



Healthy Eating

Reaching and maintaining a healthier weight is important for your overall health and well being. If you are significantly overweight, you have a greater risk of developing many diseases including high blood pressure, Type 2 diabetes, stroke, and some forms of cancer. For obese adults, even losing a few pounds or preventing further weight gain has health benefits.

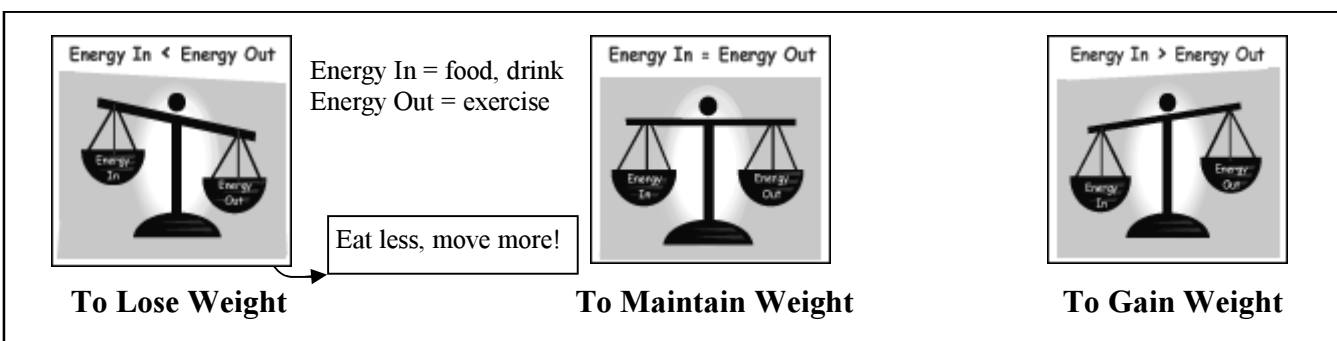
Reaching a healthier weight is a balancing act. The secret is learning how to balance your “energy in” and “energy out” over the long run.

“Energy in” is the calories from the foods and beverages you have each day. “Energy out” is the calories you burn for basic body functions and activity.



If you are overweight or obese, here are some basic steps to help you gradually move toward a healthier weight:

1. Learn what to eat from each food group.
2. Focus on how much you eat. Watch your portion sizes
3. Choose “nutrient-dense” forms of foods. These foods are packed with nutrients, but low in “extras” that add calories.
4. Get moving! Physical activity can help you reach and keep a healthier weight.
5. Follow your progress by tracking your food intake and physical activity. Check your weight weekly.
6. Visit www.MyPyramid.gov for more information.



Knowing What to Eat

MyPyramid is a guide to help you choose foods to meet your nutrient needs while staying within your calorie limits. The MyPyramid food groups are:

Vegetables

Vary your vegetables.

Eat more green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes.

Fruits

Focus on fruits!

Eat a variety of fruit. Choose fresh, frozen, canned, or dry

fruit. Go easy on fruit juices.

Meat and Beans

Go lean with protein!

Choose low-fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your protein routine---choose more fish, beans, peas, nuts and seeds.

Milk

Get your calcium-rich foods!

Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and drinks.

Grains

Make half your grains whole!

Eat at least 3 oz.* of whole-grain cereals, breads, crackers, rice, or pasta every day. 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta.



www.MyPyramid.gov

Berrien County Health

Department:

Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



Back to School!

Although August marks the end of summer break for students, there is still much fun to be had! The Berrien County Health Department wants you to stay safe as you enjoy the end of summer, and get prepared for school. This month we will provide you with information on immunizations, hearing and vision screening, head lice, healthy eating and physical activity, and depression/mental health. For more information about any of these topics, **please call the health department at 926-7121.**

Find balance between food and physical activity:

- Be sure to stay within your daily calories needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Limit fat, sugar, and salt:

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Sugars contribute calories with very few nutrients.

For more information
call the health department
at 926-7121.

The Berrien County Health Department has five locations to serve you:

Benton Harbor

769 Pipestone
P.O. Box 706
926-7121

M-139 Office

2106 S. M-139
927-5623

School Based

870 Colfax Ave
925-4500

Niles

1205 N. Front St.
684-2800

Three Oaks

21 N. Elm
756-2008

Or visit us on the web at www.berriencohlthdept.org

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Berrien County
Health Department

