

# 1-2-3 Sensible Steps to Help You Manage Your Weight

Healthy eating is at the heart of effective weight control. This involves finding simple, healthy ways to reduce the number of calories you consume each day. You might be surprised at how small changes can make a big difference.

## Step 1: Reduce calories with simple substitutions

Remember: added sugars add calories without vitamins and minerals. Here are a few ideas on how to cut back.

Save an average of 110-150 calories by drinking water or a no-calorie or low-calorie beverage instead of sugar-sweetened sodas.

Save an average of 190 calories by snacking on a small piece of fruit instead of a candy bar.

Save an average of 14 calories per teaspoon by switching to a non-caloric sweetener, such as SLENDA® No Calorie Sweetener, to add to beverages and for baking.

Save an average of 140-280 calories when you eat smaller, sensible portions of your favorite foods.

## Step 2: Size up sensible portions

Consuming appropriate portion sizes from a variety of foods is the cornerstone of a sensible weight management plan. However, knowing the right portion size takes practice. It's easier at home, where measuring tools, a scale, and the same dinnerware are readily available. You will see and remember what the right portion looks like on your plate. Controlling your portion size can be more challenging when you are away from home. Use this guide to help you stay on your weight-management plan wherever you are.

## What Counts as a Serving?

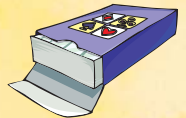
Bread, Cereal, Rice, and Pasta		
1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta
Vegetable		
1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice
Fruit		
1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice
Milk, Yogurt, and Cheese (choose non-fat or low-fat)		
1 cup of milk or yogurt	1½ ounces of natural cheese	2 ounces of processed cheese
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts		
2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.	

## What sensible servings look like



Pair of dice = 1 ounce cheese

Deck of cards = 2 - 3 ounces meat



Checkbook = 3 ounces fish



Ping pong ball = 2 tablespoons peanut butter



Postage stamp = 1 teaspoon butter or margarine



## Sample Daily Food Group

Servings at 3 Calorie Levels

	1,600	2,200	2,800
Grain Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk Group Servings	2-3	2-3	2-3
Meat Group (ounces)	5	6	7
Total Fat (grams)	53	73	93

Daily calorie needs are individualized. Speak to your healthcare provider about your appropriate calorie intake level for weight management.



See reverse side for **Step 3**

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Just as important as healthy eating is the need for increasing physical activity.

## Step 3: Make physical activity as important as counting calories

Here are some examples of physical activities and the number of calories burned by each. Please note that the number of calories burned in an hour will vary depending on the activity, the intensity, and your weight and gender.

### Walk to control your weight

Every 200 steps burns 10 calories. Burn 100 calories when you take an extra 2,000 steps (which is approximately one mile).

### Include activity in your social plans with family and friends

Burn 290-450 calories with an hour of physical activity, depending on the activity.

### Think of chores as part of your weight-control plan

Burn 180-330 calories when you do an hour of vigorous household chores, depending on the chore.

## Calorie-Counter Activity Guide

Activity	Total Calories Used Per Hour*
Cooking	185-200
Walking Slowly (2½ mph)	210-230
Cleaning	235-355
Brisk Walking (4 mph)	250-345
Golf	300-350
Jogging (6 mph)	315-480
Cycling (9 mph)	315-480
Tennis	315-480
Skating	320-400
Gardening (heavy)	450-525
Basketball	480-625
Aerobic Dancing	480-625
Swimming	480-625
Cross Country Skiing	480-625

\*Expenditures in calories by a 150-pound person

Speak to your healthcare provider before starting a new physical activity.

## Eat out and enjoy it

More and more people desire delicious, healthy meals when eating out, whether they are on a weight-management plan or not. Many restaurants now offer these healthy options on their menus, so you can enjoy eating out without jeopardizing your weight-management plan. If the meals are oversized, just cut back to a reasonable portion size.

Be sure not to arrive too hungry to avoid overindulging. Eat a piece of fruit or have a large glass of water before you go out.

Cut out or cut down on extra bread or appetizers if you are having a main course.

Try to order first, so you are not tempted by what others order.

Avoid menu items that are very high in calories. For instance, foods that are fried or breaded, or contain cream, butter, or cheese.

Order foods that are broiled, baked, boiled, grilled, poached, steamed, roasted, or stir fried, without sauces.

If they are not on the menu, many restaurants can accommodate your request if you ask.

Ask for dressings, sauces and spreads to be served "on the side" and limit your use.

Trim excess fat off meat; remove skin from chicken.

Remember: alcohol provides calories, but little or no nutrients.

As always, eat sensible portions.

Restaurants will typically serve more food than you need; ask the waiter to wrap a portion to take home. At buffets, use a small plate and don't go back for seconds.



Part of the SENSIBLE START TO WEIGHT CONTROL<sup>SM</sup> Program, sponsored by SPLENDA<sup>®</sup> No Calorie Sweetener



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