

Weight Management

300,000 deaths each year in the United States are associated with obesity, according to the Centers for Disease Control and Prevention (CDC).

Whether you need to lose weight or maintain a healthy weight, it's important to understand the connection between the calories your body takes in (through the foods you eat and the beverages you drink) and the calories your body uses (through normal body functions, daily activities and physical activity).

The right number of calories for you to eat each day depends on your age, activity level and whether you are trying to gain, maintain or lose weight. Get the most nutrition out of your calories by choosing the most nutritionally rich foods you can from each food group each day—fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. Special attention should be given to portion sizes, which have increased significantly over the past two decades, otherwise known as portion distortion. Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily.

Try these tips:

- Limit your intake of saturated fats, trans fats, cholesterol and sodium.
- Look for foods high in potassium, fiber, vitamins A and C, calcium and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

Regular physical activity is also important for your overall health and fitness. Choose activities that you enjoy and can do regularly such as taking a brisk 10 minute walk to and from the parking lot or joining an exercise class. Most importantly:

- Be physically active at a moderate intensity for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

To remain in balance and maintain your body weight, the calories consumed must be balanced by the calories used. For example, if you eat 100 more food calories a day than you burn, you'll gain approximately 1 pound a month or approximately 10 pounds in a year. Since many adults gain weight slowly over time, even small decreases in calorie intake can help avoid weight gain, especially if accompanied by increased physical activity.

Source:
www.health.gov/dietaryguidelines
www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight/index.htm

For more information, please call: 877.289.9109
or visit www.healthytogether.net/mississippi

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