

HealthyBy Choice

...One Day at a Time

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Healthy Weight/Healthy Life

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the *Dietary Guidelines for Americans 2015–2020*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Eat Healthfully and Enjoy It!

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat

Fresh, Frozen, or Canned Fruits. Don't think just apples or bananas. All fresh, frozen, or canned fruits are great choices. Try some "exotic" fruits...mango, pineapple or kiwi! When your favorite fresh fruit isn't in season, try a frozen, canned, or dried variety. Choose canned varieties of fruit packed in water or in their own juice.

Fresh, Frozen, or Canned Vegetables. Try something new. You may find that you love grilled or steamed vegetables with an herb you haven't tried like rosemary. Sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray, or try frozen or canned vegetables for a quick side dish—just microwave and serve. Look for canned vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

Calcium-rich foods. You may automatically think of milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

A new twist on an old favorite. If your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe try a recipe using dry beans in place of higher-fat meats. Search for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

Do I Have to Give Up My Favorite Comfort Food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

Some general tips for comfort foods:

Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.

Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.

Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

Get Moving!

In addition to a healthy eating plan, an active lifestyle will help you maintain your weight. By choosing to add more physical activity to your day, you'll increase the amount of calories your body burns. This makes it more likely you'll maintain your weight. And although physical activity is an integral part of weight management, it's also a vital part of health in general. Regular physical activity can reduce your risk for many chronic diseases and it can help keep your body healthy and strong.



Nothing tastes as good as Healthy feels!



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July is UV Safety Month

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. ~~Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.~~



Stay SunAware!

