

Prepare yourself for a change in Lifestyle

1. Start every day with 3 minutes of exercise. (Use an egg timer)
2. Increase 3 minutes every 3 days to 21 minutes of continuous exercise 3-5 days a week.
3. Jot down the minutes you exercise on a calendar.
4. Keep a food diary for 5 days of what, when, where you eat and what activity is associated with eating.
5. Assign your eating areas.
6. Pick a place where you must sit, eat, and do nothing else.
7. Find an eating buddy. Place a funny salt & pepper shaker or colorful place mat at your eating site.
8. Take out your eating buddy ONLY when you are eating. Put it away when you are not.
9. Visualize your eating buddy if you happen to be in a restaurant or before a snack.
10. Chew your food longer.
11. Use a smaller plate and no "seconds."
12. Leave something on your plate.
13. Give yourself 3 guilt free days per month; choose them ahead of time.
14. Have breakfast.
15. Scream internally "I CAN SKIP IT" before you reach for that jelly donut.
16. Throw out mayonnaise, ice cream and snacks. Buy only individual portions. If you eat a six pack of cookies you won't feel as bad, as if you had eaten a family pack.
17. Eat at set times. If you miss your eating time have a snack and skip the meal.

Step 1: Set your Lifestyle change date at least 7 days from now. Sometimes starting with a friend, is helpful. Ultimately it's up to you alone.

Step 2: Monitor your eating for 3-7 days to identify the types of foods you eat. Mark the chart when & where you eat.

Step 3: Chose from the suggestions above to promote change over the remaining days to your Lifestyle change date. You must include the following up to your Lifestyle change date.

1. Start your day with a 3 minute minimum of exercise.
2. Assign an eating area.
3. Buy only individual portions of high calorie foods.
4. Read the labels on the foods you buy and eat.

Step 4: Start on your Lifestyle date and reward yourself with a Lifestyle night out. . Look in the mirror every morning and say:

"I'VE CHANGED"

Remember....

**Once you change to a healthy lifestyle you will
feel better and begin to loose weight sensibly!**

Height inches	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74
Men	105	110	115	120	125	130	135	140	145	160	165	170	175	180	185
Women	100	104	108	112	116	120	124	128	132	136	140	144	148	152	156

Minimum Weights

BMI of 24	125	130	140	150	160	170	180	190
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Maximum Healthy Weights

CHANGE YOUR LIFESTYLE

Monitor your eating. Copy and keep a food diary.

TIME	What	Where

Change to a Healthy Lifestyle:

- Pre-Contemplation: You think there is no need to change just now.
- Contemplation: You start to think about change; list your reasons and benefits.
- Action: You set a change date and prepare yourself.....
- Maintenance: Every day look in mirror and say, "I'VE CHANGED."

Why do you eat?

Here are five reasons people eat and substitutions you can try.

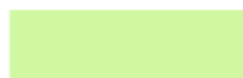
- Stimulation: start your day with 3 minutes of exercise.
- Handling: buy a knickknack to fiddle with.
- Habit: separate eating from other activities. (driving, reading, watching TV).
- Relaxer: start a new hobby, pick up a new book to read, daily walks.
- Addiction: designate one day a week for the food that prompts you to binge or has a domino affect.

BMI

	Weight [pounds]																
	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260
4'6"	24	27	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63
4'8"	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58
4'10"	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32
6'6"	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30
6'8"	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29
6'10"	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
7'0"	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26



Underweight



Normal Range



Overweight



Obese

Complement your blood pressure therapy with a better diet

NAME: _____

AGE: _____

Your Blood Pressure _____/____ (Normal ≤ 140/85)

DATE: _____

Your Cholesterol _____ (Normal ≤ 200)

Inactive Moderately active Very active

Your LDL _____ (Normal 70-130)

Your current weight _____ lb height _____ in

Your Blood Glucose _____ (Normal <110)

Your current BMI _____

10 calories per lb inactive
13 calories per lb if moderately active
15 calories per lb if very active

Optimum weight for a BMI of 25 _____

Your goal calorie daily diet _____ cal

(Your optimum weight) x (_____ calories per lb) = (goal calorie diet)

	Amount	Calories	Fat	Cholesterol
VEGETABLES				
			(g)	(mg)
Lentil beans	1 cup	212	0	0
Green beans	1 cup	34	0.1	0
Broccoli	1 stalk	47	0.5	0
Carrot	1	30	0.1	0
Cauliflower	1 cup	32	0.4	0
Corn	1/2 cup	80	0	0
Lettuce	1 cup	7	0	0
Olives	10	61	6.5	0
Peas: green	1/2 cup	80	0	0
Soybeans	1 cup	234	10.3	0
Spinach	1 cup	47	0.6	0
Squash	1 cup	25	0.2	0
Tomato	1	40	0.4	0
STARCHES				
Bread				
Bagel	1	212	1.3	0
Bread				
white	1 slice	68	0.8	0
whole wheat	1 slice	61	0.8	0
English Muffin	half	67	0.7	0
Muffin: bran	1	104	3.9	NA
Pancake	1	164	5.3	NA
Roll	1	156	1.6	NA
Pasta & Rice				
Noodles: egg	1 cup	200	2.4	50
Rice	1 cup	223	0.2	0
Spaghetti	1 cup	155	0.6	0
Potato				
with skin	1 whole	145	0.2	0
sweet, baked	1 whole	161	0.6	0
mashed	1/2 cup	111	4.4	2
scalloped	1/2 cup	105	4.5	14

Optimum weight for a BMI of 25

Height	55	57	60	63	65	70	72
Weight	107	116	128	141	150	174	184

	Amount	Calories	Fat	Cholesterol
EGGS				
			(g)	(mg)
Whole: raw	1	79	5.6	274
Fried: in butter	1	83	6.4	246
Scrambled	1	95	7.1	248
Egg Substitute				
liquid	1/4 cup	50	2	1
frozen	1/4 cup	96	6.7	1
Omelet	1	95	7.1	248
FRUITS & FRUIT JUICES				
Fruits				
Apple	1	81	0.5	0
Banana	1/2	53	0.3	0
Cantaloupe	1 cup	57	0.4	0
Grapefruit	1/2	37	0.1	0
Honeydew	1 cup	60	0.2	0
Orange	1	62	0.2	0
Peach	1	37	0.1	0
Pear	1	98	0.7	0
Strawberries	5/4 cup	56	0.7	0
Watermelon	5/4 cup	63	0.9	0
Fruit Juices				
Apple Juice	1/2 cup	58	0.1	0
Grapefruit Juice	1/2 cup	47	0.1	0
Orange Juice	1/2 cup	55	0.3	0
SAUCES				
Barbecue	1/4 cup	47	1.1	0
Hollandaise	1/4 cup	176	17.1	47
Soy	1 Tbs	11	0	0
Tomato sauce	1 cup	80	0	0

Being overweight is a common and significant health risk for Americans today. It can contribute to diabetes, and in combination with high blood pressure it can contribute to heart disease.

Try to limit fat to less than 30% of total daily calories

Try to limit cholesterol to less than 300 milligrams (mg)

Set your daily calories based on your level of activity and BMI of 25

	Amount	Calories	Fat (g)	Cholesterol (mg)	
POULTRY					
Chicken					
Light meat					
	without skin	1 oz	45	1.1	22
	with skin	1 oz	57	2.8	21
Dark meat					
	without skin	1 oz	54	2.5	25
	with skin	1 oz	66	4.2	23
Breast					
	without skin	3 oz	144	2.9	73
	with skin	4 oz	202	8.2	83
	fried	5 oz	364	18.5	119
Turkey					
Light meat					
	without skin	1 oz	40	0.3	22
	with skin	1 oz	46	2.4	21
Dark meat					
	without skin	1 oz	46	1.2	32
	with skin	1 oz	63	3.3	25
SEAFOOD					
Fish					
	Cod	1 oz	30	0.2	16
	Fish Sticks	1 oz	76	3.4	31
	Flounder	1 oz	33	0.4	19
	Halibut	1 oz	40	0.8	12
	Salmon	1 oz	52	2.1	14
	Snapper	1 oz	36	0.5	13
	Swordfish	1 oz	44	1.5	14
	Trout	1 oz	43	1.2	21
	Tuna	1 oz	56	2.3	5
Shellfish					
	Clams	1 oz	42	0.6	19
	Crab: Alaskan	1 oz	27	0.4	15
	Lobster	1 oz	28	0.2	20
	Scallops: fried	2 large	67	3.4	19
	Shrimp	1 oz	28	0.3	55
FATS & OILS					
Margarine					
	Corn/Safflower oil	1 tsp	34	3.8	0
Oil					
	Sunflower, Safflower, Olive, Peanut	1 tsp	40	4.5	0
	Whole fruit	1 cup	225	2.6	10

	Amount	Calories	Fat (g)	Cholesterol (mg)	
MEAT					
Beef					
	Corned	1 oz	110	9.1	27
	Ground	1 oz	75	4.5	28
	Steak	1 oz	64	3.3	23
Lamb					
	Leg	1 oz	51	1.9	25
	Rack	1 oz	66	3.8	25
Lunch meat					
	Beef/pork	1 oz	89	8	16
	Hot dog	1 oz	73	5.5	28
	Salami	5 oz	119	9.8	22
Pork					
Bacon					
	Regular	4 slices	163	14	24
	Canadian	1 oz	52	2.4	16
	Ham	1 oz	41	1.6	15
	Loin	1 oz	65	3	28
	Sausage	1 oz	92	7.3	22
DAIRY					
Butter, Cream, Toppings					
	Butter	1 tsp	36	4.1	11
	Cool Whip	1 Tbs	13	1	0
	Sour Cream	1 Tbs	26	2.5	5
Cheese					
	American	1 oz	51	1.9	25
	Blue, Brie, Colby	1 oz	114	9.4	30
	Swiss, Cheddar	1 oz	114	9.4	30
	Cottage low fat	1 oz	82	1.2	5
	Cream	1 oz	99	9.9	31
	Ricotta	49	3.7	9	14
MILK					
	Buttermilk	1 cup	99	2.2	9
Regular					
	whole	1 cup	150	8.2	33
	skim	1 cup	86	0.4	4
	1%	1 cup	102	2.6	10
	2%	1 cup	121	4.7	18
Yogurt					
	Frozen	1/2 cup	123	2.3	9
	Low fat	1 cup	144	3.5	14
	Whole plain	1 cup	139	7.4	29
	Whole fruit	1 cup	225	2.6	10

Calorie Exchange List Diet - means eating a set number of calories by exchanging or trading foods from a list each day. This limits the carbohydrate, fat and protein you eat. This diet can help control your blood sugar, lose weight, or lower your cholesterol.

* Three sample diets are listed below. You can exchange or trade one food for another from the same food group. For example, you can choose 1 slice of bread instead of 3/4 cup of dry cereal. Or you can choose 1/2 cup fruit juice instead of 1 apple.

A serving size means the size of food after it is cooked or prepared.

- * 1 pint or 2 cups (16 fluid ounces)
- * 1-1/2 cup (12 fluid ounces) of liquid is the size of a soda-pop can.
- * 1 cup of food is the size of a large handful, or 8 fluid ounces of liquid.
- * 1/2 cup of food is about half of a large handful, or 4 fluid ounces of liquid.
- * 2 tablespoons (Tbs) is about the size of a large walnut.
- * 1 tablespoon (Tbs) is about the size of the tip of your thumb (from the last crease).
- * 1 teaspoon (tsp) is about the size of the tip of your little finger (from the last crease).
- * 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards.
- * 1 ounce of cooked meat, fish, or poultry is about 1/4 cup (c).
- * One ounce of hard cheese is about a 1 inch cube.
- * A serving of vegetables is 1/2 cup (1/2 handful) cooked, or 1 cup (1 handful) raw.
- * When you read a label that includes "Grams" A US nickel weighs about 5 g

1200 CALORIE MENU:

Breakfast:

- * 1 starch, such as 3/4 cup (6 ounces) bran flakes
- * 1 fruit, such as 1 small banana (5 inch) or 1/2 of a 9 inch banana
- * 1 milk, such as 1 cup skim or 1% milk
- * 1 meat or meat substitute, such as 1/4 cup cottage cheese or 1 poached egg

Lunch:

The following can be combined to make 1/2 sandwich:

- * 2 ounces meat or protein, such as 1/2 cup drained water-packed tuna
- * 1 fat, such as 1 tsp regular or 2 tsp low fat mayonnaise
- * 1/2 vegetable, such as 1/4 cup beets
- * 1 vegetable, such as 2 tomato slices
- * 1 free vegetable, such as 1 lettuce leaf on a sandwich
- * 1 starch, such as 1 slice bread
- * 1 fruit, such as 1 medium orange

Dinner:

- * 2 meat, such as 2 ounces lean chicken breast
- * 1 starch, such as 1/2 cup cooked pasta
- * 1 fat, such as 1 tsp margarine
- * 1 vegetable, such as 1 cup steamed carrots
- * 1 fruit, such as 1 cup watermelon cubes
- * 1 milk, such as 1 cup skim milk

Evening Snack:

- * 1 starch, such as 3 graham cracker squares

1500 CALORIE:

Breakfast:

- * 1 starch
- * 1 fruit
- * 1 meat
- * 1 fat
- * 1 milk

Lunch:

- * 2 starch
- * 2 meat
- * 1 fat
- * 1/2 milk
- * 1/2 vegetable

Dinner:

- * 2 starch
- * 2 fruit
- * 3 meat
- * 2 fat
- * 2 vegetable

Evening Snack:

- * 1 starch
- * 1 milk

1800 CALORIE:

Breakfast:

- * 2 starch
- * 2 fruit
- * 1 meat
- * 2 fat
- * 1 milk

Lunch:

- * 2 starch
- * 2 fruit
- * 2 meat
- * 2 fat
- * 1/2 milk
- * 1 vegetable

Dinner:

- * 3 starch
- * 1 fruit
- * 3 meat
- * 3 fat
- * 2 vegetable

Evening Snack:

- * 2 starch
- * 1 meat
- * 1/2 milk

MILK	measurement	calories	fat
EXCHANGES			exchange
Skim	1 cup	80	
Evaporated milk - skim	1/2 cup	80	
Yogurt from skim milk	1 cup	80	
1% milk	1 cup	103	1/2
2% milk	3/4 cup	95	1/2
Whole milk	1/2 cup	85	1
Yogurt from whole milk	1/2 cup	85	1

MEAT	measurement	calories	fat
EXCHANGES			exchange
Beef	1 oz	55	
Lamb	1 oz	55	1
Pork	1 oz	55	1
Veal	1 oz	55	
Fish	1 oz	55	
Cheese	1 oz	55	1
Peanut Butter	2 Tbs	55	2
Egg hard boiled	1	80	1

VEGETABLE	measurement	calories	carbs
EXCHANGES			
Asparagus	1/2 cup	25	5 g
Beans	1/2 cup	25	5 g
Beets	1/2 cup	25	5 g
Cabbage	1/2 cup	25	5 g
Cauliflower	7 flowerettes	25	5 g
Carrots	1	25	5 g
Cucumber	1/2 cup	25	5 g
Eggplant	1/2 cup	25	5 g
Onions	1/2 cup	25	5 g
Peppers	1/2 cup	25	5 g
Squash	1/2 cup	25	5 g
Tomatoes	3 slices	25	5 g
Zucchini	1/2 cup	25	5 g
FREE - No restriction			
Lettuce	Parsley	Radishes	Escarole
Watercress	Endive	Chinese cabbage	

FRUIT	measurement	calories	carbs
EXCHANGES			
Apple	small	40	10 g
Banana	1/2	40	10 g
Berries	1/2 cup	40	10 g
Cherries	10	40	10 g
Figs	1	40	10 g
Grapefruit	1/2	40	10 g
Grapes	12	40	10 g
Nectarine	1	40	10 g
Orange	1	40	10 g
Orange/fruit juice	1/2 cup	40	10 g
Peach	1	40	10 g
Plums	2	40	10 g
Raisins	2 tsp	40	10 g
Strawberries	3/4 cup	40	10 g
Tangerine	1	40	10 g
Watermelon	1 cup	40	10 g

STARCH	measurement	calories	carbs
EXCHANGES			
White, rye, wheat	1 slice	75	15 g
Bagel	1/2 slice	75	15 g
Bun	1/2 slice	75	15 g
English muffin	1/2 slice	75	15 g
Pita	1	75	15 g
Dry cereal	3/4 cup	75	15 g
Cooked cereal	1/2 cup	75	15 g
Graham cracker	2	75	15 g
Triscuits	3	75	15 g
Saltine	6	75	15 g
Pretzel sticks	25	75	15 g
Spaghetti	1/2 cup	75	15 g
Mashed potato	1/2 cup	75	15 g
potato	1/4 cup	75	15 g
Corn	1/2 ear	75	15 g
Baked beans	1/4 cup	75	15 g
Lentils, lima, navy	1/2 cup	75	15 g

FAT	measurement	calories	fat
EXCHANGES			
Avocado	2 Tbs	45	5 g
Margarine	1 tsp	45	5 g
Almonds	10	45	5 g
Peanuts	20	45	5 g
Walnuts	6	45	5 g
Olives	5	45	5 g
Bacon	1	45	5 g
Butter	1 tsp	45	5 g
Cream cheese	1 Tbs	45	5 g
Dressing	2 tsp	45	5 g
Oil	1 tsp	45	5 g

To lose 1 lb per week you need to have a
NEGATIVE 500 calories per day.
 Exercise calorie consumption:
 10 calories per lb if you are inactive
 13 calories per lb if moderately active
 15 calories per lb if you are very active

(Your weight) x (____ calories per lb) = (calories to keep the same weight)
 (calories to keep the same weight) - 500 = (calorie diet to loose 1 lb per week)

200 lb x 10 = 2000 cal
 2000 - 500 = 1500 cal

Calories you burn during 30 minutes of these activities

Exercise	125 lb person	155 lb person	185 lb person
Weight Lifting: general	90	112	133
Stretching, Hatha Yoga	120	149	178
Calisthenics: moderate	135	167	200
Riders: general (ie., HealthRider)	150	186	222
Aerobics: low impact	165	205	244
Stair Step Machine: general	180	223	266
Aerobics: high impact	210	260	311
Bicycling, Stationery: moderate	210	260	311
Rowing, Stationery: moderate	210	260	311
Calisthenics: vigorous	240	298	355
Rowing, Stationery: vigorous	255	316	377
Elliptical Trainer: general	270	335	400
Ski Machine: general	285	353	422
Bicycling, Stationery: vigorous	315	391	466

Home & Daily Life Activities

	125 lb person	155 lb person	185 lb person
Sleeping	19	23	28
Watching TV	23	28	33
Reading: sitting	34	42	50
Standing in line	38	47	56
Computer Work	41	51	61
Light Office Work	45	56	67
Sitting in Meetings	49	60	72
Desk Work	53	65	78
Sitting in Class	53	65	78
Driving: sitting	60	74	89
Cooking	75	93	111
Raking Lawn	120	149	178
Gardening: general	135	167	200
Mowing Lawn: push, power	135	167	200
Operate Snow Blower: walking	135	167	200
Shoveling Snow: by hand	180	223	266

Sports	125 lb person	155 lb person	185 lb person
Bowling	90	112	133
Dancing: slow, waltz, foxtrot	90	112	133
Frisbee	90	112	133
Volleyball: non-competitive, general	90	112	133
Golf: using cart	105	130	155
Gymnastics: general	120	149	178
Horseback Riding: general	120	149	178
Tai Chi	120	149	178
Walk: 3.5 mph (17 min/mi)	120	149	178
Badminton: general	135	167	200
Walk: 4 mph (15 min/mi)	135	167	200
Kayaking	150	186	222
Walk: 4.5 mph (13 min/mi)	150	186	222
Golf: carrying clubs	165	205	244
Dancing: Fast, ballet, twist	180	223	266
Hiking: cross-country	180	223	266
Skiing: downhill	180	223	266
Swimming: general	180	223	266
Walk/Jog: jog <10 min.	180	223	266
Racquetball: casual, general	210	260	311
Rollerblade Skating	210	260	311
Soccer: general	210	260	311
Tennis: general	210	260	311
Basketball: playing a game	240	298	355
Bicycling: 12-13.9 mph	240	298	355
Football: touch, flag, general	240	298	355
Hockey: field & ice	240	298	355
Running: 5 mph (12 min/mile)	240	298	355
Skiing: cross-country	240	298	355
Running: 5.2 mph (11.5 min/mile)	270	335	400
Running: cross-country	270	335	400
Bicycling: 14-15.9 mph	300	372	444
Martial Arts: judo, karate, kickbox	300	372	444
Rope Jumping	300	372	444
Running: 6 mph (10 min/mile)	300	372	444
Swimming: laps, vigorous	300	372	444
Bicycling: 16-19 mph	360	446	533
Handball: general	360	446	533
Running: 7.5 mph (8 min/mile)	375	465	555
Bicycling: > 20 mph	495	614	733
Running: 10 mph (6 min/mile)	495	614	733