes to taking care of yourself, it's worth the effort.

Am I ready?

Before you start making changes, take some time to think about this question: **How ready am I to make changes in my life so I can eat healthier?**

On a scale of 0 to 10, where 0 means not at all ready and 10 means totally ready, where are you?

0 1 2 3 4 5 6 7 8 9 10

If you're at 0 to 3, what would need to change for you to feel more ready?

If you're at 4 to 6, what are some advantages of changing? Or of not changing? What can you do to make changing easier?

If you're at 7 to 10, how will you make these changes enjoyable so you'll stick with them?

Small changes add up

Remember, you're working toward a healthy lifestyle, not a "quick fix." Start with one change at a time that you'll enjoy and continue. Set a small, achievable goal and work on it for 1 to 2 weeks. After that, start on another small change, and build on your success.

Avoid temptation

If it's not in your cupboard, you won't be tempted. Make a grocery list to help you buy healthier foods. Substitute healthier choices (such as fresh fruit) for foods with lots of added sugar. Read labels. Try not to shop when you're hungry.

Get support

If your friends and family are making changes too, you can support one another by trying new, healthy recipes. You may also find support at health education classes, or through online communities. If you have an ongoing medical condition, your doctor may refer you to a registered dietitian for your specific needs.

How can I succeed over the long term?

Be adventurous

Include variety in the foods you choose. Besides the nutritional benefits, variety makes meals and snacks interesting and fun. Learn new ways to prepare vegetables and whole grains. Try new spices and herbs. Look up healthy recipes online, or find new cookbooks.

Be selective when eating out:

- Look for dishes that are steamed, broiled, baked, grilled, poached, or roasted.
- Ask for salad dressings, sauces, and gravies on the side.

- Plan on taking home leftovers, since many restaurants serve extra-large portions. You can even wrap up half your meal before you begin eating, so you can "clean your plate" without overdoing it.
- Look for healthier choices at fast-food venues. Review the nutrition facts on the menu board or on the restaurant's website.

Moderation is key

Don't forbid yourself from eating your favorite foods. Eat them in smaller portions and less often. If you eat a piece of birthday cake, enjoy it.

Eat mindfully

Many of us rush through our meals without truly enjoying them. Mindful eating means taking the time to truly appreciate our food.

- Ask yourself if you're actually hungry before eating.
- If you're bored, sad, or stressed, try another activity like going for a walk, reading a book, or calling a friend.
- As you eat, savor the flavors and aromas. Take small bites and be grateful for the nutrients and energy the food brings you.
- Listen to your body while eating and stop when you're satisfied.

Additional Resources

- Visit kp.org/mydoctor/healthyweight or contact your Kaiser Permanente Health Education Center or Department for health information, classes, and other resources.
- Get support while reaching your goals. Call **(866) 251-4514** to schedule a wellness coaching appointment.



Fiber Facts:

Why high-fiber foods are important

Why do I need high-fiber foods?

High-fiber foods are important for your health in many ways. Eating more high-fiber foods can help:

- Reduce your risks of heart disease, type 2 diabetes, and several types of cancer.
- Keep your cholesterol and blood pressure in healthy ranges.
- Improve your digestion.

You'll also feel fuller so you may eat less, which can help with weight management.

Eating processed foods won't give you these benefits.

What is fiber?

It's the part of plant-based foods that our bodies can't digest. High-fiber foods include vegetables, fruits, beans, peas, lentils, nuts, seeds, and whole grains.

What's a whole grain?

A whole grain has all its natural nutrients, as well as fiber. Whole grains include wheat, oatmeal, rye, cornmeal, bulgur, barley, brown rice, and popcorn.

Refined grain has been milled, which removes vitamins and other nutrients along with fiber. When grain is "enriched," some nutrients are added back, but fiber isn't. For example, enriched white flour doesn't have the fiber that's in whole-wheat flour.

How much fiber do I need?

The American Heart Association recommends 25 to 38 grams of fiber daily. Most people get only about half that much. You can use these tips to make sure you're getting enough fiber.

Delicious ways to add fiber

- Eat 5 or more servings of vegetables and fruits every day. Fresh is usually most nutritious. Frozen or canned are okay too.
- Try recipes that include beans, peas, barley, lentils, quinoa, bulgur, or brown rice.
- Check labels and choose breads, cereals, tortillas, and crackers that list a whole grain (wheat, corn, etc.) as the first ingredient.
- Choose whole grains for at least half of your daily grain servings.
- Add fiber foods gradually over 2 to 3 weeks. Adding fiber too fast can give you gas or make you feel bloated.
- Drink 6 to 8 cups of water or other fluids daily (unless your doctor has told you not too).

If you use wheat bran to have regular bowel movements (poop), start with 1 teaspoon per meal. Slowly increase to 2 to 4 tablespoons a day.

If you use psyllium fiber supplements, follow label directions and get enough fluids.

Read food labels

Look for "dietary fiber" on food labels. Choose foods with at least 10 percent of the "daily value" for fiber. You can use labels to compare fiber in similar foods. For example, a whole-wheat tortilla has 3g of fiber, while a white-flour tortilla has less than 1g. A whole-wheat roti has 4g, while a white-flour roti has 1g. If you're gluten-free, it's still important to check labels for fiber.

Look for "100% whole-wheat" or "100% whole-grain" ingredients. The words "multigrain," "wheat," and "enriched flour" don't guarantee the food is whole grain.

Nutrition Facts

Serving Size 2/3 cup (55g)
 Servings Per Container About 8

Amount Per Serving			
Calories	230	Calories from Fat 72	
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	1g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%

* Percent Daily Values are based on a 2,000 calorie diet.
 Your daily value 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

Fiber Content of Foods

Vegetables	Serving Size	Dietary Fiber (g)	Fruits	Serving Size	Dietary Fiber (g)
Avocado	½ cup	6g	Prunes	½ cup	6g
Artichoke hearts, cooked	½ cup	5g	Pear, with skin	1 medium	5g
Spinach, cooked	½ cup	4g	Raspberries	½ cup	4g
Peas, cooked	½ cup	4g	Mango	1 medium	4g
Baked potato with skin	1 medium	4g	Raisins	½ cup	3g
Sweet potato, cooked	½ cup	4g	Banana	1 medium	3g
Broccoli, cooked	½ cup	3g	Apple, with peel	1 medium	3g
Brussel sprouts	½ cup	3g	Orange	1 medium	3g
Turnips, cooked	½ cup	2g	Strawberries, sliced	½ cup	2g
Tomato, raw	1 medium	2g	Peach, with skin	1 medium	2g
Swiss chard, cooked	½ cup	2g	Papaya	½ cup	1g
Lettuce, romaine	2 cups	2g	Cherries	10 medium	1g
Green beans, cooked	½ cup	2g	Cantaloupe	½ cup	1g
Eggplant, cooked	½ cup	2g	Cereal	Serving Size	Dietary Fiber (g)
Corn, cooked	½ cup	2g	Fiber One	⅔ cup	18g
Chinese mustard greens	½ cup	2g	All Bran (100%) cereal	½ cup	9g
Carrots, raw	1 medium	2g	Raisin Bran	1 cup	7g
Beets	½ cup	2g	Shredded Wheat	1 cup	6g
Asparagus, cooked	½ cup	2g	Oatmeal or Cheerios	1 cup	4g
Onions, chopped	½ cup	1g	Wheaties	1 cup	3g
Fennel, raw/sliced	½ cup	1g	Wheat bran	2 tbs	3g
Cauliflower, cooked	½ cup	1g	Granola	1 cup	3g
Cabbage, cooked	½ cup	1g	Cream of Wheat	3 tbs	1g
Zucchini, sliced	½ cup	<1g	Grains	Serving Size	Dietary Fiber (g)
Beans and Nuts	Serving Size	Dietary Fiber (g)	Quinoa, cooked	1 cup	5g
Navy beans, cooked	½ cup	10g	Brown rice, cooked	1 cup	4g
Black beans, cooked	½ cup	8g	Whole-wheat pasta, cooked	1 cup	4g
Kidney beans	½ cup	8g	Popcorn (air-popped)	3 cups	4g
Lentils, cooked	½ cup	8g	Whole-wheat bread/English muffin	1 slice	3g
Pinto beans, cooked	½ cup	8g	Rice noodles	1 cup	2g
Lima beans, cooked	½ cup	7g	Rye bread	1 slice	2g
Soy beans (edamame)	½ cup	5g	Cornmeal	¼ cup	2g
Almonds	¼ cup	4g	Tortillas (corn)	2	2g
Flaxseed, ground	2 tbs	4g	We're here to help Search My Doctor Online at kp.org/mydoctor to learn more.		
Peanuts	¼ cup	3g			
Pecans, chopped	¼ cup	3g			
Pistachios	¼ cup	3g			

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.



How to Read the Food Label

Read the “Nutrition Facts” food label to make healthier choices Values are for one serving size.

Check the serving size first!

If you eat twice the serving size, you double the calories and other nutrients. If you have diabetes or follow a specific meal plan, the serving size on the label may not match your meal plan.

Make your calories count.

Calories needed each day depend on your age, sex, height, weight, and physical activity. If you’re trying to lose weight, avoid or limit high-calorie foods.

Know your fats.

We should limit the amount of “bad” fats we eat. A low-fat food has 3 grams (g) or less of total fat per serving.

Saturated fat

Saturated fat is included in the amount of total fat. It’s listed separately because we should limit or avoid it. This fat may increase the risk of heart disease. A food is low in saturated fat if it has less than 1 gram per serving. Aim for fewer than 20 grams of saturated fat per day.

Review % Daily Value (DV).

When comparing the nutrition of two brands, look for a product with lower percent (%) DV in saturated fats, sodium, cholesterol, and added sugars, and a higher % DV in fiber. If the value is 20% or more, it’s high. If it’s 5% or less, it’s low.

Scan the ingredients list.

If there are many additives in the list, the food is likely highly processed. It’s healthier to choose whole foods and eat fewer processed foods.

Sample label

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	245
	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Total carbohydrate (carbs)

Carbs are in bread, pasta, rice, cereal, fruit, potatoes, starchy vegetables, and sweets. If you have diabetes, read the total carb grams per serving, not just the sugar grams.

Dietary fiber

Fiber is in whole grains, vegetables, and fruits. It’s important to eat plenty of these foods. Fiber helps reduce the risk of diabetes and heart disease and can help with weight control. Aim for 25 to 38 grams of fiber per day.

Sugars

Sugar is listed separately and is included in the total grams of carbs. It includes both naturally occurring sugar (like in fruit) and added sugar in syrups and processed food and drinks. Limit added sugars. They’re empty calories and have been linked to high LDL (“bad”) cholesterol and triglycerides, hypertension, heart disease, and diabetes.

Protein

Protein is in both plant and animal foods, such as beans, nuts, fish, poultry, meat, eggs, and dairy products.

Check these nutrients.

Cholesterol

Cholesterol is in foods from animal sources, such as meats, poultry, fish, eggs, and dairy. Try to keep your cholesterol intake to less than 300 milligrams (mg) per day. A low cholesterol food has less than 20 mg per serving.

Sodium

Too much sodium (salt) may raise your blood pressure. Less than 2,300 mg of sodium each day is recommended for most people. People with high blood pressure, heart failure, or kidney disease should have less than 1,500 mg per day. A low-sodium food has 140 mg or less in one serving.

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90200 (Revised 08/23) RL 6.2

THE PRINCIPLES OF MINDFUL EATING

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.
- Mindfulness promotes balance, choice, wisdom and acceptance of what is.



Mindful Eating is:

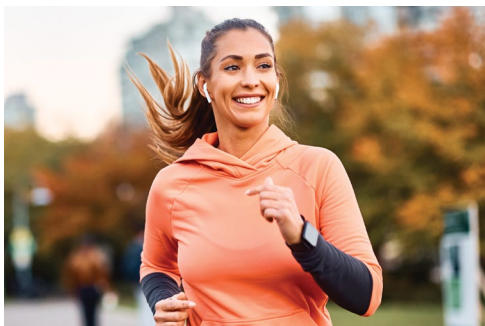


- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food (likes, neutral or dislikes) without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

Someone Who Eats Mindfully:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his/her eating experiences are unique.
- Is an individual who by choice, directs his/her awareness to all aspects of food and eating on a moment-by-moment basis.
- Is an individual who looks at the immediate choices and direct experiences associated with food and eating: not to the distant health outcome of that choice.
- Is aware of and reflects on the effects caused by unmindful eating.
- Experiences insight about how he/she can act to achieve specific health goals as he/she becomes more attuned to the direct experience of eating and feelings of health.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of his/her food choices has on those systems.





Physical Activity: Every Move Matters

Want to look and feel your best? It can be easier than you think. Physical activity is good for everyone at every age. It's never too late to start.

Make small changes

To increase your daily activity:

- Sit less. Take microbreaks at work to stretch, stand, and walk.
- Take the stairs instead of the elevator.
- Park farther away from your destination.
- Walk and talk—stand up or go for a stroll in a safe location while on the phone.
- Bike to work.
- Get outside to play with your family.

Even small increases in physical activity can:

- Reduce your risk of heart disease, stroke, type 2 diabetes, and brittle bones (osteoporosis).
- Strengthen your heart, lungs, muscles, joints, and bones.
- Help you sleep better.
- Increase your flexibility.
- Protect against cancers, including colon, breast, and cervical.
- Help you achieve and maintain a healthy weight.
- Increase “good” cholesterol (HDL), which helps prevent heart attacks.
- Help prevent or treat depression and reduce stress.

Amount of activity needed

We recommend 150 minutes per week of moderate activity:

- Aim for 30 or more minutes a day, most days of the week.
- Try breaking your activity into 10- or 15-minute sessions instead of one long session.

If you haven't been active lately, start small—a little is better than none. Add more as you feel stronger.

Types of physical activity

Balance your workouts by including 4 types of activity every week. Start with 1 type and add on.

Burn calories and pump up your heart. Aerobic exercises (cardiovascular) build endurance and improve your mood. They raise your heart and breathing rates. Examples include:

- Running
- Brisk walking
- Dancing at home or taking a Zumba class
- Jogging
- Hiking
- Bicycling
- Swimming, including pool walking

- Using an elliptical trainer or stationary bike
- Doing chair/seated cardio exercises

Burn fat and build muscle.

Strengthening exercises tone your muscles and keep your bones strong. These should be done at least 2 times per week. Examples include:

- Lifting weights or using weight training machines.
- Working with resistance bands.
- Using your body weight for resistance, such as push-ups, yoga, or Pilates.

Improve your balance. These exercises help build leg muscles, strengthen your core (abdominal muscles), and prevent falls. Examples include:

- Walking
- Standing on one foot
- Doing tai chi, yoga, or Pilates

Move more easily. Flexibility exercises lengthen your muscles, increase range of motion, and promote circulation. Examples include:

- Stretching
- Doing yoga or Pilates

How to get started

Choose an activity you enjoy and already like or know how to do.

Make it fun:

- Exercise with a partner.
- Work out to music or with videos.
- Take a class.
- Do different activities from day to day.
- Keep a moderate pace (so you're able to talk).

Set a goal:

- Start with realistic short-term goals, such as walking half a mile or swimming for 10 minutes 3 times per week.
- Move on to the next goal after you feel good at your current level.

Make it happen

- **Schedule the time.** Put your workout times in your schedule. Make physical activity an important part of your day!
- **Chart your progress.** Write down your daily activity in a journal, on an app, or online. Note your time spent working out, how you felt before and afterwards, and your achievements.

Find a friend or partner to exercise with you. This helps you stay motivated, give each other support, and have fun together while working out.

Focus on the positive. Notice the benefits: Does exercise make you feel better, sleep better, or give you more energy? Do you feel less stressed, more confident, or stronger?

Safety notes

- Check with your doctor before starting any physical activity if you have ongoing health conditions that affect your ability to exercise.
- Don't overdo it. Notice how hard you're breathing and keep a moderate pace.
- Start and end each session with some gentle stretches.
- Stop exercising immediately if you get dizzy or faint, or feel nausea or tightness in your chest.
- Wear comfortable and appropriate shoes and clothes for the activity. If you exercise outdoors in the evening, wear light-colored or reflective clothing.
- Keep one ear free if you listen to music with earphones when you're outdoors. This allows you to hear passing cars and other potential safety hazards.

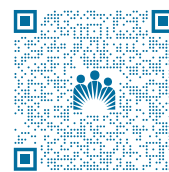
Learn more



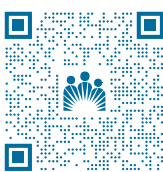
Fitness classes:
kp.org/classpass



Wellness coaching:
kpdoc.org/wellnesscoaching
866-251-4514



Healthy weight:
kp.org/healthyweight



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Get Moving: Add Steps to Your Day



Walking is convenient, inexpensive, and something you already know how to do. Go at your own pace and set your own goals.

Regular walkers are less likely to get heart disease, stroke, diabetes, some cancers, and other diseases. They often live longer and enjoy better physical and mental health.

Make a plan

When can you add walking to your schedule? Are you able to:

- Take short breaks in the day?
- Wake up a little earlier in the morning to go for a walk?
- Get a comfortable pair of walking shoes?
- Walk in place at home, and balance yourself with a chair if needed?

Try a step counter

Using a step counter can be a great way to stay motivated. A pedometer, wearable fitness tracker, or app senses your body's motion and counts your footsteps.

Most smartphones can also track steps. Use it or another device to set an alarm every 30 minutes, reminding you to stand up and take a few steps while you're at work or watching TV. Every step counts!

Set goals

Try using your step counter for one week. Record your steps each day (see chart on page 2). With a little extra effort, many people can walk 2,000 to 4,000 steps in a normal day. Try these tips:

- Add an extra 50 to 100 steps per day after your first week.
- Gradually increase your walking speed or the time you walk.
- Work toward taking 10,000 steps every day. Do your best and don't get discouraged.

Add steps to your day

A simple walk down your driveway to get the mail can add 100 steps to your daily count. You can also add steps by:

- Doing simple errands on foot.
- Breaking up activities into 10-minute intervals.
- Getting a change of scenery—walking in the park, by the water, or in a new neighborhood.
- Walking with co-workers, friends, and family.
- Having a work or social “walking” meeting.

Also try to:

- Take the stairs instead of the elevator.
- Use the restroom or printer on a different floor at work.

Stay motivated

Focus on your achievements.

Nothing is more powerful than achieving your goals. With persistence, you can get there!

Set new goals regularly. Create a new challenge for yourself, such as joining a walking club or other community event. This can help you stay motivated.

Make it fun. Walking gives you time to relax, socialize, and regroup. Walk in a park or listen to music. Take a family walk after dinner. Find ways to make each step enjoyable.

Keep a journal. Track your progress daily in a log or app. Write down how you plan to resolve obstacles.

We're here to help

Learn more about staying active and keeping fit at kp.org/exercise.

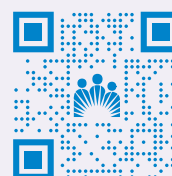
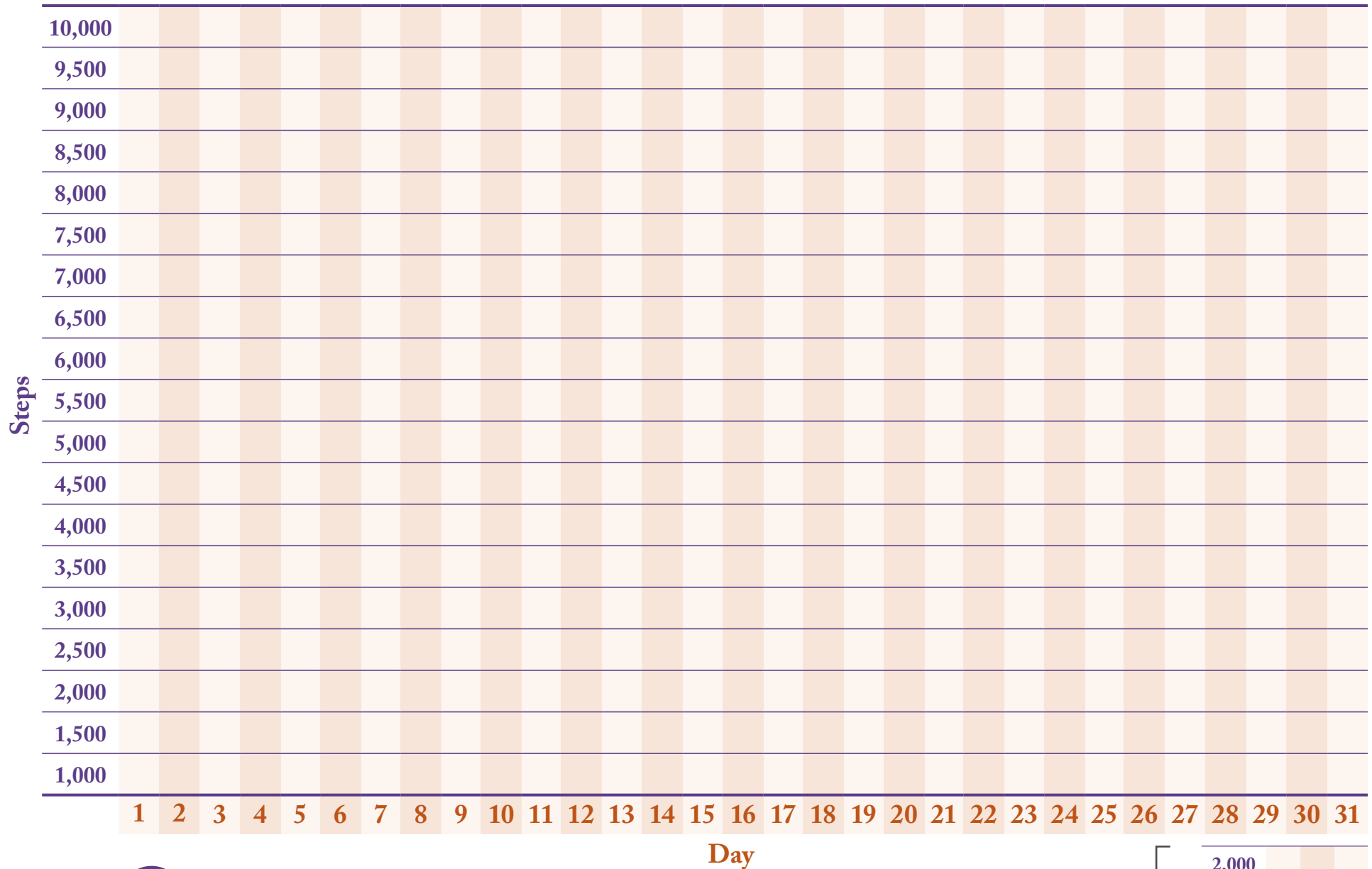


Chart Your Steps. Follow Your Progress.



Track Each Day

Fill in the boxes up to the number of steps you walk each day.

Example

Steps	2,000			
	1,500		✓	
	1,000	✓		✓
		1	2	3
		Day		

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