



Healthy Families Guidebook



KOHL'S +



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The American Cancer Society and Kohl's have partnered to create the *Kohl's Healthy Families* program which supports healthy eating and active living to reduce cancer risk. The Healthy Families Guidebook provides tips to help you make small changes that will have a big impact on you and your family.

Did You Know?

The American Cancer Society estimates that about 20% of all cancers diagnosed in the United States are caused by a combination of excess body weight, alcohol consumption, poor nutrition, and physical inactivity.



HEALTHY FAMILIES GUIDEBOOK

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Rewarding yourself as you achieve goals, managing your stress, and preventing relapse are important steps to staying on track.

Living Smart QUIZ

Before you begin making changes to your lifestyle, take this quiz and find out how healthy you are living now. Check **YES** or **NO** next to each question, and then count your “yes” marks and see how you rate on living healthy. The Living Smart Quiz can help you to identify areas of your health you would like to improve.



YES **NO**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I try to stay at a healthy weight. |
| <input type="checkbox"/> | <input type="checkbox"/> | I get 150-300 minutes of moderate or 75-150 minutes of vigorous physical activity (or a combination of these) each week. |
| <input type="checkbox"/> | <input type="checkbox"/> | I usually take the stairs instead of waiting for an elevator. |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to limit the time I spend sitting or lying down and looking at my phone, computer, or TV. |
| <input type="checkbox"/> | <input type="checkbox"/> | I eat a variety of vegetables and fruits every day. |
| <input type="checkbox"/> | <input type="checkbox"/> | I eat whole-grain bread, pasta, and cereal instead of refined grain products. |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to choose foods and drinks that are low in calories and added sugar. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely (or never) eat red meat or processed meat like bacon, hot dogs, and sausage. |
| <input type="checkbox"/> | <input type="checkbox"/> | I take it easy on high-calorie baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely (or never) choose sugary drinks, like regular soda or sports drinks. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely eat fried foods. |
| <input type="checkbox"/> | <input type="checkbox"/> | I never, or only occasionally, drink alcohol. |

How do you rate?

0-4 YES answers

Diet and activity alert!

Your diet is probably too high in calories and added sugars and too low in plant foods like vegetables, fruits, and grains. You may want to take a look at your eating habits and find ways to make some changes.

5-8 YES answers

Not bad!

You're halfway there! Look at your NO answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased.

9-12 YES answers

Good for you! You're living smart!

Keep up the good habits, and keep looking for ways to improve.

1.



Weight Management

Achieve and maintain a healthy weight throughout life.

Keep your weight within the healthy range, and avoid weight gain in adult life.

Overweight or obesity is clearly linked with an increased risk of several types of cancer:

- Breast cancer (among women who have gone through menopause)
- Colon and rectal cancer
- Endometrial cancer (cancer in the lining of the uterus)
- Esophagus cancer
- Kidney cancer
- Liver cancer
- Ovarian cancer
- Pancreas cancer
- Stomach cancer
- Thyroid cancer
- Multiple myeloma
- Meningioma (a tumor of the lining of the brain and spinal cord)

Overweight or obesity also likely raises the risk of other cancers:

- Non-Hodgkin lymphoma
- Male breast cancer
- Cancers of the mouth, throat, and voice box
- Aggressive forms of prostate cancer

Overweight or obesity is largely the result of taking in too many calories (from both food and beverages) and not burning enough calories, although a person's genes and changes in their metabolism as they age are also factors.

Some studies have shown a link between weight loss and a lower risk of some types of cancer, such as breast cancer after menopause and endometrial cancer. The risk of some other cancers may also be lowered by weight loss. While there is still much to be learned about this area, people with overweight or obesity are encouraged to lose weight.

Excess body weight is thought to be responsible for about 11% of cancers in women and about 5% of cancers in men the United States.

The link to body weight is stronger for some cancers than for others. For example, excess body weight is thought to be a factor in more than half of all endometrial cancers, whereas it is linked to a smaller portion of other cancers.

Clearly, excess body weight is a major risk factor for many cancers. However, the full impact of the current obesity epidemic on the cancer burden, including the long-term effect of obesity that begins as early as in childhood, is not well understood.

How might body weight affect cancer risk?

Excess body weight may affect cancer risk in a number of ways, some of which might be specific to certain cancer types. Excess body fat might increase cancer risk by affecting:

- Inflammation in the body
- Cell and blood vessel growth
- Cells' ability to live longer than they normally would
- Levels of certain hormones, such as insulin and estrogen, which can fuel cell growth
- Other factors that regulate cell growth, such as insulin-like growth factor-1 (IGF-1)
- The ability of cancer cells to spread (metastasize)

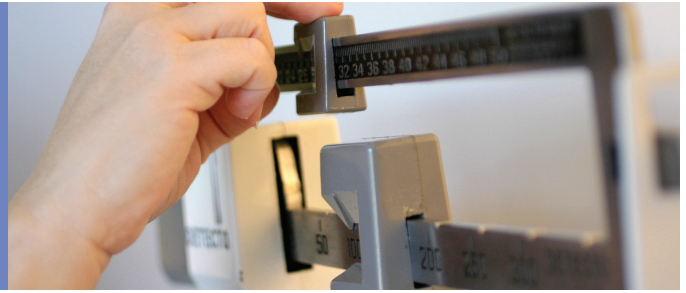
Waist Measurement

Excess abdominal fat is an independent risk factor for disease. Research supports the use of waist circumference to assess the health risks associated with obesity or overweight.

Waist circumference measurements are particularly useful in patients who do not have obesity. **A waist circumference of over 40 inches for men or 35 inches for women indicates a higher risk for diabetes, hypertension, and heart disease because of excess abdominal fat.**

Source: https://www.nhlbi.nih.gov/health-pro/guidelines/current/obesity-guidelines/e_textbook/txgd/4142.htm

Body Mass Index



Weight Ranges

A healthy weight depends on a person's height, so recommendations for a healthy weight are often expressed in terms of body mass index (BMI). BMI is a number that is calculated using your weight and height. In general, the higher the number, the more body fat a person has (although there are exceptions).

BMI is often used as a screening tool to help decide if your weight might be putting you at risk for health problems, such as heart disease, diabetes, and cancer. People should strive to maintain a healthy weight, as seen in the table below.

BMI is used broadly to define different weight groups in adults. The same groups apply to both men and women.

Underweight: BMI is less than 18.5

Normal weight: BMI is 18.5 to 24.9

Overweight: BMI is 25 to 29.9

Obese: BMI is 30 or more

Charts and tables, such as the one below, are one easy way to figure out your BMI.

BMI in children and teens

BMI can be calculated the same way for children and teens as it is for adults,

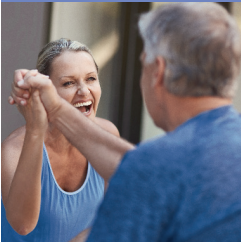
but the numbers don't have the same meaning. This is because the normal amount of fat changes with age in children and teens, and is different between boys and girls. So for kids, BMI levels that define being normal weight or overweight are based on the child's age and gender.

To account for this, the U.S. Centers for Disease Control and Prevention has developed age- and gender-specific growth charts. These charts are used to translate a BMI number are available at <https://www.cdc.gov/healthyweight/bmi/calculator.html>

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

2.

Physical Activity



The American Cancer Society recommends the following guidelines for a physically active lifestyle:

- **Adults:** Get 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity activity each week (or a combination of these). Getting to or exceeding the upper limit of 300 minutes is ideal.
- **Children and teens:** Get at least 1 hour of moderate- or vigorous-intensity activity each day.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.

Benefits of physical activity:

Physical activity has been linked to a lower risk of several types of cancer, including:

- Colon cancer (for which the link is strongest)
- Breast cancer
- Endometrial cancer (cancer in the lining of the uterus)
- Bladder cancer
- Esophagus cancer
- Stomach cancer

Physical activity might also affect the risk of other cancers, such as:

- Lung cancer
- Head and neck cancers
- Liver cancer
- Pancreas cancer
- Prostate cancer
- Ovarian cancer

A physically active lifestyle may also lower a person's risk of other health problems such as heart disease, high blood pressure, diabetes, and osteoporosis (bone thinning).

Being active may also help to prevent weight gain and obesity, which may in turn reduce the risk of developing cancers that have been linked to excess body weight.



Types of Activity

Usual activities are those that are done on a regular basis as part of one's daily routine. These activities include those done at work (such as walking from the parking garage to the office), at home (such as climbing a flight of stairs), and those that are part of daily living (such as dressing and bathing). Usual activities are typically brief and of low intensity.

Intentional activities are those that are done in addition to these usual activities. These activities are often planned and done at leisure, as regularly scheduled physical activity or fitness sessions (exercise), such as a bike ride or a run. Other intentional activities may involve adding more purposeful physical activity into the day and making lifestyle choices to add to or replace other routine activities, such as walking to use public transportation or commuting by bicycle instead of driving.

Usual and intentional activities can also be grouped by intensity:

- **Light** intensity activities include activities such as housework, shopping, or gardening.
- **Moderate** intensity activities are those that require effort equal to a brisk walk.
- **Vigorous** intensity activities generally use large muscle groups and result in a faster heart rate, deeper and faster breathing, and sweating.

Recommended Amount of Activity



Adults should get 150-300 minutes per week of moderate intensity activity or 75-150 minutes per week of vigorous intensity activity, or an equal combination. Getting to or exceeding the upper limit of 300 minutes is ideal.

When combining different types of activity, 1 minute of vigorous activity can take the place of 2 minutes of moderate activity. For example, 150 minutes of moderate activity, 75 minutes of vigorous activity, and a combination of 100 minutes of moderate activity plus 25 minutes of vigorous activity all count as the same amount.

This level of activity has been shown to have clear health benefits, including lowering the risk of dying at an early age and lowering the chance of getting or dying from certain types of cancer. Higher amounts of physical activity may be even better for lowering cancer risk.

For people who are not active or just starting a physical activity program, activity levels below the recommended levels can still help your health, especially your heart.

The amount and intensity of activity can then be increased slowly over time. Most children and young adults can safely do moderate and/or vigorous activities without checking with their doctors. But men older than 40 years, women older than 50 years, and people with chronic illnesses or risk factors for heart disease should check with their doctors before starting a vigorous activity program.

Children and teens should be encouraged to be active at moderate to vigorous intensities for at least an hour a day, every day.

This should include muscle-strengthening activities at least 3 days a week. Activities should be age appropriate, enjoyable, and varied, including sports and fitness activities in school, at home, and in the community. To help reach activity goals, daily physical education programs and activity breaks should be provided for children at school, and “screen time” (TV viewing, playing video games, or social networking on the computer and similar activities) should be limited at home.



Moderate- and Vigorous-Intensity Activities

	Moderate-Intensity Activities	Vigorous-Intensity Activities
Exercise and Leisure	Walking, dancing, leisurely bicycling, ice skating, roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming
Sports	Volleyball, golfing, softball, badminton, doubles tennis, downhill skiing	Soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing
Home Activities	Mowing the lawn (push mower), general lawn and garden maintenance	Digging, carrying, hauling, masonry, carpentry
Occupational Activities	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction work, firefighting)

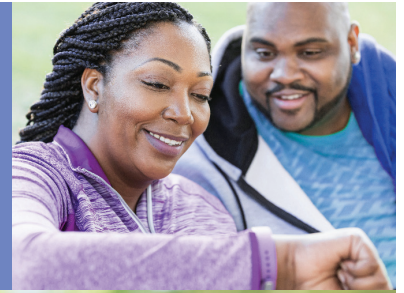
Tips for Parents

Look for chances to encourage your kids to be active, even if it's just a quick game of hide-and-seek, or a pick-up basketball game. Kids develop habits early in life, and you can help give them a healthy start.

- Discuss the value of physical activity with your kids.
- Set limits on how much time they can watch TV and play video or computer games.
- Create new routines like taking a walk after dinner or playing in a park on the weekends.
- Plan physical activities for family events such as birthday parties, picnics, and vacations.
- Encourage your kids to take part in school and community sports programs.
- Advocate for quality physical education and school health programs in your kids' school.
- Choose a doctor for your child who will encourage and explain the benefits of physical activity.
- Be a good role model, and join in the fun.



A **Step** in the Right Direction



Fitbits and other electronic activity trackers can be great for making sure you are moving enough throughout the day. The most recent literature review found that there's evidence of health benefit at 7,000 to 9,000 steps per day. Most people will achieve about 5,000 steps just doing the things they typically do in a day.

Achieving up to 9,000 steps requires a little more effort. To get those additional steps, work up to walking at least two miles per day. If you haven't been very active, set a goal to increase your steps by about 2,000 per day. Gradually increase your steps until you reach 9,000 – or even more!

Limit sedentary behavior such as sitting, lying down, watching TV, or other forms of screen-based entertainment.

There is growing evidence that the amount of time spent sitting is important, regardless of your activity level. Sitting time raises the risks of obesity, type 2 diabetes, heart disease, and some types of cancer, as well as of dying at a younger age.

Lifestyle changes and advances in technology have led to people being less active and spending more time sitting each day. This is true both in the workplace and at home, due to increased TV, computer, and other screen time. Limiting the amount of time spent sitting, as suggested in the following section, may help maintain a healthy body weight and reduce the risk of certain cancers.

Tips to Reduce Sitting Time

Don't think you have time to add physical activity to your day? Consider simple substitutions. Think about how much time you spend sitting versus being active.

Here are ways to replace sitting with moving:

- Use the stairs instead of the elevator.
- Walk or bike to your destination.
- Be active at lunch with your co-workers, family, or friends.
- Take a 10-minute activity break at work to stretch, or take a quick walk.
- Walk to visit a co-worker instead of sending an email message.
- Go dancing with your spouse or friends.
- Plan active vacations rather than driving trips.
- Wear a Fitbit or other electronic tracker every day to see how you can increase your steps.
- Join a sports or recreation team.
- Use a stationary bicycle or treadmill while watching TV.
- Plan your activity routine to gradually increase the days per week and minutes per session.

3.

Nutrition & Healthy Eating



The American Cancer Society recommends following a healthy eating pattern at all ages.

A healthy eating pattern includes:

- Foods that are high in nutrients in amounts that help you get to and stay at a healthy body weight
- A variety of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas), and others
- Fruits, especially whole fruits in a variety of colors
- Whole grains

A healthy eating pattern limits or does not include:

- Red and processed meats
- Sugar-sweetened beverages
- Highly processed foods and refined grain products

It is best not to drink alcohol.

People who do choose to drink alcohol should have no more than 1 drink per day for women or 2 drinks per day for men.



In recent years, the effects of dietary patterns on the risk of cancer (and other diseases) have taken on more importance, as opposed to the effects of individual nutrients.

In general, the dietary patterns showing the most health benefits are based mainly on plant foods (including non-starchy vegetables, whole fruits, whole grains, legumes, and nuts/seeds), healthy protein sources (higher in legumes and/or fish and/or poultry, and lower in processed meats and red meat), and include unsaturated fats (such as mono- and polyunsaturated fat). These patterns are also lower in added sugar, saturated and/or trans fats, and excess calories.

Studies have provided consistent and compelling evidence that such healthy dietary patterns are linked with a lower risk of cancer, certain other diseases, and dying at a younger age.



Vegetables & Fruits



A healthy eating pattern includes at a variety of vegetables – dark green, red and orange, fiber-rich legumes (beans and peas), and others.

Vegetables (including beans) and fruits are complex foods, containing vitamins, minerals, fiber, and other substances that may help prevent cancer. Research is being done on the potential cancer-preventing properties of certain vegetables and fruits (or groups of these), including dark green and orange vegetables, cruciferous vegetables (such as cabbage, broccoli, cauliflower, and Brussels sprouts), soy products, legumes, allium vegetables (onions and garlic), and tomato products.

A healthy eating pattern also includes eating fruits, especially whole fruits in a variety of colors.

Vegetables and fruits may also lower cancer risk by their effects on calorie intake and body weight. Many vegetables and fruits are low in calories and high in fiber, as well as having a high water content. This may help lower overall calorie intake, and thus help with weight loss and keeping unwanted weight off.

Eating plenty of vegetables and fruits has also been linked with a lower risk of other chronic diseases, especially heart disease.

For cancer risk reduction, the American Cancer Society advises following the US Dietary Guidelines, which is to consume at least 2½ to 3 cups of vegetables and 1½ to 2 cups of fruit each day, depending on a person’s calorie requirements.

Legumes (including kidney beans, pinto beans, black beans, white beans, garbanzo beans (chickpeas), lima beans, lentils, and soy foods and soybeans) are rich in protein, fiber, iron, zinc, potassium and folate. They have a nutrient profile similar to that of vegetables and other good sources of protein and are excellent sources of both.

Below are some ways to ensure that you can eat the recommended amount of vegetables and fruits each day.

Breakfast

- Add half of a banana into your cereal.
- Pour half a cup of frozen berries into a cup of plain low-fat yogurt or on your oatmeal.
- Sprinkle fruit on top of a whole-grain waffle.
- Add spinach and tomato to your morning omelet.
- Slice red, orange, or yellow peppers with a hard-boiled egg.

Lunch or Dinner

- Try a pita sandwich or wrap loaded with vegetables.
- Enjoy a cup of hearty vegetable soup.
- Select a side salad with low-fat dressing.
- Steam veggies as a quick side dish.

Dessert

- Dish up a variety of berries.
- Savor a frozen treat made from 100% juice.
- Cut up some watermelon.

Other tips to help you reach your goal:

- At each meal, fill at least half your plate with fruits and vegetables.
- Layer lettuce, tomatoes, beans, onions, and other vegetables on sandwiches and wraps.
- Add tomato sauce and extra vegetables to pastas and vegetable soups.
- Challenge yourself to try new vegetables from the produce aisle, frozen foods section, or your local farmer’s market.
- Keep dried fruits in your desk drawer and glove compartment (but watch the sugar content).
- Keep a bowl full of fresh veggies and fruits on your kitchen counter for quick snacking.

Whole Grains



A healthy eating pattern includes whole grains instead of refined grains.

Whole grains include the entire grain seed (usually called the “kernel”) which consists of the bran, germ, and endosperm. Whole grains contain dietary fiber and other carbohydrates, protein, vitamins, minerals, and beneficial fats. Whole grains are consumed either as a single food such as brown rice, oatmeal or popcorn. Whole grains can also be found as an ingredient in foods such as breads, cereals, crackers, and pasta.

Research has shown that whole grains probably lower colorectal cancer risk. In addition, whole grains and foods high in dietary fiber seem to be linked with a lower risk of weight gain and being overweight or obese, which can also contribute to cancer risk. The US Dietary Guidelines recommends getting at least half of your grains as whole grains. The American Cancer Society's guideline recommendation to choose whole grains is consistent with these guidelines.

Refined grains have been processed (also called milled) to remove the bran and germ from the grain. This is done to give the grains a finer texture, lighter color, and longer shelf life. However, this processing also removes dietary fiber, iron, vitamins, and other nutrients.

Enriched grains are fortified with key nutrients that were lost during processing. Examples of enriched grain products include enriched white rice and enriched white bread.

Improve your intake of whole grains

- Switch from refined to whole-grain versions of common foods such as bread, rice, and pasta. If your family is resistant to change, start by mixing half of your refined pasta with half whole-grain pasta.
- Limit refined grains and products made with refined grains such as cakes, chips, cookies, and crackers.
- Look for whole grains in the ingredient list when reading food labels.

Examples of whole grains are:

- Barley
- Brown Rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal
- Quinoa
- Rolled Oats
- Whole Wheat
- Whole Rye
- Whole Oats
- Whole Grain Sorghum

Source: FDA



Fiber

Many whole grains are good sources of dietary fiber, which we all need. Fiber is a type of carbohydrate the body can't digest. It's not broken down into sugar like other carbohydrates, so it passes through the body undigested. Fiber slows the breakdown of starch into glucose, helping to maintain steadier blood sugar levels. This slow breakdown allows you to feel full longer which may help some in controlling their weight.

There are two types of dietary fiber, and most plants contain some of each kind:

Soluble fiber dissolves in water to form a thick gel-like substance in the stomach. It is broken down in the large intestine and provides some calories.

Foods that contain soluble fiber are: beans, peas, apples, blueberries, oatmeal, nuts, seeds, and lentils.

Soluble fiber interferes with the absorption of dietary fat and can help lower the bad cholesterol (LDL) in the blood. Soluble fiber also slows digestion and can aid in controlling blood sugar.

Insoluble fiber does not dissolve in water and passes through the intestines intact and is not a source of calories.

Foods that contain insoluble fiber are: nuts and seeds, legumes, tomatoes, carrots, cucumbers, wheat bran, and whole grain foods.

Insoluble fiber provides "bulk" for stool formation and speeds up movement of food and waste through the digestive system, which can help prevent constipation.

Both soluble and insoluble fiber make you feel full, which may help you eat less and stay satisfied longer. Diets higher in dietary fiber promote intestinal regularity and can reduce the risk of developing cardiovascular disease.

Dietary fiber, found in plant foods such as legumes, whole grains, fruits and vegetables, and nuts and seeds, is probably linked with a lower risk of colorectal cancer, as well as a lower risk of weight gain and being overweight or obese. Fiber can also affect bacteria in the gut, which might also play a role in some cancers.

Studies of **fiber supplements**, including psyllium fiber and wheat bran fiber, have not found that they reduce the risk of polyps in the colon. Thus, the American Cancer Society recommends that you get most of your dietary fiber from whole plant foods, such as vegetables, fruits, whole grains, nuts and seeds.



The Recommended Daily Value (DV) for fiber is 25 grams per day based on a 2,000 calorie diet.

Most people in the U.S. don't get nearly enough dietary fiber. According to one source, Americans eat an average of 15 grams of fiber per day. Compare that to the figures below.

Daily Recommended Fiber Intake for Adults

Men 50 or younger	38 grams
Men 51 or older	30 grams
Women 50 or younger	25 grams
Women 51 or older	21 grams

Fat



Fat, along with protein and carbohydrates, provides energy to the body in the form of calories. Fat also works to store extra calories, maintain healthy skin and hair, and insulate the body. However, eating too much fat can lead to obesity and raise your risk of heart disease, stroke, diabetes, and some cancers.

Although we need fat in our diet, we should eat fats in moderation and choose them wisely. Some fats are considered “good,” while others are “bad.” Here’s what you need to know:

The “Good” Fats

- **Monounsaturated fats:** found in canola, peanut, and olive oils; avocados; nuts such as almonds, hazelnuts, and pecans; and pumpkin or sesame seeds.
- **Polyunsaturated fats:** found in corn, sunflower, flaxseed, and safflower oils; walnuts; seafoods such as salmon, tuna, and mackerel (which contain omega-3 fatty acids).

The “Bad” Fats

- **Saturated fats:** found in animal foods, such as meat and dairy products, and in coconut palm and palm kernel oils. Also called solid fats, saturated fats are not believed to be as harmful as trans fats.
- **Trans fats:** found primarily in processed foods that contain partially hydrogenated oils, which are added to foods to improve shelf life, flavor stability, and texture. Trans fats are found in small, naturally occurring amounts in red meats, butter, and milk, but those are not thought to have the same harmful effects as the trans fats in processed food.

Cholesterol is a waxy substance found in all cells of the body. Your doctor can measure your cholesterol level by taking a sample of your blood. The biggest dietary influence on blood cholesterol levels is actually the mix of fats and carbohydrates in your diet. Saturated fats and trans fats both raise levels of bad cholesterol (LDL), and trans fats also lower levels of good cholesterol (HDL).

The American Heart Association recommends cutting back on trans fats and making saturated fat only 5% to 6% of total daily calories. For example, if you eat about 2,000 calories a day, no more than 120 of these calories should come from saturated fat. That’s about 13 grams of saturated fat per day. For some people, high blood cholesterol is simply a case of genetics. For other people, dietary cholesterol has a strong influence on overall blood cholesterol.

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>



Protein



A healthy eating pattern limits or does not include red and processed meats.

Red meat refers to unprocessed meat from mammals, such as beef, veal, pork, lamb, mutton, horse, or goat meat, as well as minced or frozen meat. **Processed meat** has been transformed through curing, smoking, salting, fermentation or other processes to improve preservation or enhance flavor. Examples include bacon, sausage, ham, bologna, hot dogs, and deli meats. Most processed meats contain pork or beef, but they may also contain other red meats, poultry, or meat byproducts.

Evidence that red and processed meats increase cancer risk has existed for decades, and many health organizations recommend limiting or avoiding these foods. In 2015, the International Agency for Research on Cancer (IARC) concluded that processed meat is in Group 1 (“carcinogenic [cancer-causing] to humans”) and that red meat is in Group 2A (“probably carcinogenic to humans”), based on evidence for increased risks of colorectal cancer. Recent studies also suggest a possible role of red and/or processed meats in increasing risk of breast cancer and certain forms of prostate cancer, although more research is needed.

It is not known if there is a safe level of consumption for either red or processed meats. In the absence of such knowledge, while recognizing that the amount of increased risk isn’t certain, the American Cancer Society recommends choosing protein foods such as fish, poultry, and beans more often than red meat, and for people who eat processed meat products to do so sparingly, if at all.

Protein helps build and repair cells and keeps the immune system healthy. It can help you feel full longer and maintain a more balanced energy level. Protein is found in virtually every part of our body.

Proteins can be meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds. Most Americans get plenty of protein in their diet, but don’t always make the healthiest choices.

Even though we need protein, not all protein-rich foods are healthy for us. Some foods that are high in protein are also high in saturated fat, salt, calories, or other things that aren’t good for us.

Follow these tips for choosing healthy proteins:

- Eat lean or low-fat meat such as turkey and poultry.
- Avoid cooking with butter, shortening, or other solid fat.
- Eat seafood that’s rich in omega-3 fatty acids about twice a week. This includes salmon, mackerel, herring, lake trout, sardines, and albacore tuna.

If you are following a vegetarian diet, an ounce of meat, poultry, or fish is the same as an ounce equivalent of one of the following.

- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon peanut butter
- 1/2 ounce of nuts or seeds
- 2 tablespoons hummus

In the United States, the recommended daily allowance of protein is 46 grams per day for women over 19 years of age, and 56 grams per day for men over 19 years of age.



Sodium



Eating too much sodium is associated with an increased risk of stroke, heart disease, osteoporosis, stomach cancer, and kidney disease.

The Food and Drug Administration publishes “*Dietary Guidelines for Americans*” which recommends limiting daily sodium intake to 2,300 milligrams (one teaspoon).

However, the American Heart Association recommends a limit of 1,500 milligrams or less for ideal heart health.

About 70% of dietary sodium comes from eating packaged and restaurant foods. Some of the most common sources may surprise you:

- Deli meats
- Canned soups and vegetables
- Condiments
- Breakfast cereals
- Frozen meals
- Bread and tortillas
- Dairy products, especially cheese

Sugar



A healthy eating pattern limits or does not include consumption of sugar-sweetened beverages.

Added sugars and other high-calorie sweeteners (such as high-fructose corn syrup) are often used in sugar-sweetened beverages and energy-dense foods (for example, traditional “fast food” or heavily processed foods). They are linked with a higher risk of weight gain and being overweight or obese, which can increase the risk of many types of cancer.

Energy-dense and highly processed foods are also often higher in refined grains, saturated fat, and sodium.

The US Dietary Guidelines recommend limiting calories from added sugars and saturated fat, and specifically getting less than 10% of your calories a day from added sugars.

Source: NHANES Source: FDA

Rethink Your Drink

According to a 2014 study by the Centers for Disease Control and Prevention, 59% of adults living in the Midwest reported consuming one or more sugary drinks on a daily basis. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to change what you drink.

Many people do not realize how calories in beverages contribute to their daily intake. For example:

Type of Beverage	Calories in 12 ounces
Latte with whole milk	199
Fruit punch	192
100% apple juice	192
100% orange juice	168
Lemonade	168
Regular cola	136
Sports drink	99

Source: CDC

Processed Foods



A healthy eating pattern limits or does not include highly processed food and refined grain products.

The health impact of highly processed foods is an area of increasing public concern. Some types of processing—such as peeling, cutting, and freezing fresh vegetables and fruit for later consumption—have important health benefits that increase the safety, convenience and taste of foods. But there is a spectrum of food processing, from **less processed** foods such as whole grain flour and pasta, to **highly processed foods** that include

industrially produced grain-based desserts, ready-to-eat or ready-to-heat foods, snack foods, sugar-sweetened beverages, candy, and other foods that often do not resemble their original plant or animal sources.

Highly processed foods tend to be higher in fat, added sugars, refined grains, and/or sodium, and have been linked with unwanted health outcomes, including cancer, in a small number of studies. Still, up to 60% of the calories consumed per day in US households is from highly processed foods and beverages.



Calcium and Dairy Products

Some research has linked diets high in **calcium and dairy products** to a lower risk of colorectal cancer, and possibly breast cancer as well. However, some studies have also suggested that calcium and dairy products might increase prostate cancer risk.

Because the intake of dairy foods may lower the risk of some cancers and possibly increase the risk of others, the American Cancer Society does not make specific recommendations on dairy food consumption for cancer prevention.

Vitamin D



Vitamin D, which is made by the body when the skin is exposed to ultraviolet (UV) rays, is known to help maintain bone health. Dietary sources include a few foods in which it is found naturally (such as fatty fish and some mushrooms), as well as foods fortified with vitamin D (such as milk and some orange juices and cereals) and supplements. Some studies have suggested a potential role of vitamin D in lowering cancer risk, especially colorectal cancer. However, large studies have not found that vitamin D supplements lower the risk of colorectal polyps (pre-cancerous growths) or cancer.

Most Americans do not get enough vitamin D in their diets, and many have low vitamin D levels in their blood. While the role of vitamin D in lowering cancer risk is still an active area of research and debate, avoiding low vitamin D levels is recommended. People at higher risk of having low vitamin D levels include those with darker skin, those living in Northern latitudes, and those who stay indoors and who do not consume sources of vitamin D.

Dietary Supplements



Dietary supplements are a diverse group of products defined under current US laws and regulations as containing vitamins and minerals as well as amino acids, herbs/botanicals, and other kinds of ingredients. Vitamin and/or mineral supplements can have important health benefits for people who don't get enough of these micronutrients from foods, or for those with malabsorption disorders.

But many other products that are marketed as dietary supplements are not truly "dietary" because they come from sources other than foods and contain substances not found in foods. They are also not "supplemental" because they do not increase intake of micronutrients that have been scientifically shown to be important for human health. Furthermore, current laws and regulations do not guarantee that products sold as dietary supplements actually contain substances in the quantities claimed on their labels, or that they are free from undeclared substances that can be harmful to human health.

Although a diet rich in vegetables, fruits, and other plant-based foods may reduce the risk of cancer, there is limited and inconsistent evidence that dietary supplements can reduce cancer risk. Further, some studies have found that high-dose supplements containing nutrients such as beta-carotene and vitamins A and E can increase the

risk of some cancers. Nonetheless, more than half of US adults use one or more dietary supplements.

Many different types of compounds are found in vegetables and fruits, and it's likely that these compounds work together to have healthful effects. There are likely to be important, but as yet unknown, components of whole foods that aren't included in dietary supplements.

Some supplements are described as containing the nutritional equivalent of vegetables and fruits. However, the small amount of dried powder in such pills often contains only a small fraction of the levels in the whole foods, and there is very little evidence supporting a role of these products in lowering cancer risk. **Food is the best source of vitamins, minerals, and other important food components.** If a dietary supplement is used for general health purposes, the best choice is a balanced multivitamin/mineral supplement containing no more than 100% of the "daily value" of nutrients.

At this time, the **American Cancer Society does not recommend the use of dietary supplements for cancer prevention.**



Alcohol

It is best not to drink alcohol.

People who do choose to drink alcohol should have no more than 1 drink per day for women or 2 drinks per day for men.

Alcohol use is the third most important preventable risk factor for cancer, after tobacco use and excess body weight. Alcohol use accounts for about 6% of all cancers and 4% of all cancer deaths in the United States. Despite this, public awareness about the cancer-causing effects of alcohol remains low.

A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits (hard liquor). In terms of cancer risk, it is the amount of alcohol (ethanol) consumed that is important, not the type of alcoholic drink.

These daily limits do not mean you can drink larger amounts on fewer days of the week, since this can lead to health, social, and other problems.

Alcohol is a known cause of cancers of the:

- Mouth
- Throat (pharynx)
- Voice box (larynx)
- Esophagus
- Liver
- Colon and rectum
- Breast

Alcohol may also increase the risk of cancer of the stomach.

Alcohol also interacts with tobacco use to increase the risk of cancers of the mouth, larynx, and esophagus many times more than the effect of either drinking or smoking alone.

Some research has shown that consuming any amount of alcohol increases risk of some types of cancer, most notably breast cancer.



Drink **More Water**



It's important for people to stay hydrated and get adequate fluids each day. Drinking water is a good choice because it is typically inexpensive, readily available, and doesn't contain calories or added ingredients. Here are some suggestions to encourage your family to drink more water:

- Provide a reusable bottle that they can fill up and take on the go.
- Make water more exciting by adding slices of lemon, lime, or cucumber; create a bar of sliced fruits so kids can choose a flavor they like.
- Add a splash of juice to plain water.
- Give the kids a special water glass or straw to make it more fun.
- Be a good role model by drinking water yourself.
- Limit children's options by not purchasing sugary beverages.
- Freeze slices of fruit to add to glasses of water.
- Freeze ice cubes in fun shapes.
- Demonstrate the importance of water by showing a droopy plant and then giving it water.
- Choose snacks that have high-water content such as cantaloupe, watermelon, and strawberries.

Take the 30-Day Water Challenge

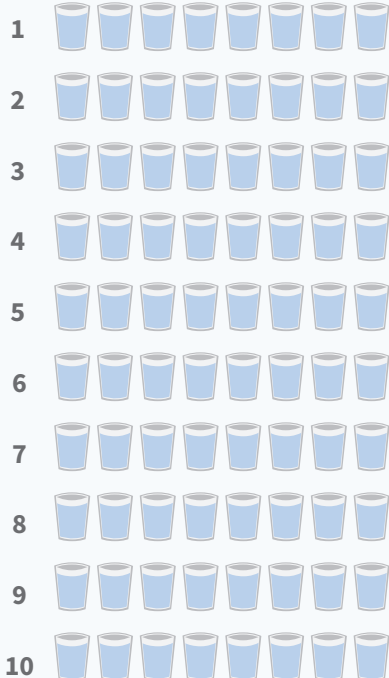
Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda. Water helps your body by keeping your temperature normal, lubricating and cushioning joints, protecting your spinal cord and other tissues, and getting rid of wastes through urination, perspiration, and bowel movements.

In 2005-2010, U.S. youth drank an average of 15 ounces of water and U.S. adults drank an average of 39 ounces of water on a given day.

Below is a tracker for you and your family to use to evaluate your water consumption.

30 Day Water Challenge

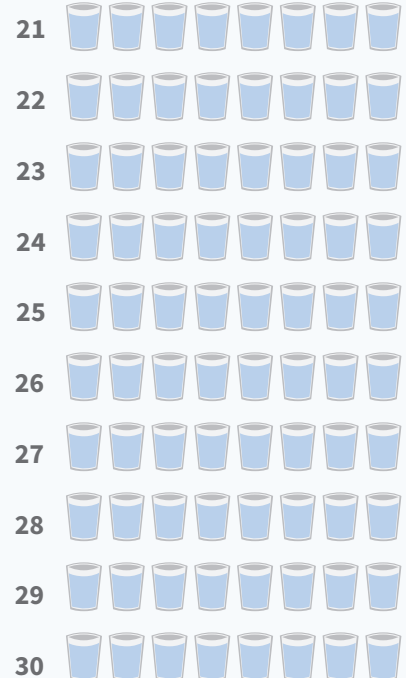
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day



Reading Food Labels



The food label helps you figure out the amounts of nutrients you're getting and compare one product to another. Reading and understanding food labels is a good step toward healthy eating.

New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a fresh design that will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Explore it today!

What's New: Servings per container and serving size are now in larger and/or bolder type.

Serving Size

Serving Size is based on the amount of food that is eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- *When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.*

Servings Per Container

Servings Per Container shows the total number of servings in the entire food package or container.

- *One package of food may contain more than one serving.* Some containers may also have a label with two columns – one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Consider the Calories

Calories refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- As a general rule: *100 calories per serving of an individual food is considered a moderate amount, and 400 calories or more per serving of an individual food is considered high in calories.*
- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. *2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower* and vary depending on your age, sex, height, weight, and physical activity level.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* 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.

Source: <http://www.fda.gov/educationresourcelibrary>

Reading Food Labels



Use % Daily Value as a Guide

What's New: The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 years of age and older) and are used to calculate the % Daily Value.

% Daily Value (% DV)

The % Daily Value shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the % DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (check to make sure the serving size is the same).

As a general guide:

5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

Choose Nutrients Wisely

What's New: The nutrients that are required on the label have been updated. **Added Sugars** is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Aim for less than 10% of your total daily calories from added sugars. **Vitamin D and potassium** are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Use the label to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

• **Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat.**

Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.** (Note: Trans fat has no % DV. Use the amount of grams for comparison and keep the intake of trans fat as low as possible).

• **Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.** Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* 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.

Ingredients: Bulgur, Wheat, Sauce (Water, Half and Half [Milk, Cream], Parmesan Cheese [Pasteurized Skim Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
Contains: Wheat, Milk

The Ingredient List

Although the ingredient list is not part of the Nutrition Facts label, it is also a helpful tool. The Ingredient List shows each ingredient in a food by its **common or usual name**. Ingredients are listed in descending order by weight, so the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Understanding the Marketing Terms used on Food Labels

The U.S. Food and Drug Administration (FDA) has rules that define the terms food companies can use to describe the nutrients your body takes in from that food. Here's what the terms used on food packages are really telling you:

Free

How you might see it on a label:

fat-free, sugar-free, calorie-free

What it means: This means that a product does not have any of that nutrient, or so little that it's unlikely to make any difference to your body. For example, "calorie-free" means less than 5 calories per serving. "Sugar-free" and "fat-free" both mean less than 0.5 g (grams) per serving. These nutrients can be described using the term "free":

- Fat
- Saturated fat
- Cholesterol
- Sodium (salt)
- Sugars
- Calories

Other terms that may be used:

Without, no, zero and (for fat-free milk) skim.

(Note that this only refers to nutrients in food. The word "free" may be used differently for things people may be allergic to or intolerant of, such as lactose and gluten.)

Low

How you might see it on a label:

low-fat, low-sodium, low-cholesterol, low-calorie

What it means: This term can be used on foods that can be eaten often and you still won't get more than the recommended amount of that nutrient. The nutrients that can be described with this label are:

- Fat
- Saturated fat
- Cholesterol
- Sodium (salt)
- Calories

Reduced

How you might see it on a label:

reduced fat, reduced calorie, reduced sodium

What it means: This term is used when a food has been altered to take out at least 25% of a certain component – like fat, salt, or calories. Companies may not use the term "reduced" on a product if the original version already meets the requirement for a "low" claim (see above).

Light or Lite

How you might see it on a label:

light or lite cream cheese

What it means: This term can mean lower calories, fat, or sodium: If less than 50% of the calories in the food are from fat, it can mean that a food has been changed so it contains either one-third fewer calories or no more than half the fat of the regular version of this food. If the food gets 50% or more of its calories from fat, then the product must have half the fat of the regular version in order to use "light."

The term "light" can also be used when the sodium (salt) content of a low-calorie, low-fat food has been reduced by 50%. "Light in sodium" may also be used on food in which the sodium content has been reduced by at least 50% even if it isn't low-fat or low-calorie. "Lightly salted" means there's half as much sodium than is normally added to the food. It may not be low enough to qualify as "low sodium."

The term "light" still can be used to describe such properties as texture and color, as long as the label explains the intent – for example, "light brown sugar" and "light and fluffy."

Low-Fat Foods

A good rule of thumb when you're reading food labels: For every 100 calories, if the product has 3 grams of fat or less, it's a low-fat product. This means 30% or less of the calories come from fat. Foods like margarine, mayonnaise, and some salad dressings that get most of their calories from fat must have half or less than half the fat of the regular version of the food to be called "light." These foods don't have to meet the 30% cutoff for number of calories from fat to be considered low-fat.



Eating Healthy at Home

Do you know what a half cup of pasta looks like on your plate? How much does one cup of milk fill your glass? How much cereal do you typically pour into your bowl?

Take out your measuring cups, spoons, and scales, and get a handle on what a serving size looks like in your own plates, bowls, and glasses.

- Serve appropriate portion sizes and store the rest for leftovers.
- Rather than putting serving dishes on your table throughout the meal (tempting you to eat more), serve from the kitchen.
- Trade in your dinner plate for your salad plate. Serving your meals on the smaller plate will give you the illusion of larger portions.
- Do not eat right out of a bag or carton. Think about buying foods packaged in individual serving sizes to help you control servings.

Tips and Strategies to Help Your Children Eat Healthy

- Set a good example by eating healthy yourself.
- Offer a variety of food so your child is exposed to different options. Try offering each new option multiple times and in different ways.
- Encourage your children to eat slowly. Children can detect hunger and fullness better when they eat slowly. Before serving a second helping, wait 15 minutes to see if they are still truly hungry. This will give the brain time to register fullness. Also, the second helping should be smaller than the first.
- Leave unhealthy choices like chips and soda at the store.
- Eat meals together.
- Involve your children in the shopping and preparing of meals.
- Plan healthy snacks.
- Discourage eating while watching TV.
- Encourage your child to drink more water.
- Teach your children about portion size and about reading labels together.
- Prepare healthy meals ahead.
- Introduce new foods slowly and in smaller portion sizes.
- Allow treats periodically. If you forbid them, it makes them even more appealing.
- Have a positive attitude about eating healthy.
- Sneak extra servings of fruit or vegetables into the meal by pureeing them.



While You're Out



Eating out can be tricky when you're trying to cut back on portion sizes because restaurant portions tend to be two to three times larger than standard servings.

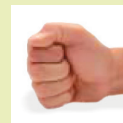
Use these tips to help keep your healthy eating plan on track when you're eating out.

- Ask for a copy of the restaurant's nutrition information.
- Say "No Thanks" to "Supersize," "Monster," "Big," or "Double," and opt for smaller portions of burgers and fries.
- Don't hold the pickles and lettuce... hold the special sauces, mayonnaise, cheese, and bacon instead.
- Look for plant-based entrees on the menu, like a veggie plate or a salad with lean protein, like chicken, tofu, or fish on top.
- Be salad-savvy. If there is a salad bar, load up on low-calorie, colorful vegetables and limit how much high-calorie cheese, nuts, and dressing you add.
- Break out of the burger habit and enjoy a baked potato instead. Ask for butter and sour cream on the side and use just a little.
- Go for grilled chicken or baked fish. Skip the breaded and fried version.
- At the pizza place, opt for thin crust with vegetable toppings rather than thick crust with pepperoni or sausage.
- Order skim milk or water instead of soda.
- Skip the milk shake. (There's not much milk in it but plenty of sugar, fat, and calories.)
- Lunch portions tend to be smaller; ask for a lunch portion even if it's dinnertime.
- Ask for sauces, gravies, dressings, or other toppings on the side, so you can control how much goes on.
- Request a to-go box as soon as your meal arrives, and pack away half your meal to enjoy for lunch the next day.
- Split an entrée with a friend.
- Consider ordering an appetizer and soup or salad as your meal.
- Avoid buffets.
- If you do splurge, cut back on calories the next day and add some more activity to your day.

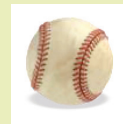
Portion Distortion

An important way to start to watch your calories – without feeling deprived of your favorite food – is to pay attention to serving sizes. Many portions, in both restaurants and home-cooked meals, are too big and can quickly add up to extra calories.

Use these visuals to help you judge the size of a standard serving.



A half cup of vegetables or fruit is about the size of your fist.



A medium apple is the size of a baseball.



A 3-ounce portion of meat, fish, or poultry is about the size of a deck of cards.



A single-serving bagel is the size of a hockey puck.



An ounce and a half of low-fat or fat-free cheese is the size of a pair of dice.



One tablespoon of peanut butter is about the size of the tip of your thumb.

Fool Your **Taste Buds**

Try making a few simple ingredient changes to cut the extra sugar, fat, and calories in many recipes without changing the taste you love. These substitutions allow you to enjoy great flavor and eat healthier.

Instead of...	Try...	And Save...
1 cup sour cream	1 cup reduced-fat sour cream 1 cup fat-free sour cream	12 grams fat 40 grams fat
1 cup low-fat flavored yogurt	1 cup yogurt, unflavored or with non-sugar sweetener	22 grams sugar
1 pound lean ground beef	1 pound ground turkey breast	78 grams fat
1 cup nuts	½ cup toasted nuts	21 grams fat
2 slices bacon	1 slice Canadian bacon	4 grams fat
1 ounce hard cheese (such as Cheddar)	1 ounce reduced-fat cheese 2 tablespoons Parmesan cheese	4 grams fat 6 grams fat
Whole milk	1% milk (low fat)	5 grams fat per cup
2% milk	Skim milk (non-fat)	5 grams fat per cup
Ice cream	Frozen yogurt	4.5 grams fat per ½ cup
Potato chips	Baked potato chips	10 grams fat per ounce
Buttered popcorn	Light popcorn	7 grams fat per serving
Pepperoni pizza	Vegetable pizza	7 grams fat per slice

Do I *Really* Want It?

Sometimes you do, and that's OK. But if you're on the fence about whether to give in to that craving, consider this:

To burn the calories in this:



You'd need to walk about:

3.5-ounce red wine	1 mile
20-ounce soda	2.5 miles
1 20-ounce latte with whole milk	3.5 miles
1 glazed donut	2 miles
1 cup of vanilla ice cream	2.5 miles
1 ounce potato chips	1.5 miles
1 small movie popcorn	5 miles
2 slices of thin-crust pepperoni pizza	5 miles
1 extra large cheeseburger with sauce, 1 extra large french fry and 1 extra large soda	15 miles

Recipes



Serve up these delicious and healthy recipes, taken from the American Cancer Society's *Healthy Eating* cookbook. Visit cancer.org for more recipes.

Turkey-Mushroom Meatloaf

Topping:

¼ cup ketchup
1 Tbsp. light brown sugar
½ tsp. dry mustard

Meatloaf:

1 egg	8 ounces white or cremini mushrooms, finely chopped
1 cup fresh bread crumbs (from 2 slices firm white sandwich bread, torn into small pieces)	3 Tbsp. ketchup
½ cup low-fat milk	1 Tbsp. Worcestershire sauce
1 Tbsp. canola oil	1 to 1-¼ pounds ground turkey breast
1 onion, finely chopped	Salt and freshly ground black pepper
3 garlic cloves, minced	

- **For the Topping:** In a bowl, combine the ketchup, brown sugar, and mustard. Set aside.
- **For the Meatloaf:** Preheat the oven to 400 degrees. Cut a piece of parchment paper into a 9-by-5-inch rectangle and place on a cooling rack on top of a foil-lined, rimmed baking sheet.
- In a bowl, beat the egg. Add the bread crumbs and milk. Set aside to soften.
- Meanwhile, in a large skillet over medium heat, add the oil. Sauté the onion for 5 to 8 minutes, or until softened. Add the garlic and sauté for 1 minute. Add the mushrooms and sauté for 5 to 8 minutes, or until they have softened and released all of their liquid. Set aside to cool briefly.
- In a bowl, combine the bread crumb mixture, ketchup, and Worcestershire sauce. Add the vegetable mixture and stir to combine. Add the turkey and stir gently to combine. Sprinkle with salt and pepper.
- Form the turkey mixture into a loaf on top of the parchment and spread with the topping. Bake for 60 to 70 minutes, or until an instant-read thermometer inserted into the meatloaf registers 165 degrees. Let rest for 5 to 10 minutes before slicing.

Calories per serving: 310 Servings: 4-6

Chicken Fajitas with Tricolored Peppers

Juice of 2 limes	1 red bell pepper, seeded and sliced into strips
2 Tbsp. canola oil, divided use	1 green bell pepper, seeded and sliced into strips
3 garlic cloves, smashed	1 yellow or orange bell pepper, seeded and sliced into strips
1 tsp. chili powder	8 (5- to 6-inch) whole wheat, flour, or corn tortillas
1 tsp. ground cumin	1 avocado, sliced into eighths
1 tsp. paprika	Salsa, sour cream, or shredded cheese, optional
½ tsp. dried oregano	
½ tsp. salt	
Pinch cayenne pepper	
1 pound boneless, skinless chicken breasts, sliced into strips	
1 large onion, sliced	
1 large red onion, sliced	

- In a zip-top bag or bowl, combine the lime juice, 1 Tbsp. of the oil, garlic, chili powder, cumin, paprika, oregano, salt, and cayenne pepper. Add the chicken and stir to coat. Refrigerate for 30 minutes or more, turning occasionally if possible.
- Preheat the oven to 350 degrees.
- In a large skillet over medium-high heat, add the remaining 1 Tbsp. of oil. Sauté the onions for 5 to 8 minutes, or until softened. Add the bell peppers and cook for 3 to 5 minutes. Remove the vegetables and set aside. Remove the chicken from the marinade, letting excess drip off, and sauté for 3 to 5 minutes. Reduce the heat to medium-low, return the vegetables to the skillet, and sauté for 1 to 2 minutes, or until the vegetables are heated through.
- Meanwhile, wrap the tortillas in aluminum foil and bake for 10 minutes. (Tortillas can also be wrapped in a damp towel and warmed in the microwave on high for 15 to 30 seconds.)
- Spoon the chicken mixture onto the tortillas and top with sliced avocado.
- Serve with salsa, sour cream or cheese, if desired.

Calories per serving: 470 Servings: 4

Chunky Pasta and Bean Soup

1 Tbsp. olive oil
1 onion, chopped
2 carrots, chopped
1 celery stick, chopped
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried thyme
½ tsp. dried rosemary
6 cups reduced-sodium chicken or vegetable broth
1 (14.5-ounce) can diced tomatoes, drained
1 (15-ounce) can cannellini or white beans, rinsed and drained
3 cups coarsely chopped Swiss chard or baby spinach
1 cup ditalini or other small pasta
Freshly grated Parmesan cheese, optional

- In a stockpot over medium heat, add the oil. Sauté the onions, carrots, and celery for 5 to 8 minutes, or until softened. Add the garlic, basil, oregano, thyme, and rosemary and sauté for 1 minute. Add the broth and tomatoes and bring to a boil. Reduce the heat and simmer for 10 to 15 minutes, stirring occasionally. Add the beans and Swiss chard and cook for 3 to 5 minutes, stirring to combine.
- Meanwhile, in a saucepan, prepare the ditalini according to the package directions for an al dente (just firm). Add the pasta to the individual bowls of soup. Serve with cheese, if desired.

Calories per serving: 220 Servings: 6

Chipotle Turkey-Bean Tacos

1 Tbsp. canola oil
1 small onion, finely chopped
½ green bell pepper, seeded and finely chopped
1 pound ground turkey breast
2 garlic cloves, minced
1 Tbsp. chili powder
1 tsp. ground cumin
1 (8-ounce) can tomato sauce
1 chipotle chili in adobo sauce, finely chopped
1 cups black beans, rinsed and drained
8 (5- to 6-inch) whole wheat flour, or corn tortillas
1 avocado
1 Tbsp. fresh lemon juice
Salt and freshly ground black pepper

- Preheat oven to 350 degrees.
- In a large skillet over medium-high heat, add the oil. Sauté the onion and bell pepper for 3 to 5 minutes, or until softened. Add the turkey and sauté for 5 to 8 minutes, or until the turkey is cooked through and any excess liquid has evaporated. Add the garlic, chili powder, and cumin and sauté for 1 minute. Add the tomato sauce and chipotle, reduce the heat, and simmer, stirring to combine. Cook for 5 minutes, stirring occasionally. Add the beans and cook for 2 to 3 minutes, or until heated through. Season with salt and pepper.
- Meanwhile, wrap the tortillas in aluminum foil and bake for 10 minutes. (Tortillas can also be wrapped in a damp towel and warmed in the microwave on high for 15 to 30 seconds.)
- In a bowl, coarsely mash the avocado and stir gently with lemon juice. Season with salt.
- Spoon the turkey mixture onto the tortillas and top with a dollop of avocado.

Calories per serving: 245 Servings: 8

Peanut Chicken Skewers

1/3 cup peanut butter, preferably all natural
¼ small red onion or 1 small shallot, chopped
1 garlic clove
1 (1-inch) piece peeled fresh ginger, coarsely chopped
2 Tbsp. rice vinegar or white vinegar
2 tsp. reduced-sodium soy sauce
Juice of ½ lemon
½ tsp. ground cumin
½ tsp. curry powder
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

- In a food processor, combine the peanut butter, onion, garlic, ginger, vinegar, soy sauce, lemon juice, cumin, and curry powder until smooth. The mixture will be thick. Transfer to a zip-top bag or bowl. Add the chicken and turn to coat. Refrigerate for 3 or more hours, turning occasionally if possible.
- Preheat the broiler to high and set an oven rack 3 to 4 inches from the heat. Lightly coat a foil-lined, rimmed baking sheet or broiler pan with nonstick cooking spray.
- Remove the chicken from the marinade, letting excess drip off. Thread on skewers and place on baking sheet. Broil the chicken for 5 to 7 minutes, or until just cooked through, turning every 1 to 2 minutes.

Calories per serving: 160 Servings: 4

Salmon Bowl with Asian Dipping Sauce

½ cup basmati or jasmine rice
2 (4- to 6-ounce) salmon fillets
1 cup small broccoli florets
½ cup snow peas, trimmed
½ cup snap peas, trimmed
¼ cup sliced shiitake mushrooms
2 Tbsp. reduced-sodium soy sauce
1 Tbsp. rice vinegar
1 Tbsp. mirin
½ tsp. dark sesame oil
1 scallion, white and light green parts only, thinly sliced

- Prepare the rice according to the package directions.
- Meanwhile, lightly coat a steamer basket with nonstick cooking spray and place the salmon inside. Set the basket in a large saucepan filled with 1 to 2 inches of water (the water shouldn't reach the steamer). Place over medium-high heat, cover, and cook for 6 to 9 minutes, or until almost cooked through. Add the broccoli to the steamer and cook for 1 minute. Add the snow peas, snap peas, and mushrooms and cook for 1 minute, or until just cooked through.
- In a bowl, combine the soy sauce, vinegar, mirin, and sesame oil and microwave on high for 30 seconds to warm. Add the scallion.
- Divide the rice, salmon, and vegetables between two bowls. Drizzle with the sauce and serve remaining sauce on the side for dipping, if desired.

Calories per serving: 380 Servings: 2

Penne with Broccoli Rabe and White Beans

8 ounces whole wheat penne or other shaped pasta
1 pound broccoli rabe, heavy stems removed, cut into 1- to 2-inch pieces
2 Tbsp. olive oil
10 garlic cloves, thinly sliced
½ tsp. crushed red pepper flakes, or to taste
2 cups reduced-sodium chicken or vegetable broth
2 (15-ounce) cans cannellini beans, rinsed and drained
1 Tbsp. extra-virgin olive oil
¼ cup freshly grated Parmesan cheese
Salt and freshly ground black pepper

- Prepare the penne according to the package directions for al dente (just firm). About 2 minutes before the pasta is ready, add the broccoli rabe. Reserve ¼ cup of the pasta water before draining.
- Meanwhile, in a large skillet over medium heat, add the olive oil. Sauté the garlic and red pepper flakes for 1 minute. Add the broth and boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Reduce the heat to medium, add the beans, and cook for 2 to 3 minutes, or until heated through. Add the pasta and broccoli rabe and stir until coated with sauce. Transfer to a bowl. Drizzle with the extra-virgin olive oil (if dry, also add a Tbsp. or so of reserved cooking liquid).
- Top with the cheese and season generously with salt and pepper and additional red pepper flakes, if desired.

Calories per serving: 520 Servings: 4

Easy One-Pot Chicken and Vegetables

4 boneless, skinless chicken breasts, pounded or sliced to even thickness
Salt and freshly ground black pepper
2 Tbsp. olive oil, divided use
16 small white mushrooms
16 baby carrots
2 leeks, white and light green parts only, halved and thickly sliced
2 celery stalks, cut into 1-inch pieces
2 garlic cloves, minced
2 sprigs fresh thyme, or 1 tsp. dried thyme
1 cup reduced-sodium chicken broth

- Sprinkle the chicken with salt and pepper.
- In a large skillet over medium-high heat, add 1 Tbsp. of the oil. Cook the chicken for 3 to 4 minutes per side, or until just cooked through and golden brown. Remove the chicken and set aside. Add the remaining 1 Tbsp. of oil, mushrooms, carrots, leeks, celery, garlic, and thyme and sauté for 5 to 8 minutes, or until softened. Add the broth and bring to a boil, stirring to dislodge any bits of food that might have stuck to the bottom of the skillet. Reduce the heat, cover, and simmer for 15 minutes, stirring occasionally. Return the chicken and any accumulated juices to the skillet, cover, and cook for 1 to 2 minutes, or until the chicken is heated through. Remove the thyme sprigs before serving.

Calories per serving: 310 Servings: 4

4.

Cancer Screening Recommendations



Recommended cancer screenings can help save your life. Due to the COVID-19 pandemic, many people have delayed cancer screening.

Decisions about restarting screening may not be the same for every person. Talk to your doctor about a plan to help you safely return to cancer screening.



Colon Cancer Screening Recommendations

25-39 Years	40-49 Years	50+ Years	Glossary
<p>Colorectal Cancer Testing*</p> <p>Find out if you are at high risk for colon or rectal cancer.</p> <p>If not, then no test is needed at this time.</p>	<p>Colorectal Cancer Testing*</p> <p>Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.</p>		<p>Colorectal Cancer Testing*</p> <p>These tests can help prevent colorectal cancer or find it early when it's easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.</p>

Lung Cancer Screening Recommendations

	<p>Lung Cancer Testing</p> <p>If you are a current or former smoker ages 50-80 and in fairly good health, and currently smoke or have quit in the past 15 years, and have at least a 20 pack-year smoking history you might benefit from yearly lung cancer screening with a low dose computed tomography (LDCT) scan.</p> <p><i>Recommended guidelines from the United States Preventative Services Task Force</i></p>	<p>Lung Cancer Testing</p> <p>People who are going to be screened for lung cancer need to receive counseling to quit smoking if they currently smoke. Your doctor should explain the possible benefits, limits, and harms of screening with LDCT scans. It is recommended to go to a center that has experience in lung cancer screening and treatment.</p>
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* You may need to begin testing for some cancers earlier or be tested more often if you have certain risk factors. Talk to your doctor about this.

Prostate Cancer Screening Recommendations

21-29 Years	30-39 Years	40-49 Years	50+ Years	Glossary
<p>Prostate Cancer Testing</p> <p>No test is needed at this time.</p>		<p>Prostate Cancer Testing</p> <p>Starting at age 45, men at high risk (African American men, Caribbean men of African ancestry, and men with close family members who had prostate cancer before age 65) should discuss the pros and cons of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.</p>	<p>Prostate Cancer Testing</p> <p>Talk with a health care provider about the pros and cons of testing to decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a digital rectal exam. Talk to your doctor about how often you will be tested.</p>	<p>Prostate Cancer Testing</p> <p>Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.</p>

Breast and Cervical Cancer Screening Recommendations

21-29 Years	30-39 Years	40-49 Years	50+ Years	Glossary
<p>Breast Cancer Testing*</p> <p>Find out if you are at high risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.</p>		<p>Breast Cancer Testing*</p> <p>Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms if they wish to do so. Starting at age 45, get a mammogram every year.</p>	<p>Breast Cancer Testing*</p> <p>Get a mammogram every year between the ages of 45 and 54, then at 55 you can switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years.</p>	<p>Mammogram</p> <p>A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.</p>
	<p>Cervical Cancer Testing</p> <p>People ages 25 to 65 years old who have a cervix should get a primary HPV test every 5 years. If a primary HPV test is not available, get a co-test every 5 years or a Pap test alone every 3 years.</p> <p>People ages 66 and older who have had regular cervical cancer testing in the past 10 years with normal results should not be tested.</p> <p>People who have had serious cervical precancer should be tested for at least 25 years after that diagnosis, even if testing continues past age 65 years.</p> <p>People whose cervix was removed by surgery should stop testing unless the surgery was done to treat cervical cancer or a serious precancer.</p>			<p>Pap Test</p> <p>The Pap test checks for cell changes or abnormal cells in the cervix.</p> <p>HPV Test</p> <p>The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.</p> <p>Primary HPV Test</p> <p>An HPV test that is done by itself for screening.</p> <p>Co-testing</p> <p>Testing with an HPV test and a Pap test.</p>

* You may need to begin testing for some cancers earlier or be tested more often if you have certain risk factors. Talk to your doctor about this.

Insurance typically covers prevention and screening services.

Please check to confirm your specific health care benefits. Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

To learn more about other types of cancer visit cancer.org or call 1-800-227-2345.

Avoiding Tobacco Products

The best way to reduce your risk of lung cancer is to not smoke and to avoid breathing in other people's smoke.

Quitting tobacco is not easy, but it can be done. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

Ask your doctor, dentist, local hospital, or employer for help to quit smoking. You can also call the American Cancer Society at **1-800-227-2345** or go to **cancer.org** for resources to help you quit.

Using tobacco in any form is not safe.

Tobacco use is the leading cause of preventable disease and death in the U.S. Kids need to know the dangers of using any type of tobacco now and in the future, including cigarettes, e-cigarettes, and smokeless (chewing or dipping) tobacco or snuff.

Keeping your kids tobacco free

Research has shown that teens whose parents often talk with them about the dangers of smoking are about half as likely to smoke as those who don't have these discussions with their parents.

Here are some tips from the U.S. Centers for Disease Control and Prevention (CDC) to help parents talk to children about the risks of tobacco use and to keep kids tobacco-free:

- Remember that despite the impact of movies, music, the internet, and peers, parents can be the greatest influence in their kids' lives.
- If loved ones have died from tobacco-related illnesses, let your kids know. Let them know that using tobacco strains the heart, damages the lungs, and can cause a lot of other health problems, including cancer. Also mention what it can do to the way a person looks and smells: smoking makes hair and clothes stink, causes bad breath, and stains teeth and fingernails. Spit and smokeless tobacco can cause bad breath, stained teeth, tooth decay, tooth loss, and bone loss in the jaw.
- Talk about the harmful effects of nicotine. Nicotine is found in cigarettes, cigars, hookahs, smokeless tobacco, and most e-cigarettes. Nicotine is very addictive. There is evidence that it harms the brain development of teenagers.



- Start talking about tobacco use when your children are 5 or 6 years old and continue through their high school years. Many kids start using tobacco by age 11. And many are addicted by age 14.
- Know if your kids' friends use tobacco. Talk about ways to say "no" to tobacco.
- Talk to your kids about the false glamorization of tobacco in the media, such as ads, movies, and magazines.

The children of parents who smoke are much more likely to smoke themselves. But even if you use tobacco, you can still influence your kids' decisions. You might even have more power, because you've been there. Your best move, of course, is to quit. Meanwhile, don't use tobacco around your children, don't offer it to them, and don't leave it where they can easily get it. You can speak to your child firsthand about:

- How you got started and what you thought about it at the time
- How hard it is to quit
- How it has affected your health
- What it costs you, financially and socially

It's best to keep your home smoke-free. Don't smoke indoors and don't let anyone else do it either. If you have a car or vehicle, make it smoke-free too.

Protecting Your Skin



Skin cancer is the most common cancer in the United States. The number of skin cancer cases has been going up over the past few decades.

Although the statistics are sobering, skin cancer actually is one of the most preventable forms of cancer. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps.

It's very important to remember that anyone can get skin cancer. The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively.

Risk Factors for Skin Cancer

- Ultraviolet (UV) light exposure from sunlight or tanning booths
- Light-colored skin (easily sunburned)
- Family history of skin cancer
- Multiple or unusual moles
- Severe sunburns in the past
- Weakened immune system



Possible Signs and Symptoms of Skin Cancer

- Any changes on your skin, especially in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- Scaliness, oozing, bleeding, or a change in the way a bump or nodule looks
- A sore that doesn't heal
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, such as itchiness, tenderness, or pain

If you have any of these signs or symptoms, you should see a doctor.

Preventing Skin Cancer

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, **“Slip! Slop! Slap!” and Wrap** is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- **Slip** on a shirt. Cover up with protective clothing to guard as much skin as possible when you're out in the sun. Choose comfortable clothes made of tightly woven fabrics you cannot see through when held up to a light.
- **Slop** on a broad-spectrum sunscreen with an SPF of 30 or higher. Apply a generous amount of sunscreen to unprotected skin at least 30 minutes before outdoor activities. Reapply every two hours and after swimming, toweling dry, or sweating.
- **Slap** on a hat. Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- **Wrap** on sunglasses to protect the eyes and skin around them.

Children need special attention since they tend to spend more time outdoors and might burn more easily. Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing.

5.

Setting Goals & Staying Motivated



Setting Smart Goals

Now that you've got the facts and assessed your current lifestyle, it's time to set your goals. You have to know where you're going, to end up where you want to be. This is true whether you are driving across town or working to make healthy changes in your life. There's no doubt about it: when you are trying to make lifestyle changes, goal-setting is critical. The smarter your goal, the more likely you are to be successful.

- SPECIFIC:** The more specific you are in setting your goal, the more successful you'll be in developing an effective plan of action to achieve it. Instead of "I want to eat more fiber," you might start with "I will add two servings of vegetables and fruits to my diet each day." Rather than "I'm going to walk more," try "I will walk one more mile each day."
- MEASURABLE:** A goal won't do you any good if it can't be measured – if you have no way of knowing whether you've achieved it. "I want to have more energy" isn't especially helpful to you. "I want to walk for at least 30 minutes each day" is a better goal because it's specific and measurable.
- ACTION-ORIENTED:** When defining a specific goal, state just what actions you need to take to achieve the goal. "I will add a serving of fruit to my breakfast and add one more vegetable serving at dinner." "I will add 10 minutes to my morning walk and 10 minutes to my after-dinner walk."
- REALISTIC:** Be realistic in your expectations of yourself and what you expect to achieve. Take large or long-term goals and break them down into smaller, more manageable goals. Running a marathon may not be a realistic goal, but training for a 5K and building up to a 10K might be.
- TIMED:** Setting timelines provides direction in planning short-term goals and actions to achieve longer-term goals. You might set a goal like the following: "Starting on Monday, I will begin to add 20 minutes of activity to my daily routine. After three weeks, I will increase the amount to 30 minutes daily."



My *Goals Chart*

Now it is your turn to set goals using the SMART tips to decide what changes you want to make to improve your health. Use the space below to identify your goals for a healthier lifestyle.



Short-term Goals	Long-term Goals
<p>EXAMPLE: <i>Eat one more serving of vegetables each day.</i></p>	<p>EXAMPLE: <i>Achieve 10,000 steps a day.</i></p>
<p>1. Goal:</p> <p>Progress:</p>	<p>1. Goal:</p> <p>Progress:</p>
<p>2. Goal:</p> <p>Progress:</p>	<p>2. Goal:</p> <p>Progress:</p>
<p>3. Goal:</p> <p>Progress:</p>	<p>3. Goal:</p> <p>Progress:</p>
<p>4. Goal:</p> <p>Progress:</p>	<p>4. Goal:</p> <p>Progress:</p>

Keeping a **Food Journal**



If one of your goals is to eat healthier, keeping track of what you eat and drink each day is a great way to begin to make changes in your diet.

Writing things down will not only give you insight into what and how much you eat and drink, but can also help you uncover why, what, and when you are eating. You'll figure out if particular times of the day are challenging for you and if certain circumstances (or people) cause you to overeat and drink.

You will also be able to see at a glance if you need to add more vegetables to your days, less sugar to your nights, and whether you need to walk past the vending machine on your way to meetings.

Keeping a journal is easy.

Use the template on the next page to become aware of your eating and drinking patterns.

Once you are aware of your bad habits, you can start to take steps to make positive changes to a healthier you.

A Few Pointers

Write down everything.

Keep your notebook with you, and write down everything you eat or drink. Above all, be honest with yourself.

Don't wait.

Don't wait until the end of the day to fill in your journal. Write it down as you eat or drink.

Be specific.

If you ate cereal for breakfast, what kind was it? Add sugar or cream to your coffee? Did you dip french fries in ketchup?

Keeping your journal for at least a week will help you identify triggers that may cause you to overeat, or eat when you're not even hungry. You may start to see, for example, that every day in the office at 10 a.m., you take a break with co-workers and have a muffin with your mid-morning coffee, but you're not even hungry. You may find out that a stressful day with your kids causes you to reach for the refrigerator; that you tend to snack mindlessly while you watch TV; or that you turn to food when you are bored.

Journal

Date _____ Physical activity _____ Minutes of physical activity _____

Food/Drink	Amount/ Calories	Time of Day	Place	Other activities while eating	Who was with me?	Emotions	Was I hungry?

Stress Management



Life is like a roller coaster with constant ups and downs. Day-to-day stress affects you in many ways. Physically, it can make you sick, cause fatigue, disrupt sleep, reduce concentration, or aggravate existing health conditions like heart disease, indigestion, arthritis, and high blood pressure. Emotionally, it can make you feel defeated and apathetic.

You have the power to decide how you react to stress by the choices you make in your behavior. Becoming mindful of what causes you stress is the first step. Then think about how you feel when you are stressed. Next, identify how you deal with a high-pressure situation. Do you find yourself reaching for a cookie or a bag of chips? If that is a habit you want to change, then create a list of alternative ideas on how to soothe yourself. This simple process can help you make better choices which will in turn provide a healthier lifestyle and maybe even reduce your overall stress.

I get stressed when:	<i>Example:</i> I am running late to work
I am feeling:	Angry at myself for sleeping 10 minutes later than usual
I respond to the stress by:	Going straight to the vending machine and getting some chocolate-covered donuts
I want to respond differently by:	Taking some deep breaths and thinking about how I can prevent being late tomorrow; eating the healthy snack I have in my desk drawer so that I can feel good about doing something healthy for myself



Some quick and easy stress relievers you can do almost anywhere can be remembered as the 4 Ds:

- 1. Deep breathing.**
- 2. Drink water or sip some tea.**
- 3. Do something else; remove yourself from the stress or trigger or take a walk.**
- 4. Delay for 10 minutes; give yourself a small break.**

Ideas to Reduce Family Stress

1. Stop overscheduling your family. It may seem impossible, but your family will thank you for the time to decompress. Perhaps your child will be participating in a sports tournament that will keep you on the run all weekend. Could you have a picnic lunch in between games? Could you take turns exchanging five-minute back massages to recharge?

Another possibility is to schedule relaxing activities such as doing yoga together, spending the day at the beach, or sledding for the afternoon.

2. Get organized the night before. Have your children pick out their clothes and pack their school bags in the evening. This will allow for a calmer morning when time seems like it is on fast-forward.

3. Tell your children that it's OK to be imperfect. Our society is very performance driven, starting with grades and sports early on in life. We always want our children to strive to be their best but sometimes they fall short. It's important to prepare your kids to deal with mistakes.

4. Be a good role model. Children will look to their parents to determine how to react to situations. If you are anxious, your children will pick up on that and it will increase their own anxiety. So when you want to reduce your child's stress, you must first manage your own. You can demonstrate the power of positive thinking, as well as techniques to relax and manage stress. It may be as simple as practicing deep breathing exercises on the way to school before their big test.

5. Listen to your child. It's easy to get overwhelmed by the to-do list for the day. Sometimes we need to stop, get at eye level, and be present in the moment when your child is trying to talk to you. Listening and sharing feelings are great ways to help kids feel supported by you, and that's especially important in times of stress.

6. Be patient. Easier said than done. It hurts to see your children unhappy or stressed, but resist the temptation to fix every problem for them. Teaching them to take a deep breath and think through the solutions will help them to grow into good problem solvers.

7. Just be there. Sometimes your kids may not be ready to talk about what's bothering them, and that's OK. You can suggest going for a walk together, dancing in the living room or shooting some hoops. Spending time together may help ease their minds.

8. Make sleep a priority. A good night's rest will give everyone the best chance for a better tomorrow. It helps to have a consistent routine of getting to bed at the same time every night. It is also helpful to transition away from stimulating activities such as watching TV or playing video games 30 minutes prior to bedtime.

Information derived from various sources including Psychology Today, Kidshealth.org and the Centers for Disease Control and Prevention.

Sleep Recommendations from the Centers for Disease Control and Prevention

Age Group		Recommended Hours of Sleep per day
Newborns	(0-3 months)	14-17 hours (National Sleep Foundation) ¹
		No recommendation (American Academy of Sleep Medicine) ²
Infant	(4-12 months)	12-16 hours per 24 hours (including naps) ²
Toddler	(1-2 years)	11-14 hours per 24 hours (including naps) ²
Preschool	(3-5 years)	10-13 hours per 24 hours (including naps) ²
School-age	(6-12 years)	9-12 hours per 24 hours ²
Teens	(13-18 years)	8-10 hours per 24 hours ²
		7 or more hours per night ³
		7-9 hours ¹
Adults	(18-60 years)	7 or more hours per night ³
	(61-64 years)	7-9 hours ¹
	(65+ years)	7-8 hours ¹



Maintaining **Healthy Habits**

Are you worried about keeping up with the new changes you've made in food and exercise choices, keeping off the weight you have lost? The old habits start to creep back in beginning with a lapse.

A **lapse** is defined as a temporary and small slip in your efforts to improve your health. It could be over-eating at a meal for a day or two. It could be skipping your exercise routine during a vacation. Lapses are a natural part of life – it is OK! By itself, a lapse will not result in going back to all of your previous habits or gaining back weight, so don't get discouraged.

A problem arises if you fail to deal with the lapse, because it can grow into a relapse. A **relapse** is defined as a return to your earlier eating and physical activity habits and can be associated with significant weight regain. A relapse typically happens as a result of several small lapses that snowball into a full-blown relapse. The best way to prevent a relapse is to identify the lapses as they occur and deal with them before they turn into a relapse.



Comeback Tips

Remember, a lapse is a normal part of the long-term weight management process. It doesn't mean that you have failed or that you're going to regain the weight; lapses are a part of the learning process. The important part is to learn how to respond when you lapse. Below are some tips to help you when you lapse:

- Take action right away. Get back into your routine immediately!
- Maintain a positive attitude.
- Keep a journal of everything you eat and drink – and be accurate on the portion sizes.
- Reduce the number of calories you eat over the next few days to make up for the extra calories you ate during your lapse.
- Increase your exercise routine by 10 to 15 minutes for several days to make up for the lapse.
- Plan out your meals for the next several days.
- Reflect on the great progress you have made thus far and use it as inspiration to get back on track.

Reward Yourself

Believe it or not, rewarding yourself can help you keep your commitment to eat better and be more active. It's important to choose a reward that helps you continue moving toward your goal to live healthier. So instead of treating yourself to some chocolate for meeting your physical activity goal for the week, try one of these rewards:

- A manicure or pedicure
- New clothes or shoes
- A piece of jewelry
- A bubble bath
- Membership to a local gym
- Unwind with a movie
- Schedule a night out with a friend
- Download new workout music

Now that you've made some good changes to your daily routine, it's a good time to think about the high-risk situations you face now that may cause you to relapse.

Think about the times over the past few weeks when you may have slipped into a lapse. What else was going on? What were the circumstances that resulted in your lapse? Take a look at the situations below that may apply to you. Remember both positive and negative situations can result in a lapse. What other high-risk situations did you find yourself in?



High-risk Emotional Situations	High-risk Breaks in Your Routine
<ol style="list-style-type: none"> <i>You got some good news and you want to celebrate with a great meal at your favorite restaurant.</i> <i>You feel like things in your life are getting out of control.</i> <p>Others:</p>	<ol style="list-style-type: none"> <i>Your new promotion requires a change in your typical work hours.</i> <i>You haven't made it to the store in a long time, and you don't have access to your typical food choices.</i> <p>Others:</p>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

High-risk Social Situations	Other Risk Situations
<ol style="list-style-type: none"> <i>You are at a party and want to enjoy the desserts.</i> <i>Your family is reluctant to eat the low-calorie food you make.</i> <p>Others:</p>	<ol style="list-style-type: none"> <i>You feel tired or stressed.</i> <i>You are not sleeping well or are sick.</i> <p>Others:</p>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now that you have identified what high-risk situations may cause you to lapse, you should develop a plan. Write down your plan so you can refer to it when you find yourself in the midst of a lapse. Your plan should involve action to change the situation.



I am at risk for not eating healthy when ...	My plan to avoid a lapse is ...
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I am at risk for decreasing my physical activity level when ...	My plan to avoid a lapse is ...
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You **did** it!

You and your family understand the importance of making lifestyle changes to improve your overall health. Making these changes isn't easy, but you have come this far and you feel good about your success. Because these are lifestyle choices, it's important not to let down your guard too soon. There will always be situations or circumstances that will tempt you to go back to old habits. At the same time, remember how important your new choices are and what they mean to your future.



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The American Cancer Society and Kohl's have partnered to create the *Kohl's Healthy Families* program which supports families through prevention, screening, diagnosis, and treatment of cancer.

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