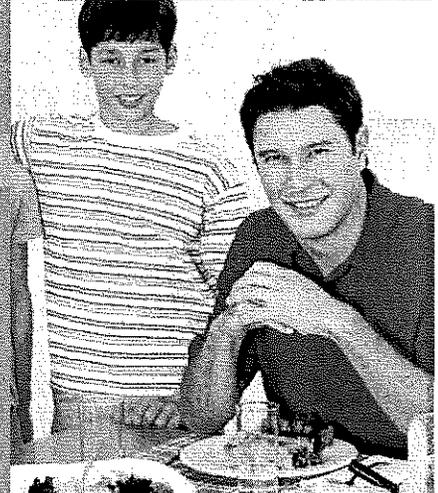
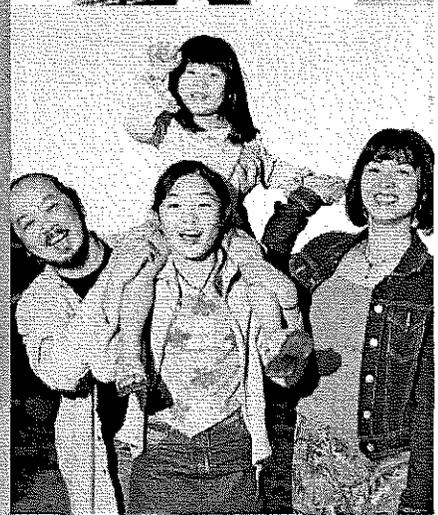
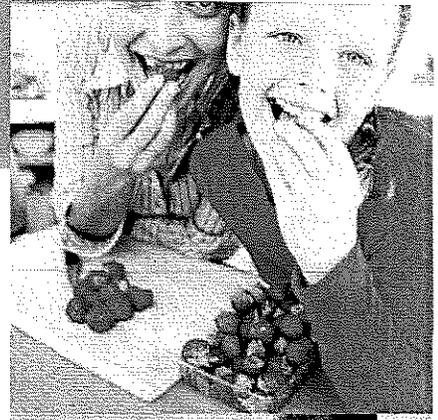




# Energize Our Families

## A Family Guide



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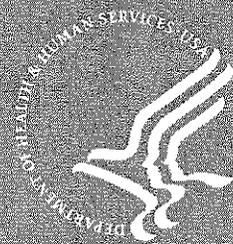
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# ***We Can!* Energize Our Families:**

## **A Family Guide**



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**National Institutes of Health**

National Heart, Lung, and Blood Institute  
National Institute of Diabetes and Digestive and Kidney Diseases  
National Institute of Child Health and Human Development  
National Cancer Institute

# **We Can! Energize Our Families: Parent Program Guide**

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Every day, we read and hear about the importance of eating right and being active. That's where the **We Can! Energize Our Families: A Family Guide** comes in.

This 4-session guide will help you:

- Learn practical strategies and tips that you can use with your children to help them maintain a healthy weight,
- Discover simple ways you can model healthy eating and physical activity for your family, and
- Find information and other resources to help your family maintain a healthy weight.

The **We Can! Energize Our Families: A Family Guide** is part of the larger **We Can!** program from the National Institutes of Health (NIH). **We Can!** stands for **W**ays to **E**nhance **C**hildren's **A**ctivity and **N**utrition. It's a national education program to help children ages 8-13 stay at a healthy weight by improving food choices, increasing physical activity, and reducing screen time. The NIH is one of the world's foremost medical research centers. The goal of NIH research is to acquire new knowledge to help prevent, detect, diagnose, and treat disease and disability.

During the Parent Program, you and the other participants will explore the concept of "energy balance," or the balance between ENERGY IN (calories from food) and ENERGY OUT (calories burned through activity). Keeping energy in balance over the long term is the key to staying at a healthy weight. Here's how the program works:

- **Session 1** provides an overview of the program and why overweight is an important health issue for many Americans today.
- **Session 2** introduces the concept of energy balance, and explores two issues that have a big impact on the equation – portion size and time spent in physical activity every day.
- **Session 3** provides examples of ENERGY IN realities of everyday life by showing how participants can cut back on fat and added sugar.
- **Session 4** gives participants strategies for improving ENERGY OUT by increasing physical activity and reducing screen time.

Each session is 90 minutes – 75 minutes for activities and discussions, 5 minutes for a stretch break, and 5 minutes each for warm-up at the beginning of the session and the closing activities at the end of the session. There will be lots of opportunities to talk with other participants about your eating and physical activity successes and challenges.

The Parent Program is designed to be active and hands-on. That's why we created this Family Guide. It contains all the handouts for the program. Bring it to each session. The handouts will help you understand the session activities and will help you put the



strategies you learn into action with your family. Your leader will guide you on when and how to use each handout. Feel free to write on them and use at home to help you with meal planning, creating healthier grocery lists, and tracking your family's physical activity and screen time. There are blank pages at the end of each session where you can take notes.

If you cannot attend each session, we encourage you to use the handouts to learn more. At the end of the program, please fill out the feedback form on the next page and fax or mail it back to NHLBI Information Center at 240-629-3246 (fax) or NHLBI Information Center, P.O. Box 30105, Bethesda, MD 20824-0105.

In addition to the **We Can!** Family Guide, the **We Can!** program has other materials that you may find helpful. They include the **We Can!** Families Finding the Balance: A Parent Handbook in English and Spanish, the GO, SLOW, WHOA refrigerator magnet, Parent Tipsheets, the **We Can!** wrist band, and a poster called Who Can Make It Happen? **We Can!** Visit the **We Can!** Web site at <http://www.wecan.nhlbi.nih.gov> for more information, or call the toll free number at 1-866-WECAN.

## We Can! Energize Our Families: Parent Program Participant Feedback Form

### Before You Leave...

We want your feedback on the **We Can!** Energize Our Families: Parent Program. Please take a moment to answer a few questions.

1. How did you learn about the **We Can!** Parent Program?

2. How many of the 4 sessions did you attend?

- 1
- 2
- 3
- 4

3. (Mark one response for each item listed below)

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. This program was very useful to me as a parent.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
2. I learned how to help my family maintain a healthy weight.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
3. I got useful tips to help my family be more physically active.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
4. This program taught me how to reduce screen time.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
5. I learned how much physical activity my family needs.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
6. I got useful tips to help my family eat better.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
7. I want to share what I learned with other parents.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>
8. I would recommend <b>We Can!</b> to a friend.	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>	<input type="radio"/> <sup>4</sup>



4. What did you like most about the **We Can!** Parent Program?

5. What, if anything, would you change about this program?

**Thank you!**

## Session 1.

### **WE CAN! ENERGIZE OUR FAMILIES: GETTING STARTED**

#### **What's the Session All About?**

Session 1 provides an overview of the program and why overweight is an important health issue for many Americans today.

#### **Why is This Topic Important?**

Overweight is a growing problem in this country, especially among children. Since 1980, overweight has more than doubled among children ages 2–5 and more than tripled among youth ages 6–11 and adolescents ages 12–19. There are 12.6 million children ages 2–19 years or 17.1 percent who are overweight and an

additional 16.5 percent who are considered at risk of becoming overweight. It is important to know if a child is overweight. Excess weight increases a child's risk of developing type 2 diabetes, high blood pressure, and other chronic conditions later in life.

As parents and caregivers, you have an enormous impact on your children's behaviors and ultimately the health of your children. You can do a lot to help your children maintain a healthy weight now, and lay the foundation for continued healthy weight as they become adults.

#### **What Will We Do In This Session?**

Everyone introduces themselves. You may fill out a short form that tells the leader what you think about eating and physical activity. Your answers will help the leader shape the sessions to meet your needs and interests.

Your leader will briefly tell you about this series and the overall *We Can!* program and then you'll take a stretch break. After the break, your leader will lead a discussion about the everyday realities and challenges you face in helping your family eat healthier foods and be physically active. You'll explore some strategies that may help.

At the end of the session, your leader will invite you to pick one eating well and moving more tip to try with your family between sessions. You'll keep track of these on the master *We Can!* Try Tips to Eat Well and Move More tracking sheet.

#### **Session Handouts**

- *We Can!* program overview PowerPoint slides
- *We Can!* Parent Tips: Healthier Eating While Saving Money
- *We Can!* Food Comparison Chart
- *We Can!* Help Your Children Eat Well and Move More Tip Sheet
- Quick as a Flash Healthier Snacks
- *We Can!* Try Tips to Eat Well and Move More
- *We Can!* Try Tips to Eat Well and Move More Tracking Sheet
- Snacks - 100 Calories or Less (in Session 2)



Slide 1

### What is *We Can!*

- A healthy weight education program
- For families and communities
- Based on science
- With national media
- And classes for youth

Slide 2

### It's time for *We Can!* now

- National data show alarming rates in:
  - Overweight and obesity in children and adults
    - 12.6 million children are now overweight
  - Serious health problems
    - Heart disease
    - Asthma
    - High blood pressure
    - Type 2 diabetes
    - Many more!
- Helping children, helps our families!

Slide 3

### Why the increase?

- Multiple causes:
  - Lifestyle, environment, and genes
- Bottom line = ENERGY BALANCE (calories and physical activity)
  - Since 1978, more calories consumed:
    - Larger food portions and sizes
    - Eating out more often
    - Increases in soda, pizza, and candy consumption
  - Since 1970, fewer calories being used up:
    - Declines in physically activity
    - Increases in sedentary lifestyle and screen time
    - Computers and television time

Slide 4

### Why parents and caregivers?

- You are great role models!
- You are the boss at home!
- You provide great support!

Slide 5

### The basics of *We Can!*

- A 4-session program... focusing on "energy balance"
- Through three topics:
  - Smart nutrition
  - Physical activity
  - Screen time (TV, computer, video)
- *We Can!* specific objectives:
  - Healthier foods in the home
  - Enjoy small portions at home and at restaurants
  - Limit foods and beverages high in fat and added sugar
  - Increase family fun with physical activity
  - Reduce screen time
- Not a weight loss program

Slide 6

### What can *We Can!* do for you?

We hope you'll walk away with:

- Strategies and tools
- Ways to be an example
- Resources for the future

And we hope you'll enjoy learning together!

Slide 7

### Any questions? Your thoughts?

Slide 8

## ***We Can!* Parent Tips: Healthier Eating While Saving Money**

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Deciding which foods to serve your family each week can be hard, especially if you are on a tight budget. There are so many choices at the store that decisions are often based on what we see in front of us, rather than on a plan for making healthier choices. The **We Can!** program can help you plan your family meals before you go to the store.

Creating a healthier food plan depends on what foods are in season, what foods your family likes, and what foods you have at home already. You can also plan around sale items. Not only will you make more informed choices, but you may also be able to save money and time. Also, eating healthier foods in moderate portions and saving leftovers will help trim your budget and waistline by eating fewer calories at one time.

### **Plan Ahead**

- § *Make a plan and stick to it.* With a little planning, you can get most of your groceries for the week in one trip, which will save a lot of time. And, the fewer trips to the store, the less likely you will be to buy unnecessary items. To help you plan, use the **We Can!** *Weekly Meal Planner* that can be found in the **We Can!** Resources on the Web site.
- § *Review store ads and clip coupons for healthier items* such as skinless chicken breasts, lean cuts of meat or ground beef, fruit (fresh, frozen, or canned in its own juice), vegetables (fresh, frozen without added fat, or canned without added sodium), whole-grain breads and cereals, and low-fat or fat-free milk and milk products.
- § *Check your cupboards and refrigerator* for items that you can use and then plan to use them.
- § *Check out heart healthy recipes* from the National Institutes of Health (NIH) to help you plan your meals and shopping list at <http://www.nhlbi.nih.gov/health/index.htm#recipes>
- § *To help you prepare your grocery list*, you can download the **We Can!** *Grocery List Template* and *My Shopping List* to help organize your weekly grocery shopping. Both can be found in **We Can!** Resources on the Web site.



\$ *Try to go grocery shopping without children.* Stores put foods that many children like such as candy and sugary cereal where they can see and reach them. These foods are often advertised with characters that appeal to children. If you must bring children, grocery shopping can be a great way to teach them about food and nutrition (and colors, math, reading!)

### **Grocery Shopping Tips**

\$ *Sign up for your grocer's bonus/discount card* for additional savings.

\$ *Try store brands.* The most costly brands are typically placed at eye level. Store brands that may be cheaper and are just as good are often placed higher or lower on the shelf.

\$ *Comparison shop for healthier brands.* Read the Nutrition Facts Label. Learn how to find serving sizes and the per serving amounts of calories, fat, saturated fat, *trans* fat, sodium, sugars, protein, fiber, and vitamins and minerals. For more information on the Nutrition Facts Label, check out the Live It section of the **We Can!** Web site.

\$ *Use the unit price and the Nutrition Facts Label to compare similar foods.* The unit price tells you the cost per ounce, pound, or pint, so you'll know which brand and size are best to buy. Look for it on the shelf sticker below the product. Then, read the Nutrition Facts Label to be sure that you are getting the healthiest option at the lowest cost. Click on these Food Label resources from the Food and Drug Administration (FDA): <http://www.csfan.fda.gov/~ear/hwm/labelman.html> and <http://www.csfan.fda.gov/~acrobat/nutractds.pdf>.

\$ *No matter what the form – fresh, frozen, canned, dried, juice – all varieties of fruits and vegetables count toward your daily recommendation.* Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts towards your daily recommendation, the majority of the total daily amount of fruit and vegetables should come from whole fruits and vegetables to help you get enough fiber. Click on <http://www.fruitsandveggiesmorematters.org/> for more information.

\$ *Buy in-season fruits and vegetables.* Use local farmer's markets when possible – the foods are fresher and usually cost the same, if not less, because you are buying direct from the farmer.

\$ *Buy milk (low-fat or fat-free) in the largest containers you can handle before it spoils* (gallon or  $\frac{1}{2}$  gallon). Milk sold at convenience stores

usually costs more than at supermarkets. (Fat-free dry milk is an inexpensive back-up choice for using milk in recipes.)

- \$ *As an alternative to fresh fruits and vegetables (for example, when your favorites are out of season), buy them canned or in frozen packages.* They're healthy too and will last longer. Check that the fruit is in water or in its own juice, not in heavy syrup and that the vegetables are not in a high-fat sauce.
- \$ *Buy whole chicken and cut it up into parts* instead of buying pre-cut chicken (breast, wings, thighs, legs). Remove the skin before cooking or serving.
- \$ *Stock up on sale items* of healthier foods that you may be able to use in a timely manner. Buy canned, frozen, or package foods in bulk for quality and value, but serve appropriate portions within estimated calorie needs. Buy produce, lean meats, and low-fat or fat-free milk and milk products in bulk amounts that you can eat before they spoil (refer to **We Can! Portion Distortion** for more information on appropriate portion sizes <http://hp2010.nhlbi.nih.gov/portion/index.htm>).
- \$ *Use your food budget wisely.* If you spend \$7 on lunch 5 days a week for a year, you will spend a total of \$1,820. You can save money and calories by bringing a healthier brown bag lunch from home. (see **We Can! Food Comparison Chart** in the **We Can!** Resources section of the Web site)

### **Saving Money (and Calories) on Healthier Meals and Snacks**

- \$ *Assemble snacks at home* in small baggies using foods such as nuts and seeds, dried whole-grain cereal, low-fat cheese, dried fruit, fresh vegetables and fruits, rather than buying less healthy, more expensive prepackaged and processed snacks. Serve water or low-fat or fat-free milk instead of sweetened beverages. For more ideas on healthier snacks, download the *GO, SLOW, and WHOA Foods Chart* in **We Can!** Resources of the Web site.
- \$ *Cook once, eat twice.* Serve moderate portions of meals, avoid seconds, and freeze leftovers to enjoy later. This will help you save money and calories!
- \$ *Do "batch cooking"* when the food budget and time allow. Cook large amounts of spaghetti sauce, divide it into family-size portions and freeze promptly for later in the month.

Source: Adapted from "My Money-Saving Tips: A Healthier You" Based on the Dietary Guidelines for Americans, December 2006.



## We Can! Food Comparison Chart

How can you and your family eat healthier? See below for ideas on how healthier choices can save you calories and money.

### LUNCH

Typical Fast Food Lunch	Cost*	Calories	Typical Brown Bag Lunch	Cost*	Calories
Combo Meal: 1/4 pound hamburger with cheese (with medium French fries and large soda)	\$5.39	510	Turkey sandwich on whole-wheat bread with mustard, lettuce, and tomato	\$1.09	200
Soda, large (32 ounces)	—	310	Water, small bottle (16.9 ounces)	\$0.99	0
French fries, large (super sized from medium size)	\$0.40	570	Apple, medium	\$0.46	70
Chocolate chip cookies, 1 package	\$1.00	270	Graham crackers, 1 large square	\$0.28	140
			Low-fat yogurt, 1 cup	\$0.79	120
<b>Total:</b>	<b>\$6.79</b>	<b>1,660</b>		<b>\$3.61</b>	<b>530</b>

### SNACK

Typical Snack	Cost*	Calories	Healthier Snack	Cost*	Calories
Chips, 3 ounce bag	\$0.99	465	Apple, medium	\$0.46	70
Soda, regular, 21 ounces	\$1.25	250	Water, small bottle (16.9 ounces)	\$0.99	0
<b>Total:</b>	<b>\$2.24</b>	<b>715</b>		<b>\$1.45</b>	<b>70</b>

\*Costs may vary per region

For more information about **We Can!** go to <http://wecan.nhlbi.gov> or call 1-866-35-WECAN

## We Can! Help Your Children Eat Well and Move More Tip Sheet

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- **Be a good role model.** Research has shown that children and adolescents really do listen to their parents and model their behavior. If you eat well and move more, your children will likely follow.
- **Involve younger children in the decisions.** Talk to your kids about making smart food and physical activity choices. It will be easier if everyone can help support each other to eat well and move more. For example, every weekend have one or more of your children pick one physical activity for the whole family to do. Have your younger child come with you to the grocery store to pick out some healthy foods he or she would like to try.
- **Have older children make decisions.** Older kids might not be as open to you telling them what to do, so tailor your request to the child's age and temperament. For example, for older children who are learning to be more independent, you can explain that you want them to be more active, but then ask them what they want to do rather than tell them what they should be doing. You also could let them know that you bought some healthier snacks for them to try and tell them you trust them to prepare something healthy when they're hungry.
- **Don't make drastic dietary changes.** If your family normally drinks whole milk, try buying 2 percent low-fat milk and see if they notice a difference. After a few weeks, try reducing the fat content again to 1 percent reduced-fat milk. Too drastic a change may upset your family; it's best to introduce new foods gradually.
- **Make the new health behavior easy for them.** Put a bowl of washed fruit, such as grapes or apples, on the table. It's easy if they can just grab the fruit for a snack without thinking!
- **Limit foods high in fat and sugar in the house.** Use the Nutrition Facts label to find foods lower in calories, fat, and sugar. This will help your children eat fewer of these foods. Make available plenty of healthy foods for them to choose, such as fruits and vegetables, whole grains, and low-fat milk and milk-products.
- **Emphasize the benefits.** The apparent benefits of making nutritious food choices and increasing physical activity will be different for you and your children. Youth will likely not care that a nutritious diet that includes lots

of fruits and vegetables can help prevent certain diseases. Or that being physically fit can reduce the risk of heart disease later in life. However, they are likely to care about growing tall and strong, being attractive, or being good at sports. Helping them make connections between their choices and benefits that are meaningful to them may help them try new things.

- **Create opportunities for your family to spend time together doing something active.** Plan fun and active things for your family to do together, such as play in the park, walk through the zoo, tour some local sites, hike, or swim.

## Quick as a Flash Healthier Snacks

---

Next time you want to reach for a snack, think of these no-time-needed ideas for 100 or fewer calories.

- Fruit (1 cup red seedless grapes, 1 small banana, or 1 cup applesauce with no sugar added)
- Vegetables (1 cup cherry or grape tomatoes, 5 red or green pepper rings, or 1 cup low-sodium vegetable juice)
- Sweet treats (2 gingersnaps or 1 fig bar)
- Low-fat or fat-free milk or milk products ( $\frac{1}{2}$  cup low-fat or fat-free strawberry yogurt or 1 ounce low-fat cheddar cheese)
- Whole grains (4 whole-wheat crackers, unsalted, or  $\frac{1}{2}$  cup oat circles breakfast cereal)
- Combos (6-inch corn tortilla with 1 ounce low-fat cheddar cheese melted or 1 cup cherry tomatoes and 1 cup sliced green pepper with 2 tbsp. fat-free creamy dressing)

What are your ideas for other quick, healthier snacks that contain about 100 calories?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **We Can! Try Tips To Eat Well and Move More**

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Choose to take small steps today! Try these tips to eat well and move more and see how easy taking small steps toward a healthier life can be.

### **Eating Well (ENERGY IN)**

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- Drink water before a meal.
- Eat half your dessert, or choose fruit as dessert.
- Avoid food portions larger than your fist.
- Drink diet soda instead of regular soda.
- Eat off smaller plates.
- Don't eat late at night.
- Skip buffets.
- Grill, steam, or bake instead of frying.
- Share an entree with a friend.
- Eat before grocery shopping.
- Choose a checkout line without a candy display.
- Make a grocery list before you shop.
- Drink water or low-fat milk over soda and other sugary drinks.
- Flavor foods with herbs, spices, and other low-fat seasonings.
- Keep to a regular eating schedule.
- Eat before you get too hungry.
- Don't skip breakfast.
- Stop eating when you are full.
- Snack on fruits and vegetables.
- Top your favorite cereal with apples or bananas.
- Include several servings of whole-grain foods daily.
- If main dishes are too big, choose an appetizer or a side dish instead.
- Ask for salad dressing "on the side."
- Don't take seconds.
- Try a green salad instead of fries.
- Eat sweet foods in small amounts.
- Cut back on added fats or oils in cooking or spreads.
- Cut high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces.
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and other condiments.
- Replace sugar-sweetened beverages with water and add a twist of lemon or lime.
- Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
- Try a new fruit or vegetable (ever had jicama, plantain, bok choy, star fruit, or papaya?)
- Instead of eating out, bring a healthy, low-calorie lunch to work.
- Ask your sweetie to bring you fruit or flowers instead of chocolate.

## Moving More (ENERGY OUT)

---

- Walk your children to school.
- Take a family walk after dinner.
- Join an exercise group and enroll your children in community sports teams or lessons.
- Replace a Sunday drive with a Sunday walk.
- Do yard work. Get your children to help rake, weed, plant, etc.
- Get off the bus a stop early and walk.
- Work around the house. Ask your children for help doing active chores.
- Walk the dog to the park.
- Go for a half-hour walk instead of watching TV.
- Pace the sidelines at kids' athletic games.
- Choose an activity that fits into your daily life. Being physically active with your family is a great way to spend time together.
- Park farther from the store and walk.
- Use an exercise video with your kids if the weather is bad.
- Avoid labor-saving devices, such as a remote control or electric mixers.
- Play with your kids 30 minutes a day.
- Dance to music. Play your favorite dance music for your children and have them play their favorites for you.
- Make a Saturday morning walk a family habit.
- Walk briskly in the mall.
- Choose activities you enjoy—you'll be more likely to stick with them. Ask children what activities they want to do.
- Explore new physical activities.
- Acknowledge your efforts with non-food related rewards, such as a family day at the park, lake, or zoo.
- Take the stairs instead of the escalator.
- Swim with your kids.
- Turn off the TV and play ball at the park.
- Take your dog on longer walks.
- When walking, go up the hills instead of around them.
- Use a family activity planner to make time each day for activity.
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without.

Source: Adapted from [www.smallstep.gov](http://www.smallstep.gov)



## NOTES



**Session 2.**

**MAINTAIN A  
HEALTHY WEIGHT:  
THE ENERGY  
BALANCE EQUATION**

**What's the Session All About?**

Session 2 introduces the concept of energy balance, and explores two issues that have a big impact on the equation—portion size and time spent in physical activity every day.

**Why is This Topic Important?**

Whenever you eat or drink something, ENERGY (another word for calories) is coming IN. At the same time, you burn calories when your body carries out basic functions, like breathing, digesting, and growing, and in daily activities, like walking, housework, or playing basketball. So, ENERGY is always going OUT also.

For adults, energy balance means that the ENERGY IN calories equal the ENERGY OUT calories. Maintaining energy balance is essential to maintaining a healthy weight over time. Energy balance is a little different in children because they are still growing. For them, energy balance happens when the amount of energy IN and energy OUT supports natural growth without extra weight gain.

**What Will We Do In This Session?**

At the beginning of the session you'll talk about the eating well and moving more tips you tried since the last session and share your experience with the group.

The leader will explain the concept of energy balance and how it relates to body mass index or BMI (another tool to help you track your weight status). You'll then take a stretch break.

After the break, you'll do two activities that explore energy balance. The first, Portion Distortion, will give you some understanding about how many Americans get too much ENERGY IN. The second, *We Can!* Fit In Daily Physical Activity, will help you and your family boost your ENERGY OUT.

At the end of the session, your leader will invite you to pick another eating well and moving more tip to try with your family between sessions. The leader will also encourage you to continue the tips you picked before. You'll keep track of these on the master *We Can!* Try Tips to Eat Well and Move More tracking sheet.



**Session Handouts**

- Energy Balance - ENERGY IN & ENERGY OUT: Worksheet
- *We Can!* Watch Our Weight
- Portion Distortion Quiz
- *We Can!* Fit In Daily Physical Activity Planner
- *We Can!* Try Tips to Eat Well and Move More (in Session 1)
- *We Can!* Try Tips to Eat Well and Move More Tracking Sheet (in Session 1)
- Snacks - 100 Calories or Less

## Energy Balance: ENERGY IN & ENERGY OUT: Worksheet

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Figure out how much activity a 150-pound person would need to do to balance out the total calories provided in each of these food combinations. You can choose any of the activities listed in the chart on the following page to fill in the blank. For example, you could choose to do 2 hours of gardening or 1 hour of volleyball.

### ENERGY IN: Food and Drinks

- 1. Fast-food double cheeseburger, large French fries, and a 32-ounce regular soda**

Total calories: 1,290

Physical activity I choose to do: \_\_\_\_\_

- 2. Fast-food Caesar salad with grilled chicken (9.8 ounces), with Caesar salad dressing (1 ounce), sliced apple with caramel dipping sauce (3.2 ounces), and medium diet soda (21 ounces)**

Total calories: 395

Physical activity I choose to do: \_\_\_\_\_

- 3. Fast-food 6-inch cold cut sub, potato chips, and a cookie**

Total calories: 757

Physical activity I choose to do: \_\_\_\_\_

- 4. Whole-grain cereal (1 cup) and fat-free milk (1 cup) and a banana**

Total calories: 307

Physical activity I choose to do: \_\_\_\_\_

- 5. Chocolate frosted cake ( $\frac{1}{8}$  slice, 18-inch cake) and vanilla ice cream (1 cup)**

Total calories: 532

Physical activity I choose to do: \_\_\_\_\_

- 6. Baked fish (3 ounces), green beans, rice (1 cup), and low-fat frozen yogurt (1 cup)**

Total calories: 662

Physical activity I choose to do: \_\_\_\_\_

### ENERGY OUT: Physical Activity

Each activity in the following table burns approximately 150 calories\*:

Examples of moderate amounts of physical activity		
Common Chores		Sporting Activities
Washing and waxing a car for 45–60 minutes		Playing volleyball for 45–60 minutes
Washing windows or floors for 45–60 minutes		Playing touch football for 45 minutes
Gardening for 30–45 minutes		Walking 1 <sup>3</sup> / <sub>4</sub> miles in 35 minutes (20 minutes/mile)
Wheeling self in wheelchair 30–40 minutes		Basketball (shooting baskets) 30 minutes
Pushing a stroller 1 <sup>1</sup> / <sub>2</sub> miles in 30 minutes		Bicycling 5 miles in 30 minutes
Raking leaves for 30 minutes		Dancing fast (social) for 30 minutes
Walking 2 miles in 30 minutes (15 minute/mile)		Water aerobics for 30 minutes
Shoveling snow for 15 minutes		Swimming laps for 20 minutes
Stair walking for 15 minutes		Basketball (playing game) for 15–20 minutes
		Bicycling 4 miles in 15 minutes
		Jumping rope for 15 minutes
		Running 1 <sup>1</sup> / <sub>2</sub> miles in 15 minutes (10 minute/mile)
		<b>More Vigorous Less Time</b>

Source: [www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_whatcanyoudo.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.htm)

Activity	Calories Burned Per 30 minutes*
Walking (leisurely), 2 miles per hour	85
Walking (brisk), 4 miles per hour	170
Gardening	135
Raking Leaves	145
Dancing	190
Bicycling (leisurely) 10 miles per hour	205
Swimming Laps, medium level	240
Jogging, 5 miles per hour	275

\*For a healthy 150-pound person. A lighter person burns fewer calories; a heavier person burns more.



## We Can! Watch Our Weight

Check the chart to find your body mass index (BMI). Find your height on the left of the chart. Go straight across from that point until you come to your weight in pounds. The number at the top is your BMI. This chart applies only to adults. To determine your child's BMI, consult your family doctor, pediatrician, or health care provider.

We Can! Watch Our Weight																	
	Healthy Weight						Overweight						Obese				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Body Weight (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
5'0"	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
6'0"	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
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

**What is BMI?** BMI is a measure of weight in relation to height. Risk of heart disease and other diseases increases at higher levels of overweight and obesity.

**What is waist measurement?** Waist measurement and BMI are interrelated. Waist measurement is a good indicator of your abdominal fat which is another predictor of your risk for developing risk factors for heart diseases and other diseases. The risk increases with a waist measurement of over 40 inches for men and over 35 inches for women.

**What are risk factors for heart disease?** Age, gender, heredity, high blood cholesterol, high blood pressure, physical inactivity, smoking, obesity and overweight, and diabetes.

**BMI from 18.5–24.9: Healthy Weight**—Good for you! Make it a goal to keep your healthy weight.

**BMI from 25–29.9: Overweight**—You should avoid further weight gain. Also, if you have two or more risk factors (such as high blood pressure or high blood cholesterol) or a high waist measurement, you may benefit from weight loss. Check with your family doctor or health care provider.

**BMI 30 or Higher: Obese**—Most people need to lose weight. Lose weight slowly—about 1–2 pounds a week. Check with your doctor or health care provider on the best ways to lose weight.

### Practice Finding Body Mass Index

\*\*Note: If you find that the weight number falls between two BMI numbers, choose the lower of the two BMI numbers.

Examples:

Dan's weight = 218 lbs

Dan's height = 5'9"

Dan's BMI = \_\_\_\_\_

Susie's weight = 134 lbs

Susie's height = 5'4"

Susie's BMI = \_\_\_\_\_

## Portion Distortion Quiz

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You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided at the end of the quiz.

1. A **bagel** 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
  - a.  150 calories
  - b.  250 calories
  - c.  350 calories
2. A **cheeseburger** 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
  - a.  590 calories
  - b.  620 calories
  - c.  700 calories
3. A 6.5-ounce portion of **soda** had 85 calories 20 years ago. How many calories do you think are in today's portion?
  - a.  200 calories
  - b.  250 calories
  - c.  300 calories
4. 2.4 ounces of **French fries** of 20 years ago had 210 calories. How many calories do you think are in today's portion?
  - a.  590 calories
  - b.  610 calories
  - c.  650 calories
5. A portion of **spaghetti and meatballs** 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
  - a.  600 calories
  - b.  800 calories
  - c.  1,025 calories

6. A cup of **coffee** with milk and sugar 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
  - a.  100 calories
  - b.  350 calories
  - c.  450 calories
  
7. A **muffin** 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
  - a.  320 calories
  - b.  400 calories
  - c.  500 calories
  
8. Two slices of **pepperoni pizza** 20 years ago had 500 calories. How many calories do you think are in today's large pizza slices?
  - a.  850 calories
  - b.  1,000 calories
  - c.  1,200 calories
  
9. A **chicken Caesar salad** had 390 calories 20 years ago. How many calories do you think are in today's chicken Caesar salad?
  - a.  520 calories
  - b.  650 calories
  - c.  790 calories
  
10. A box of **popcorn** had 270 calories 20 years ago. How many calories do you think are in today's tub of popcorn?
  - a.  520 calories
  - b.  630 calories
  - c.  820 calories

Thank you for taking the Portion Distortion Quiz. We hope it was fun and insightful. Check out more on portion distortion at <http://hp2010.nhlbin.net/portion/>. We also hope that next time you eat out, you will think twice about the food portions offered to you.

### Answers

1. c. 350 calories for a 6 inch bagel. If you rake leaves for 50 minutes you'll burn the extra 210 calories.\*
2. a. 590 calories. You'll need to lift weights for 1 hour and 30 minutes, to burn the extra approximately 257 calories.\*
3. b. 250 calories for a 20-ounce soda. If you work in the garden for 35 minutes you will burn the extra 165 calories.\*\*
4. b. 610 calories for a 6.9-ounce portion of French fries. If you walk leisurely for 1 hour and 10 minutes, you will burn the extra 400 calories.\*\*
5. c. 1,025 calories for a portion consisting of 2 cups of pasta with sauce and 3 large meatballs. If you houseclean for 2 hours and 35 minutes, you will burn approximately 525 calories.\*
6. b. 350 calories for a 16-ounce cup of coffee. If you walk approximately 1 hour and 20 minutes, you will burn the extra 305 calories\*
7. c. 500 calories for a 5-ounce muffin. If you vacuum for approximately 1 hour and 30 minutes you will burn the extra 310 calories\*
8. a. 850 calories for 2 large slices of pizza. If you play golf (while walking and carrying your clubs) for 1 hour, you will burn the extra 350 calories\*\*
9. c. 790 calories for a 3 cup portion. If you walk the dog for 1 hour and 20 minutes, you will burn the extra 400 calories.\*\*
10. b. 630 calories for a tub of popcorn. If you do water aerobics for 1 hour and 15 minutes, you will burn the extra 360 calories.\*\*

\* Based on a 130-pound person

\*\* Based on a 160-pound person

# We Can! Fit In Daily Physical Activity

Type of Activity	What day of the week	What time of the day	Who will participate	Other notes	Did we do it?
Example 1: Walking the dog	Every day	7 AM and 5 PM	Mom and Sally Dad and John	At least 15–20 minutes!	Yes! Sally and John switched on Wednesday.
Example 2: Frisbee™	Sunday	3 PM	Everyone	River View Park	Yes—we played for 2 hours each Sunday this month.
Example 3: Get off the school bus one stop early	Monday–Friday	2:30 PM	Sally and John	Be careful crossing Main Street.	Yes, except for Friday when we were tired.
Activity:					



## Snacks - 100 Calories or Less

A healthy eating plan:

- emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs, and nuts; and
- is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan and each has 100 or fewer calories. The key thing is to **pay attention to portion sizes**. Larger portions mean more calories.

Amount	Fruits	Calories
1 large	orange	100
1/2 large	grapefruit	53
1 medium	apple	72
1 small	banana	90
1	frozen fruit bar	67
1/4 cup	raisins	84
1/2 cup	canned fruit cocktail, in own juice	62
1/2 cup	orange juice	54
1/2 cup	red seedless grapes	52
1 cup	whole strawberries	46
	<b>Vegetables</b>	
1 cup	low-sodium vegetable juice	53
1 cup	cherry or grape tomatoes	27
1 cup	raw cauliflower	25
2 cups	assorted vegetables (1 cup broccoli florets/1 cup sliced red pepper with 2 tbsp. fat-free ranch dressing)	89
2 1/4 cups	salad (2 cups green/red leafy lettuce, 1/4 cup cucumber slices, 2 wedges tomato, 2 tbsp. fat-free Italian dressing)	39
5	baby carrots	18
5 rings	green pepper	10
10 small	celery sticks	6

<b>Bread, Cereals, Grains, Rice and Pasta</b>		
1/2 cup	oat circles breakfast cereal	54
1/2	whole-wheat bagel (3 1/2 inches in diameter)	90
1/2	cinnamon raisin English muffin with 1 tsp. of jam	68
3 cups	air-popped popcorn	90
4	whole-wheat crackers, unsalted	71
2	graham cracker squares	60
2	brown rice and multigrain rice cakes	70
2	gingersnaps	60
1	fig bar	56
<b>Milk, Cheese, Yogurt</b>		
1/2 cup	fat-free vanilla yogurt	96
1/2 cup	fat-free frozen yogurt	99
1/2 cup	1% low-fat cottage cheese	81
1 cup	fat-free milk	91
4 ounces	fat-free chocolate pudding	100
1 ounce	part-skim mozzarella string cheese	72
1 ounce	low-fat cheddar cheese	49
<b>Meat, Chicken, Fish, Beans, Eggs</b>		
3 ounces	water-packed tuna	99
2 ounces	turkey breast	84
8 large	fresh or frozen steamed shrimp	44
1 large	hardboiled egg	78
3 tbsp.	hummus	69
<b>Other Ideas</b>		
1	6-inch corn tortilla with 1 ounce low-fat cheddar cheese, melted	100
5	celery sticks with 1 tbsp. peanut butter	100
2	tbsp. light cream cheese on 1/2 English muffin	100
8	baked tortilla chips, with 3 tbsp. salsa	86
10	almonds, unsalted	80
1/2	ounce sunflower seeds, unsalted	78

Source: USDA National Nutrient Database for Standard Reference, Release 19

**NOTES**

**Session 3.**

**WHAT TO FEED MY FAMILY; MANAGE ENERGY IN**

**What's the Session All About?**  
 Session 3 provides examples of ENERGY IN realities of everyday life by showing how participants can cut back on fat and added sugar.

**Why is This Topic Important?**  
 Foods that are high in fat and added sugar are often high in calories. It's hard to maintain energy balance if you eat too much of these foods, especially if you're not active enough to burn off the extra calories.

Foods high in fat and added sugar also are often low in the nutrients your body needs for good health.

**What Will We Do In This Session?**  
 At the beginning of the session you'll talk about the eating well and moving more tips you tried since the last session and share your experience with the group.

During the session, you'll learn about two useful tools to help you identify foods that are high in fat and added sugar. The first tool is the Nutrition Facts Label, which is found on most packaged foods. The second tool is the GO, SLOW, WHOA Foods chart. This chart puts common foods into categories based on whether they are low (GO), medium (SLOW), or high (WHOA) in fat and added sugar.

You'll also get a chance to practice three simple strategies for cutting back on fat and added sugar: having these foods less often, having small portions, and substituting foods with lower fat and added sugar.

The session includes a stretch break and a food demonstration on quick-as-a-flash healthier snacks.

At the end of the session, your leader will invite you to pick another eating well and moving more tip to try with your family between sessions. The leader will also encourage you to continue the tips you picked before. You'll keep track of these on the master **We Can!** Try Tips to Eat Well and Move More tracking sheet.



- Session Handouts**
- Sample USDA Food Guide and the DASH Eating Plan at the 2,000 Calorie Level
  - Estimated Calorie Requirements
  - Using the Nutrition Facts Label
  - GO, SLOW, and WHOA Foods
  - We Can! Weekly Meal Planner
  - We Can! Grocery List Template
  - We Can! Prepare Healthier Recipes
  - We Can! Reduce Fat and Added Sugar in Meals and Snacks
  - We Can! Parent Tips: Making Healthier Food Choices
  - We Can! Try Tips to Eat Well and Move More (in Session 1)
  - We Can! Try Tips to Eat Well and Move More Tracking Sheet (in Session 1)
  - Snacks - 100 Calories or Less (in Session 2)

## Sample USDA Food Guide and the DASH Eating Plan at the 2,000-Calorie Level<sup>2</sup>

Amounts of various food groups that are recommended each day or each week in the USDA Food Guide and in the DASH Eating Plan (amounts are daily unless otherwise specified) at the 2,000-calorie level. Also identified are equivalent amounts for different food choices in each group. To follow either eating pattern, food choices over time should provide these amounts of food from each group on average.

Food Groups and Subgroups	USDA Food Guide Amount <sup>b</sup>	DASH Eating Plan Amount	Equivalent Amounts
Fruit Group	2 cups (4 servings)	2 to 2.5 cups (4 to 5 servings)	<ul style="list-style-type: none"> <li>1/2 cup equivalent is:               <ul style="list-style-type: none"> <li>• 1/2 cup fresh, frozen, or canned fruit</li> <li>• 1 medium fruit</li> <li>• 1/4 cup dried fruit</li> </ul> </li> <li>• USDA: 1/2 cup fruit juice</li> <li>• DASH: 3/4 cup fruit juice</li> </ul>
Vegetable Group	2.5 cups (5 servings)	2 to 2.5 cups (4 to 5 servings)	<ul style="list-style-type: none"> <li>1/2 cup equivalent is:               <ul style="list-style-type: none"> <li>• 1/2 cup of cut-up raw or cooked vegetables</li> <li>• 1 cup raw leafy vegetable</li> </ul> </li> <li>• USDA: 1/2 cup vegetable juice</li> <li>• DASH: 3/4 cup vegetable juice</li> </ul>
Grain Group	6 ounce-equivalents	6 to 8 ounce-equivalents (6 to 8 servings) <sup>c</sup>	<ul style="list-style-type: none"> <li>1 ounce-equivalent is:               <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup dry cereal</li> <li>• 1/2 cup cooked rice, pasta, cereal</li> </ul> </li> <li>• DASH: 1 ounce dry cereal (1/2–1 1/4 cup depending on cereal type—check label)</li> </ul>
Meat and Beans Group	5.5 ounce-equivalents	6 ounces or less meat, poultry, fish 4 to 5 servings per week nuts, seeds, and legumes <sup>d</sup>	<ul style="list-style-type: none"> <li>1 ounce-equivalent is:               <ul style="list-style-type: none"> <li>• 1 ounce of cooked lean meats, poultry, fish</li> <li>• 1 egg<sup>e</sup></li> </ul> </li> <li>• USDA: 1/4 cup cooked dry beans or tofu, 1 tbsp. peanut butter, 1/2 ounce nuts or seeds</li> <li>• DASH: 1 1/2 ounces nuts, 1/2 ounce seeds, 1/2 cup cooked dry beans</li> </ul>

continued			
Food Groups and Subgroups	USDA Food Guide Amount <sup>b</sup>	DASH Eating Plan Amount	Equivalent Amounts
Milk Group	3 cups	2 to 3 cups	1 cup equivalent is: • 1 cup low-fat/fat-free milk, yogurt • 1½ ounces of low-fat or fat-free natural cheese • 2 ounces of low-fat or fat-free processed cheese
Oils <sup>f</sup>	4 grams (6 tsp)	8 to 12 grams (2 to 3 tsp)	1 tsp. equivalent is: • DASH: 1 tsp soft margarine • 1 tbsp. lowfat mayo • 2 tbsp. light salad dressing • 1 tsp. vegetable oil
Discretionary Calorie Allowance • Example of distribution: Solid fat <sup>d</sup> Added sugars	267 calories  18 grams 8 tsp.	   ~2 tsp (5 tbsp. per week)	1 tbsp. added sugar equivalent is: • DASH: 1 tbsp. jelly or jam • ½ ounce jelly beans • 8 ounces lemonade

Source: HHS/USDA Dietary Guidelines for Americans

- a All servings are per day unless otherwise noted. USDA vegetable subgroup amounts and amounts of DASH nuts, seeds, and dry beans are per week.
- b The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age, and for some other gender/age groups who are more physically active. See the *Dietary Guidelines for Americans* at <http://www.health.gov/DietaryGuidelines/> for more information about gender/age/activity levels. You can also find out more information on the food groups, amounts, and food intake patterns at other calorie levels. The calorie requirements of children ages 8–13 range from 1,200–2,600 depending on their activity level. (See *Estimated Calorie Requirements* handout for more information.)
- c Whole grains are recommended for most grain servings to meet fiber recommendations.
- d In the DASH Eating Plan, nuts, seeds, and dry beans are a separate food group from meat, poultry, and fish.
- e Since eggs are high in cholesterol, limit egg yolk intake to no more than 4 per week; 2 egg whites have the same protein content as 1 oz. of meat.
- f The oils listed in this table are not considered to be part of discretionary calories because they are a major source of the vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and *trans* fats) are listed separately as a source of discretionary calories.



# Estimated Calorie Requirements

(In Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity<sup>a</sup>

This chart shows how many calories are recommended for both males and females in all age groups. The energy requirements also are broken down into levels of activity from sedentary to active. This should give you a sense of how many calories, ENERGY IN, your family members need.

Estimate Calorie Requirements				
Estimated amounts of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.				
Gender	Age (years)	Sedentary <sup>b</sup>	Moderately Active <sup>c</sup>	Active <sup>d</sup>
Child	2-3	1,000	1,000-1,400 <sup>e</sup>	1,000-1,400 <sup>e</sup>
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

a These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males.

b Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

c Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

d Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

e The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

Source: HHS/USDA Dietary Guidelines for Americans

## Using the Nutrition Facts Label

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Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, *trans* fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high

**Check servings and calories.** Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

**Make your calories count.** Look at the calories on the label and compare them with what nutrients you are getting to decide whether the food is worth eating.

**Don't sugar-coat it.** Since sugars contribute calories with few, if any nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.

**Know your fats.** Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20 percent to 35 percent of calories.

**Reduce sodium (salt), increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

# Sample Label for Macaroni and Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Start Here →

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

▪ 5% or less is Low

▪ 20% or more is High

Source: FDA

# GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop. Refer to the Estimated Calorie Requirements and Sample USDA Food Guide and the DASH Eating Plan at the 2,000-Calorie Level to determine how much of these foods to eat to maintain energy balance.

**GO Foods**—Eat almost anytime.

**SLOW Foods**—Eat sometimes or less often.

**WHOA Foods**—Eat only once in a while or for special treats.

Food Group	GO	SLOW	WHOA
	Almost anytime foods	Sometimes foods	Once in a while foods
	Nutrient-dense ←————→		————→ Calorie-dense
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta; French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; calorically sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part skim, reduced-fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans and Nuts	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef, broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken; chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
Fats/Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips

**GO, SLOW, and WHOA Foods, continued.**

Food Group	GO	SLOW	WHOA
	Almost anytime foods	Sometimes foods	Once in a while foods
	Nutrient-dense ←————→		————→ Calorie-dense
Beverages	Water, fat-free milk or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

How you choose to prepare or order your food when eating out can quickly turn a less healthy food into a healthier option. Choosing baked, broiled, steamed, grilled, and microwaved foods saves you from extra fat and calories. See the example on how similar foods can go from a WHOA to a SLOW or to a GO food.

	WHOA (eat once in a while)	Calories	SLOW (eat sometimes or less often)	Calories	GO (eat almost anytime)	Calories
<b>Fruit</b>	Apple pie, 1/8 of 9-inch pie	296	Baked apple, 1 cup slices, with 1 tbsp. butter	193	Apple, 1 medium	72
<b>Bread</b>	1/2 plain bagel (3 1/2 inch) with 1 tbsp. butter and jelly	249	1/2 plain bagel (3 1/2 inch) with 1 tbsp. jelly	147	1/2 whole-wheat bagel (3 1/2 inch)	91
<b>Meat</b>	Fried chicken, 2 drumsticks	386	Roasted chicken breast with skin, 1/2 breast	193	Roasted chicken breast without skin, 1/2 breast	142

\*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited in order to not exceed one's daily calorie requirements.

\*\*Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-Calorie Level handout)

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc. 2002

## We Can! Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Download a new copy of this planner each week. Below are also lists of ideas for healthier breakfasts, lunches, and dinners. Remember to eat mostly GO foods and watch your portion sizes! To download a GO, SLOW, and WHOA Foods Chart, click on

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf>

DAY	BREAKFAST	LUNCH	DINNER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

### Suggestions for healthier breakfasts:

- 1 cup whole-grain cold or ½ cup hot cereal, ½ cup fat-free or low-fat milk, and ½ cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas.
- 2 slices whole-grain toast with 2 tablespoons jam or peanut butter, 1 cup low-fat or fat-free yogurt, and ½ cup 100% juice (orange, grapefruit, etc.)
- 2 scrambled eggs, 2 slices whole-grain toast with jam, ½ cup sliced strawberries.
- Tortilla with melted low-fat cheese 2 scrambled eggs or ½ cup egg substitute, ½ cup spinach, and ¼ cup salsa.

### Suggestions for healthier lunches:

- 1 cup garden salad with 1 tablespoon light dressing and ½ turkey sandwich on whole-grain bread with lettuce, tomato, and mustard.
- 1 cup broth or tomato-based soup and ½ lean roast beef sandwich on whole-grain bread with lettuce, tomato, and mustard.
- 1 slice cheese or vegetable pizza made with low-fat cheese, small garden salad and 2 tablespoons of light dressing.

### Suggestions for healthier dinners:

- 3 ounces grilled honey mustard chicken, ½ cup roasted asparagus and 1 cup wild rice.
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup garden salad with 2 tablespoons of light dressing.
- 1 cup pasta with ½ cup tomato sauce, and ½ cup steamed broccoli, 1 slice whole-grain bread, and ½ cup pineapple slices

For more information on **We Can!**, visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.



## We Can! Grocery List Template

Use this template to fill in your weekly grocery list. Some examples of GO and SLOW foods are included to help you. Print this sheet before every shopping trip and use it to help you pick healthier items for your family. Check out the *GO, SLOW, and WHOA Foods Chart* on the *We Can!* Web site for more examples.

Fresh Fruits and Vegetables	Breads, Rice, Cereal, Pasta
GO: Apple	GO: Whole-grain bread
GO: Spinach	GO:
GO:	SLOW: White rice
GO:	SLOW:
GO:	SLOW:
GO:	SLOW:
GO:	
Meat, Poultry, Fish, Eggs, Beans and Nuts	Milk, Cheese, Yogurt
GO: Chicken breasts	GO: Low-fat or fat-free yogurt
GO:	GO: Fat-free milk
GO:	GO:
GO:	GO:
SLOW: Whole eggs	GO:
SLOW:	SLOW:
	SLOW:
Packaged Foods	Fats, Oils, Sugar
GO: Canned pineapple in its own juice	Olive oil
GO: Black beans	
GO:	
GO:	
GO:	
SLOW: Frozen pizza	
SLOW:	Other (household items)
SLOW:	
SLOW:	

For more information about *We Can!* visit <http://wecan.nhlbi.nih.gov> or call 1-886-35-WE CAN.

## We Can! Prepare Healthier Recipes

In the right column, you will find notes on how you can make easy changes to the ingredients in the left column to lower the amount of fat, added sugar, and calories in these recipes. On the next page, think of at least five recipes you make or ingredients that you use often for your family where you can lower the fat or added sugar.

<b>Lasagna</b>	
<b>Ingredients:</b>	<b>Substitutions:</b>
1 box lasagna noodles	
1 pound ground beef	<b>1 pound extra lean ground beef (93 percent lean) or lean ground turkey</b>
1/2 cup chopped onion	
8 ounces mushrooms, optional	
1 jar (about 16 ounces) spaghetti sauce, your favorite	<b>1 jar spaghetti sauce, no added fat</b>
1 teaspoon garlic powder	
1/2 teaspoon salt	
1 teaspoon dried leaf oregano, crumbled	
1/2 teaspoon dried leaf basil, crumbled	
1 1/2 cups ricotta cheese	<b>1 1/2 cups part-skin ricotta cheese</b>
2 cups shredded Monterey Jack cheese	<b>2 cups reduced-fat Monterey Jack Cheese</b>
3/4 cup grated Parmesan cheese	<b>3/4 cup reduced-fat Parmesan cheese</b>
Cook lasagna noodles according to package directions; drain and set aside. In a large skillet, brown beef, onion, and mushrooms. Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. In a 2-quart buttered baking dish (about 11x7x2 inches), layer 1/3 of the lasagna noodles, 1/3 of the sauce, and 1/3 of the ricotta cheese, Monterey Jack cheese, and Parmesan cheeses. Repeat layers twice. Bake lasagna for 30 minutes or until thoroughly heated and bubbly. Let stand for 8 to 10 minutes before cutting and serving. Serves 6 to 8.	<i>Notes: Don't forget to drain the fat from the meat after you brown it. Use cooking spray instead of butter to grease the dish.</i>
<b>Salad</b>	
<b>Ingredients:</b>	<b>Substitutions:</b>
1 head iceberg lettuce	<b>1 head of dark green leafy lettuces (radicchio, romaine, red leaf, etc.) for greater nutrient value.</b>
2 cups croutons	
1/2 cup regular salad dressing	<b>1/4 cup fat-free or reduced-fat salad dressing</b>
1 cup tuna salad with mayonnaise	<b>1 cup tuna canned in water and drained</b>
1 cup shredded mozzarella cheese	<b>1/4 cup shredded reduced-fat Parmesan cheese</b>
1 cup sliced red or green peppers	
1 cup chopped celery	
1 cup shredded carrots	
Wash and tear lettuce and place in a large bowl. Wash and prepare vegetables and add to lettuce. Add dressing and toss.	

Chocolate Chip Cookies	
Ingredients:	Substitutions:
1 cup butter, softened	$\frac{1}{2}$ cup applesauce (with no sugar) added
1 cup white sugar	$\frac{3}{4}$ cup white sugar
1 cup packed brown sugar	$\frac{3}{4}$ cup packed brown sugar
2 eggs	1 whole egg and 1 egg white
2 teaspoons vanilla extract	
3 cups all-purpose flour	
1 teaspoon baking soda	
2 teaspoons hot water	
$\frac{1}{2}$ teaspoon salt	
2 cups semi-sweet chocolate chips	1 cup mini chocolate chips
1 cup chopped walnuts	
Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius). Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans. Bake for about 10 minutes in the preheated oven or until edges are nicely browned.	
Recipes that I make or ingredients that I use often for my family	
Ingredients I use:	Substitutions I could make:
1.	
2.	
3.	
4.	
5.	

# We Can! Reduce Fat and Added Sugar in Meals and Snacks

Try some of these tips for reducing your calorie intake with your family.

## Substitutions:

- Cook with low-fat methods such as baking, broiling, boiling, or microwaving, rather than frying.
- Choose low-fat or fat-free milk products, salad dressings, and mayonnaise.
- Serve fruit instead of cookies or ice cream for dessert.
- Add salsa on a baked potato instead of butter or sour cream.
- Eat fruits canned in their own juice rather than syrup.

Use these substitutions for when you cook or bake:	
Instead of:	Substitute:
1 cup cream	1 cup evaporated fat-free milk
1 cup butter or stick margarine	Tub margarine or vegetable oil or $\frac{1}{2}$ cup butter or applesauce (with no sugar added)
1 egg	2 egg whites or $\frac{1}{4}$ cup egg substitute
Butter or stick margarine for sautéing	Cooking spray, no-sodium chicken broth, or a small amount of olive oil or vegetable oil
Bacon	Lean turkey bacon
Ground beef	Extra lean ground beef or ground turkey breast
Sour cream	Fat-free sour cream
1 cup chocolate chips	$\frac{1}{4}$ - $\frac{1}{2}$ cup mini chocolate chips
1 cup sugar	$\frac{3}{4}$ cup sugar (this works with most everything except yeast breads)
1 cup mayonnaise	1 cup reduced-fat or fat-free mayonnaise
1 cup whole milk	1 cup fat-free milk or 1% low-fat milk
1 cup cream cheese	$\frac{1}{2}$ cup ricotta cheese pureed with $\frac{1}{2}$ cup fat-free cream cheese
Oil and vinegar dressing with 3 parts oil to 1 part vinegar	1 part olive oil + 1 part vinegar (preferably a flavored vinegar such as balsamic) + 1 part orange juice
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder plus 1 tablespoon vegetable oil or margarine



**Other ideas to reduce the fat or added sugar in meals:**

- Remove skin from poultry and do not eat it.
- Cool soups and gravies and skim off fat before reheating them.
- Cook chicken or fish by immersing it in simmering liquid.
- Using a microwave is a good alternative because it's fast and doesn't add fat or calories.
- Reduce sugar by  $\frac{1}{4}$  to  $\frac{1}{3}$ . If a recipe says 1 cup, use  $\frac{2}{3}$ .
- To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.
- Read labels of commercially prepared products, many are high in sugar—look for terms like sucrose, sorbitol, syrups, glucose, fructose, mannitol, molasses, dextrose, maltose, honey, and lactose.

**Ideas to choose healthier snacks:**

- Toss sliced apples or berries on top of low-fat or fat-free yogurt.
- Put a slice of low-fat or fat-free cheese on top of whole-grain crackers.
- Make a whole-wheat pita pocket with hummus, lettuce, tomato, and cucumber.
- Pop some low-fat popcorn.
- Sprinkle some dry whole-grain cereal on top of low-fat or fat-free yogurt.
- Microwave or toast a soft tortilla with low-fat cheese and sliced peppers and mushrooms to make a mini-burrito or quesadilla.
- Drink low-fat chocolate milk (blend it with a banana or strawberries and some ice for a smoothie).

Try these healthy snack ideas! Be sure to watch portion size! Check the **We Can!** Web site at <http://wecan.nhlbi.nih.gov> for more healthy snack ideas!

## We Can! Parent Tips: Making Healthier Food Choices

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As a parent, you want to give your family the best you can. Serving healthier foods in the appropriate portions per food group and calorie level is one of the best ways to ensure that your children are getting proper nutrition without eating too many calories. These simple tips can help you plan and prepare meals and snacks to help your family to get the most nutrition out of the calories consumed.

### What is a "Healthy Diet?"

The U.S. Dietary Guidelines for Americans describe a healthy diet as one that:

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

*We Can!* has tips and tools to help you choose and prepare healthier foods for your family. Use these tips and tools to help your family eat nutritiously and help them maintain a healthy weight.

### GO, SLOW, and WHOA Foods

#### Focus on Food Choices

**GO foods** are the lowest in fat and added sugar. They are also "nutrient dense" (which means they are better sources of vitamins, minerals, and other nutrients important to health) and relatively low in calories. Enjoy GO foods almost anytime. Examples of GO foods are: fruits (fresh, frozen, or canned in juice), vegetables (fresh, frozen without added fat, canned without added sodium), whole grains, fat-free or low-fat milk products, lean meat, poultry, fish, beans, eggs whites or egg substitute.

**SLOW foods** are higher in fat, added sugar, and/or calories than GO foods. SLOW foods include: vegetables with added fat, white refined flour bread, low-fat mayonnaise, and 2% low-fat milk. Have SLOW foods sometimes or less often.

**WHOA foods** are the highest in fat and/or added sugar. They are "calorie dense" (a small portion is relatively high in calories), and many are low in vitamins, minerals, and other nutrients as well. Have WHOA foods only once in a while or on special occasions. And, when you do have them, have small portions. Examples of WHOA foods are: whole milk, cheese, fried potatoes, croissants, muffins, butter, and creamy salad dressings.

To download a GO, SLOW, and WHOA Foods chart, click on <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf>

### Healthy Eating Choices

From *WHOA* to *SLOW* to *GO*. You can go from *WHOA* to *GO* by making these substitutions when cooking. Substituting the low-fat and fat-free versions of foods as alternatives to the full fat items can help reduce overall calories of favorite foods without affecting taste. Try using low-fat mozzarella cheese in lasagna instead of the full fat variety. Your family will likely not notice the difference.

	<b>WHOA</b> (eat once in a while)	<b>Calories</b>	<b>SLOW</b> (eat sometimes or less often)	<b>Calories</b>	<b>GO</b> (eat almost anytime)	<b>Calories</b>
<b>Fruit</b>	Apple pie, 1/8 of 9-inch pie	296	Baked apple, 1 cup slices, with 1 tbsp. butter	193	Apple, 1 medium	72
<b>Bread</b>	1/2 plain bagel (3 1/2 inch) with 1 tbsp. butter and jelly	249	1/2 plain bagel (3 1/2 inch) with 1 tbsp. jelly	147	1/2 whole-wheat bagel (3 1/2 inch)	91
<b>Meat</b>	Fried chicken, 2 drumsticks	386	Roasted chicken breast with skin, 1/2 breast	193	Roasted chicken breast without skin, 1/2 breast	142

Substitute applesauce for butter in baking and still get a rich, moist product. Try some of the calorie-reducing substitutions below when you cook or bake.

<b>Instead of</b>	<b>Substitute</b>
1 cup cream	1 cup evaporated fat-free milk
1 cup butter, stick margarine, or shortening for baking	Tub margarine, vegetable oil, or 1/2 cup apple butter or applesauce without added sugar
1 egg	2 egg whites or 1/4 cup egg substitute
Pastry dough	Graham cracker crumb crust
Butter or stick margarine for sautéing	Cooking spray, low-sodium chicken broth, or a small amount of olive oil or vegetable oil

For more tips on making healthier substitutions, visit <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/cooking.htm>

Also, check out *heart healthy recipes* from the National Institutes of Health (NIH) at <http://www.nhlbi.nih.gov/health/index.htm#recipes>

*Making healthier selections when dining out.* There are several things you can do at restaurants to lower your intake of fat and calories. For example, order foods that are steamed, broiled, baked, roasted, poached, or lightly sautéed or stir-fried. You can also trim visible fat from poultry or meat. In addition, request:

- olive oil for dipping instead of butter or margarine
- fat-free or low-fat milk rather than whole milk or cream in coffee or in other drinks
- food without butter, gravy, or sauces

- salad dressing “on the side” and request light or fat-free dressing
- steamed vegetables or a fruit cup as a substitute for French fries
- “hold the cheese” or “cheese on the side” when ordering sandwiches or salads so you can decide how much cheese you want to eat
- unsweetened beverages, such as water, unsweetened iced-tea, or sugar-free or diet iced-tea and lemonade

### Portion Distortion

Anyone who has eaten out lately is likely to notice how big the food portions are. It’s hard to find “small” anymore—“supersize” is more like it. Sometimes your plate arrives and there’s enough food for two or even three people. These ever-larger portions have changed what we think of as a “normal” portion, and that affects how much food we eat at home as well. Cutting back on portion size can help you and your family limit your calorie intake. Follow these simple tips to get started:

- Select an appetizer that is low in fat and includes a fruit or vegetable instead of an entrée at a restaurant.
- Put a smaller portion on a smaller plate; it won’t look so skimpy.
- Share a portion with a family member or friend.
- Instead of giving your child or yourself an entire bottle of fruit juice or soda, pour a small amount ( $\frac{1}{2}$  cup) into a cup. Better yet, choose water or small amounts of 100% fruit juice over soda.
- Use tall, narrow glasses instead of short, wide glasses. You will drink less.
- Order a medium pizza instead of a large. Everyone gets the same number of slices as before; they’re just smaller.
- Before you eat your meal ask the wait staff to put half of the meal in a take home bag for leftovers to eat the next day.

Compare the size of foods from 20 years ago to today. Portions have grown and so have the calories!

20 Years Ago			Today		
	Portion	Calories		Portion	Calories
Bagel	3-inch	140	Bagel	6-inch	350
Fast food cheeseburger	1	333	Large fast food cheeseburger with sauces	1	590
Spaghetti and meatballs	1 cup spaghetti, 3 small meatballs	500	Spaghetti and meatballs	2 cups spaghetti, 3 large meatballs	1,020
Soda	6.5 ounces	85	Soda	20 ounces	250
Blueberry muffin	1.5 ounces	210	Blueberry muffin	5 ounces	500

To test your knowledge on serving sizes, check out the Portion Distortion activity on the We Can! Web site, <http://hp2010.nhlbi.nih.gov/portion/index.htm>.

Visit the **We Can!** Web site, <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN to order a free copy of the **We Can!** Families Finding the Balance: Parent Handbook.

## NOTES

**Session 4.**

**LESS SIT, MORE FIT:  
ENERGY OUT**

**What's the Session All About?**

Session 4 gives participants strategies for increasing ENERGY OUT by increasing physical activity and reducing screen time every day.

**Why is This Topic Important?**

Being physically active can help keep us healthy. It also burns calories, so it's really helpful in maintaining energy balance.

Many Americans live inactive lives. We drive everywhere, do little physical labor, and many of us sit at a desk all day. We also sit in front of

screens—TVs and computers—a lot. All that inactivity means that parents and children have to make an effort to be physically active. Health experts recommend that children should be physically active at least 60 minutes on most, if not every day, and should have no more than 2 hours of screen time a day.

**What Will We Do In This Session?**

At the beginning of the session you'll talk about the eating well and moving more tips you tried since our last session and share your experience with the group.

During the session, you'll discuss strategies for increasing ENERGY OUT by increasing physical activity and reducing screen time. Screen time is time with TV and DVDs, video games, and recreational computer use (in other words, computer time for anything but school or work). You'll have a chance to discuss the challenges you and other parents face in changing screen time habits and promoting more physical activity.

After a stretch break, your leader will lead a discussion of ways you and your family can stay motivated, handle setbacks, and apply all the strategies and skills you've learned during the four sessions. You'll also learn about resources for more information on maintaining a healthy weight for life.

You may also fill out the same "Tell Us What You Think" form that you completed in Session 1. Your answers will help your leader know what you learned during the program and will help in planning future *We Can!* Energize Our Families: Parent Programs.

At the end of the session, your leader will invite you to pick another eating well and moving more tip to try with your family between sessions. The leader will encourage you to continue to choose small changes you and your family can easily make and keep track of these on the master *We Can!* Try Tips to Eat Well and Move More tracking sheet.



**Session Handouts**

- *We Can!* Make Physical Activity Fun
- *We Can!* Help Children to Reduce Screen Time
- Youth Screen Time Statistics
- *We Can!* Reduce Children's Screen Time Log
- *We Can!* Help Children Maintain a Healthy Weight: Energy Balance for Life
- *We Can!* Healthy Weight Resource List
- *We Can!* Try Tips to Eat Well and Move More (In Session 1)
- *We Can!* Try Tips to Eat Well and Move More Tracking Sheet (In Session 1)

## ***We Can! Make Physical Activity Fun***

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Encourage every member of your family to increase daily physical activity and have fun at the same time. Be sure to think about what your family can be doing to build in more active time during your busy week. Here are some suggestions to consider.

### **Make time**

- Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots your family could use for physical activity. Then, identify two of them that work out as family activity time.
- Talk to your family about how you can add physical activity to your daily routine. For example, walk or ride your bike to work or school, organize school activities or birthday parties around physical activity, walk the dog with your children, walk to a friend's house to play, park farther away from your destination.
- Make time for physical activity. For example, on Saturday mornings, start the day by taking a walk with your family around the neighborhood. Try doing something active after dinner with your family and especially on weekends.
- Select activities requiring minimal time, such as walking, jogging, or stair climbing. Or, burn calories doing yard and house work (raking leaves, shoveling snow, washing the car, cleaning closets, scrubbing floors, etc.)

### **Bring others into it**

- Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- Invite friends and family to exercise with you. Plan social activities involving exercise. Plan a party with physically active games and activities for your family and your children's friends.
- Be physically active with your kids: Go for a walk together, play tag or other running games, get an aerobic dance or exercise tape or DVD (there are several on the market) and exercise together. You can spend time together and still be physically active.

- Develop new friendships with physically active people. Sign up the family for programs at the YMCA, park and recreation center, or a hiking club.

### **Energize yourself and your family**

- Schedule physical activity for times in the day or week when you and your family feel energetic.
- Convince your family that if they give it a chance, physical activity will increase their energy level; then challenge them to try it.

### **Stay motivated**

- Plan ahead. Make physical activity a regular part of your family's daily or weekly schedule and write it on a family activity calendar.
- Join an exercise group or class. Enroll your children in community sports teams or lessons.
- Select activities requiring no new skills, such as walking, climbing stairs, or jogging. Or, try new activities to keep things interesting!
- Exercise with friends who are at the same skill level as you are. Create opportunities for your children to be active with friends.

### **Build new skills**

- Find a friend who is willing to teach you some new skills.
- Take a class to develop new skills and enroll your children in classes too, such as swimming, gymnastics, tennis, ice skating, etc.

### **Use available resources**

- Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or stretching and strengthening movements.
- Identify inexpensive, convenient resources available in your community (such as community education programs, park and recreation programs, and work site programs).

**Make the most of all conditions**

- Develop a set of regular activities for you and your family that are always available regardless of weather (such as indoor cycling, aerobic dance, indoor swimming, stretching and strengthening movements, stair climbing, rope skipping, mall walking, dancing, and gymnasium games).
- Look at outdoor activities that depend on weather conditions (such as cross-country skiing, outdoor swimming, and outdoor tennis) as “bonuses”—extra activities possible when weather and circumstances permit.

*Adapted from: “How Can I Overcome Challenges to Physical Activity?”  
Centers for Disease Control and Prevention’s Division of Nutrition and  
Physical Activity. [www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)*

## We Can! Help Children Reduce Screen Time

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Here are a few simple tips to help your children reduce their screen time and increase physical activity in order to maintain a healthy weight.

- **Know how much screen media and physical activity your family is getting.** By knowing how much screen media, including TV, DVD, video games, and nonschool- or nonwork-related computer and Internet use, your family spends and how much physical activity they get, you will be more aware of how much ENERGY OUT they are burning. The goal is for them to spend no more than 2 hours of screen time a day and get 60 minutes of moderate-intensity physical activity each day.
- **Talk to your family.** Explain to your children that it's important to sit less and move more so they will stay at a healthy weight, be more energized, have a chance to practice certain skill sets (such as riding a bike or shooting hoops), and socialize with friends and peers. Tell them that you also are going to limit your screen time and increase your physical activity, so you will all be working toward this goal together.
- **Set limits on screen time.** Set a house rule that your children may spend no more than 2 hours a day of screen time (TV, DVD, video games, nonwork- or nonschool-related computer or Internet use). More importantly, enforce the rule once it's made. You may want to check into those devices or Internet programs that set limits on the TV or on the computer.
- **Minimize the influence of TV in the home.** Do not put a TV or computer in your child's bedroom. This tends to physically isolate family members and decrease interaction. Also, children who have TVs in their room tend to spend almost 1½ hours more in a typical day watching TV than their peers without a set in their room.
- **Make meal time, family time.** Turn off the TV during family meal time. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research has shown that families who eat together tend to eat more nutritious meals than families who eat separately. Make eating together a priority and schedule in family meals at least two to three times a week.

- **Provide other options and alternatives.** Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- **Set a good example.** You need to be a good role model and also limit your screen time to no more than 2 hours per day. If your kids see you following your own rules, then they will be more likely to follow. Instead of watching TV or surfing the Internet, spend time with your family doing something fun and active.
- **Don't use TV to reward or punish a child.** Practices like this make TV seem even more important to children.
- **Be a savvy media consumer.** Don't expect your child to ignore the influences of television advertising of snack foods, candy, soda, and fast food. Help your child develop healthy eating habits and become media savvy by teaching them to recognize a sales pitch. Try asking your child why their favorite cartoon character is trying to get them to eat a certain brand of breakfast cereal. Explain to them that this is a way for advertisers to make the cereal more appealing to young people so that they ask their parents to buy it for them and the company can make money. **We Can!** offers communities a youth program called *Media Smart Youth: Eat, Think, and Be Active!* Sign up your child for this program so they can learn more about becoming media smart.

## Youth Screen Time Statistics

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### Screen Time

- Every day, on average, 8- to 18-year-olds spend:
  - Nearly 4 hours watching TV, videos, DVDs, and prerecorded shows
  - Just over 1 hour on the computer
  - About 50 minutes playing video games

### Media in the Bedroom

- Two-thirds of young people have a TV in their bedroom;  $\frac{1}{2}$  have a video game player and nearly  $\frac{1}{3}$  have a computer in their bedroom.
- Youth who have TVs in their rooms spend almost  $1\frac{1}{2}$  more hours a day watching TV than youth without a set in their room.

### Parental Rules

- About half (53 percent) of all 8- to 18-year-olds say their families have no rules about TV watching.
- Forty-six percent said they do have rules, but only 20 percent said the rules are enforced “most” of the time.
- Youth with TV rules that are enforced most of the time report 2 hours less daily media exposure than in homes without rules enforced.

Source: Henry J. Kaiser Foundation, *Generation M: Media in the Lives of 8–18-Year Olds*, March 2005.  
[www.kff.org/entmedia/entmedia030905pkg.cfm](http://www.kff.org/entmedia/entmedia030905pkg.cfm)



## We Can! Reduce Children's Screen Time Log

Complete this log to determine how much time you are spending in front of a screen. Help your family do the same. You can print additional logs from the **We Can!** Web site at <http://wecan.nhlbi.nih.gov>. Place the log in an easy location for everyone to use and see, such as near the family television, by the computer, or on the refrigerator. If screen time for you or your family members is less than 2 hours a day, pat yourselves on the back! If it's 2 hours or more, then check out other **We Can!** Family Guide physical activity tips. Go to Session 1, Moving More (ENERGY OUT) on page 15, and Session 2, ENERGY OUT: Physical Activity on page 21, and the **We Can!** Fit In Daily Physical Activity Planner on page 27.

### SAMPLE LOG

<b>We Can! Reduce Children's Screen Time Log</b>					
	<b>TV</b>	<b>Video Games</b>	<b>DVD</b>	<b>Computer/Internet</b>	<b>Time (hours)</b>
<b>Monday</b>	2 hours	1 hour		1 hour	4 hours
<b>Tuesday</b>	3 hours	1½ hours		1 hour	5½ hours
<b>Wednesday</b>	1½ hours	1 hour	2½ hours	½ hour	5½ hours
<b>Thursday</b>	4 hours			1 hour	5 hours
<b>Friday</b>	4 hours	1 hour			5 hours
<b>Saturday</b>	3 hours	2 hours	2 hours	1 hour	8 hours
<b>Sunday</b>	2 hours	1 hour	2 hours	2 hours	7 hours
					<b>TOTAL: 40 hrs</b>

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	<b>TV</b>	<b>Video Games</b>	<b>DVD</b>	<b>Computer/Internet</b>	<b>Time (hours)</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
					<b>TOTAL:</b>

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TV	Video Games	DVD	Computer/Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TV	Video Games	DVD	Computer/Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TV	Video Games	DVD	Computer/Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TV	Video Games	DVD	Computer/Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

## **We Can! Help Children Maintain a Healthy Weight: How to Stay in Energy Balance for Life**

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Here are a few simple tips to help your family sustain energy balance, stay motivated, and handle setbacks in order to maintain a healthy weight for life.

- **Make a commitment.** You need to make a commitment to yourself and your family to eat nutritious foods and get regular physical activity.
- **Get a support network.** It helps to have a strong network of family, friends, and colleagues who will support you in your new lifestyle habits. Families can serve low-fat meals for gatherings, your friends can limit drinks with added sugar and TV watching when youth are playing together, and colleagues can go on short power walks with you and help you make healthier choices at the cafeteria or vending machine. Let as many people as possible know what your goals are and, hopefully, they will not only support you, but join you in your efforts. Maintaining a healthy weight is good for everyone!
- **Set realistic goals.** Effective goals are specific, attainable, and forgiving (not perfect). “Eat three servings of fruit a day” is a better goal than “Eat more fruit.”
- **Track progress.** Tracking your progress can help you feel good about your success and can show you where you may need to make some changes if you’re not meeting your goals. Continue to use the tracking tools provided to you in the **We Can!** Try Tips to Eat Well and Move More tracking sheet, the **We Can!** Fit In Physical Activity planner, and the **We Can!** Reduce Children’s Screen Time log.
- **Be ready.** Having ideas and alternatives will help you help your family stay in energy balance. The **We Can!** Try Tips to Eat Well and Move More handout can help you be prepared. Check the **We Can!** Web site for more ideas to help you stay in energy balance.
- **Learn how to handle setbacks.** Expect to have setbacks. Setbacks usually happen to those who are overconfident and say, “it won’t happen to me!” Being committed, setting realistic goals, and being prepared with alternatives will help you handle setbacks.
- **Reward yourself.** One way to help you stay motivated is to regularly reward yourself. Choose nonfood-related rewards, such as a day at the local lake or beach or go to the park to ride bicycles, roller blade, or fly a kite. You also can buy yourself a gift to help you stay physically active, such as new work-out shoes or clothes, a ball, racket, or other piece of equipment.

## We Can! Healthy Weight Resource List

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If you want other **We Can!** ways to get your family to eat well and be more physically active, call 1-866-35-WECAN or visit the **We Can!** Web site at <http://wecan.nhlbi.nih.gov>. The Web site is full of information about maintaining a healthy weight, nutrition, and physical activity. You can also visit the Web site for recipes, healthy tips, and additional resources.

NATIONAL INSTITUTES OF HEALTH (NIH) <http://www.nih.gov>

- National Heart, Lung, and Blood Institute (NHLBI), <http://www.nhlbi.nih.gov>
  - **We Can!** Families Finding the Balance: A Parent Handbook  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/parent\\_hb\\_en.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.htm)
  - ¡Nosotros Podemos! Familias Encontrando el Balance: Manual para Padres  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/parent\\_hb\\_sp.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_sp.htm)
  - GO, SLOW, and WHOA refrigerator magnet  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/magnet.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/magnet.htm)
  - **We Can!** wrist band  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/wristband.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/wristband.htm)
  - Who Can Make It Happen? **We Can!** poster  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan\\_mats/poster\\_en.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/poster_en.htm)
  - Aim For A Healthy Weight,  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)
  - Portion Distortion Web site, <http://hp2010.nhlbihin.net/portion/>
  - Calculate Your Body Mass Index (BMI), <http://www.nhlbisupport.com/bmi/>
  - Heart-Healthy Latino Recipes,  
[http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recip.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm)
  - Heart-Healthy Home Cooking African American Style,  
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm>
  - Your Guide to Physical Activity and Your Heart  
[http://www.nhlbi.nih.gov/health/public/heart/obesity/phy\\_active.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf)
  - Keep the Beat Heart Healthy Recipes  
[http://www.nhlbi.nih.gov/health/public/heart/other/ktb\\_recipebk/ktb\\_recipebk.pdf](http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf)
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), <http://www.niddk.nih.gov>
  - Weight-Control Information Network, <http://win.niddk.nih.gov/>
- National Institute of Child Health and Human Development (NICHD), <http://www.nichd.nih.gov>
  - Media-Smart Youth: Eat, Think, and Be Active!, <http://www.nichd.nih.gov/msy>
  - Milk Matters, <http://www.nichd.nih.gov/milk/>



- National Cancer Institute (NCI), [www.nci.nih.gov](http://www.nci.nih.gov)
  - Cancer Control P.L.A.N.E.T.,  
[http://cancercontrolplanet.cancer.gov/physical\\_activity.html](http://cancercontrolplanet.cancer.gov/physical_activity.html)

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) <http://www.hhs.gov>**

- My Pyramid, <http://mypyramid.gov>
- Steps to a Healthier U.S., <http://www.smallstep.gov>
- HHS/USDA Dietary Guidelines for Americans 2005,  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- Healthier US.Gov, <http://www.healthierus.gov/>
- Nutrition.gov, <http://www.nutrition.gov/>

**U.S. DEPARTMENT OF AGRICULTURE (USDA) PROGRAMS <http://www.usda.gov>**

- Eat Smart, Play Hard™, <http://www.fns.usda.gov/eatsmartplayhard/>

**CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) <http://www.cdc.gov>**

- Fruits and Veggies: More Matters,  
<http://fruitsandveggiesmorematters.org>
- Frutas y Verduras,  
<http://www.cdc.gov/nccdphp/dnpa/frutasyverduras/index.htm>
- Overweight and Obesity,  
<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
- Nutrition and Physical Activity, <http://www.cdc.gov/nccdphp/dnpa/>
- VERB™, <http://www.cdc.gov/youthcampaign/>
- Body Mass Index, <http://www.cdc.gov/nccdphp/dnpa/bmi/>

**U.S. FOOD AND DRUG ADMINISTRATION (FDA) <http://www.fda.gov>**

- Make Your Calories Count: Nutrition Facts Label for Healthy Weight Management, <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>
- Food Label Education Tools and General Information,  
<http://www.cfsan.fda.gov/~dms/lab-gen.html>
- Consumer Nutrition and Health Information,  
<http://www.cfsan.fda.gov/~dms/lab-cons.html>
- Information about Losing Weight and Maintaining a Healthy Weight,  
<http://www.cfsan.fda.gov/~dms/wh-wght.html>

**PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS <http://www.fitness.gov/>**

- President's Challenge, [http://www.fitness.gov/home\\_pres\\_chall.htm](http://www.fitness.gov/home_pres_chall.htm)

## NOTES





**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**National Institutes of Health**

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National Institute of Child Health and Human Development  
National Cancer Institute

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**Abstract:** This 61-page family guide is part of We Can! Energize our Families, a program from the National Institutes of Health. We Can! Stands for Ways to Enhance Children's Activity and Nutrition. It is a national education program to help children ages 8 to 13 stay at a healthy weight by improving food choices, increasing physical activity, and reducing screen time. The Parent Program consists of four sessions. Session 1 provides an overview of the program and why overweight is an important health issue for many Americans today. Session 2 introduces the concept of energy balance (ENERGY IN = ENERGY OUT) and explores two important issues that have an impact on this equation: portion size and time spent in physical activity every day. Session 3 provides examples of ENERGY IN realities of everyday life by showing how participants can cut back on fat and added sugar. Session 4 suggests strategies for improving ENERGY OUT by increasing physical activity and reducing screen time. The guide includes all the handouts for the program and a list of helpful resources.

**Availability:** NHLBI Health Information Center, P.O. Box 30105, Bethesda, MD 30105; Telephone: 301-592-8573, TTY: 240-629-3255, Fax: 301-592-8563, Web site: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/familyguide.pdf> for download

**Notes:** Public Domain

Publication available on the Internet