



# Healthy Families Guidebook



**KOHL'S**

[cancer.org](https://cancer.org)

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

## ***Did You Know?***

At least 18% of all cancers and about 16% of cancer deaths in the United States are related to excess body weight, physical inactivity, alcohol consumption, and/or poor nutrition.



### HEALTHY FAMILIES GUIDEBOOK

- SECTION 1:**  
**Get Active..... 2**  
Discover the health benefits of being physically active.
  
- SECTION 2:**  
**Eat Healthy ..... 6**  
Get ideas for good food choices, recipes, and other suggestions for eating healthy.
  
- SECTION 3:**  
**Take Control of Your Weight..... 26**  
Learn about the importance of staying a healthy weight.
  
- SECTION 4:**  
**Cancer Screening Recommendations ..... 28**  
Screening increases the chances of detecting certain cancers early, when they might be easier to treat. Learn what screening tests the American Cancer Society recommends and when you should have them.
  
- SECTION 5:**  
**Setting Goals and Staying Motivated ..... 32**  
Rewarding yourself as you achieve goals, managing your stress, and preventing relapse are important steps to staying on track.



# Nutrition & Activity QUIZ

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



**YES**   **NO**

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

## How do you rate?

### 0-4 YES answers

#### Diet and activity alert!

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

### 5-8 YES answers

#### Not bad!

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

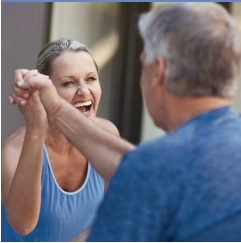
### 9-12 YES answers

#### Good for you! You're living smart!

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

# 2.

# Get Active



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

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

## Benefits of physical activity:

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

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

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

- Lung cancer
- Liver cancer
- Pancreas cancer
- Prostate cancer
- Ovarian cancer

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

Being active may also help to prevent excess weight gain which may in turn reduce the risk of developing certain cancers.



## Types of Activity

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

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

## Usual and intentional activities can also be grouped by intensity:

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



# Recommended Amount of Activity



Adults should get 150-300 minutes per week of moderate intensity activity or 75-150 minutes per week of vigorous intensity activity, or an equal combination. Getting at least 300 minutes is ideal.

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

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

*For people who are not active or just starting a physical activity program, any activity can help your health, especially your heart.* Start slow and gradually build up the amount and intensity of activity over time. Most children and young adults can safely do moderate and/or vigorous activities without checking with their doctors. People with chronic illnesses, risk factors for heart disease or older adults should check with their doctors before starting an activity program.

*Children and teens should be active at moderate to vigorous levels for at least an hour a day, every day.* This should include muscle-strengthening activities at least 3 days a week. Activities should be right for a child's age, enjoyable, and varied, including sports and fitness activities in school, at home, and in the community. To help reach activity goals, daily physical education programs and activity breaks should be provided for children at school, and "screen time" (TV viewing, playing video games, or social networking on the computer and similar activities) should be limited at home.



## Moderate- and Vigorous-Intensity Activities

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

### Tips for Parents

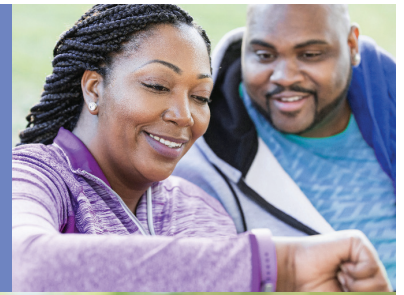
Look for chances to encourage your kids to be active, even if it's just a quick game of hide-and-seek, or a pick-up basketball game. Kids develop habits early in life, and you can help give them a healthy start.

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





# A **Step** in the Right Direction



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

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

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

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

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

## **Tips to Reduce Sitting Time**

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

### **Here are ways to replace sitting with moving:**

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

# 2.

# Eat Healthy



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

**A healthy eating pattern includes:**

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

**A healthy eating pattern limits or does not include:**

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

**It is best not to drink alcohol.**

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



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

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

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





# Vegetables & Fruits



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

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

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

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

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

## **For cancer risk reduction, consume at least 2½ to 3 cups of vegetables and 1½ to 2 cups of fruit each day, depending on a person’s calorie requirements.**

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

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

### **Breakfast**

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

### **Lunch or Dinner**

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

### **Dessert**

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

### **Other tips to help you reach your goal:**

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

# Whole Grains



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

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

Research has shown that whole grains probably lower colorectal cancer risk. In addition, whole grains and foods high in dietary fiber seem to be linked with a lower risk of having excess weight, which can also contribute to cancer risk. The United States Dietary Guidelines recommends getting at least half of your grains as whole grains. The American Cancer Society agrees with these guidelines.

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

**Enriched grains** are nutrients that were lost during processing and then added back. Examples of enriched grain products include enriched white rice and enriched white bread.

## Improve your intake of whole grains

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

## Examples of whole grains are:

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

Source: FDA





# Fiber

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

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

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

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

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

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

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

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

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

Dietary fiber is probably linked with a lower risk of colorectal cancer, as well as a lower risk of weight gain and having overweight or obesity. Fiber can also affect bacteria in the gut, which might also play a role in some cancers.

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



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

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

### Daily Recommended Fiber Intake for Adults

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

# Fat



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

But not all fats are the same. Although we need fat in our diet, we should eat fats in moderation and choose them wisely: some fats are “good,” while others are “bad.” Here’s what you need to know:

## The “Good” Fats

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

## The “Bad” Fats

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

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

**The American Heart Association recommends aiming for a dietary pattern that achieves 5% to 6% of calories from saturated fat.** For example, if you eat about 2,000 calories a day, no more than 120 of these calories should come from saturated fat. That’s about 13 grams of saturated fat per day. For some people, high blood cholesterol is simply a case of genetics. For other people, diet has a strong influence on overall blood cholesterol.

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





# Protein



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

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

It has been known for decades that red and processed meats increase cancer risk and many health organizations recommend limiting or avoiding these foods. Research shows that processed meats increase the risk of colorectal cancer, while red meat probably increases the risk. Recent studies also suggest that red and/or processed meats may increase the risk of breast cancer and certain forms of prostate cancer.

It is not known if there is a safe amount of red or processed meats to eat. While it is not known how much the risk is increased, the American Cancer Society recommends choosing protein foods such as fish, poultry, and beans more often than red meat. People who eat processed meat products should do so sparingly.

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

Proteins can be meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds. People who live in the United States get plenty of protein in their diet, but don't always make the healthiest choices.

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

### Follow these tips for choosing healthy proteins:

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

If you eat a vegetarian diet, the following serving sizes are the same as an ounce of meat, poultry, or fish.

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

**In the United States, the recommended daily allowance of protein is 46 grams per day for women over 19 years of age, and 56 grams per day for men over 19 years of age. For guidance about protein portion sizes, visit [www.nal.usda.gov/sites/default/files/page-files/protein.pdf](http://www.nal.usda.gov/sites/default/files/page-files/protein.pdf)**



# Sodium



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

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

The American Heart Association recommends no more than 2,300 milligrams (mg) a day and moving toward **an ideal limit of no more than 1,500 mg per day for most adults.**

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

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

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

# Sugar



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

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

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

The United States Department of Agriculture Guidelines recommend limiting calories from saturated fat and getting less than 10% of your calories a day from added sugars.

Source: NHANES      Source: FDA

## Rethink Your Drink

In the United States, 6 in 10 youth and 5 in 10 adults drink a sugar-sweetened beverage on a given day. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to change what you drink.

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

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

Source: CDC



# Processed Foods



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

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

commercial grain-based desserts, ready-to-eat or ready-to-heat foods, snack foods, sugar-sweetened beverages, candy, and other foods that often do not look like their plant or animal sources.

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



# Calcium and Dairy Products

Some research has linked diets high in **calcium and dairy products** to a lower risk of colorectal cancer, and possibly breast cancer. However, other studies have suggested that calcium and dairy products might increase prostate cancer risk. Since the intake

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

# Vitamin D



**Vitamin D** is made by the body when the skin is exposed to ultraviolet-(UV) rays. Vitamin D can help maintain bone health. Vitamin D can also be found in a few foods in which it is found naturally (such as fatty fish and some mushrooms), as well as foods fortified with vitamin D (such as milk and some orange juices and cereals) and supplements. Some studies suggest that vitamin D might lower cancer risk, especially colorectal cancer. But other studies don't show that vitamin D supplements lower the risk of colorectal polyps (pre-cancerous growths) or cancer.

Most people living in the United States do not get enough vitamin D in their diets, and many have low vitamin D levels in their blood. While the role of vitamin D in lowering cancer risk is still being studied, it can be helpful to keep Vitamin D levels in a normal range. Avoiding low vitamin D levels is recommended. People at higher risk of having low vitamin D levels include those with darker skin, those living in Northern latitudes, and those who stay indoors and who do not consume sources of vitamin D.

# Dietary Supplements



There are many kinds of dietary supplements. They may contain vitamins and minerals as well as amino acids, herbs/botanicals, and other kinds of ingredients. Vitamin and/or mineral supplements can have health benefits for people who don't get enough of these micronutrients from foods, or for those who can't absorb them.

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

Although a diet rich in vegetables, fruits, and other plant-based foods may reduce the risk of cancer, there is no clear evidence that dietary supplements can reduce cancer risk. In fact, some studies have found that high-dose supplements with nutrients such as beta-carotene and vitamins A and E can increase the risk of some cancers. Nonetheless,

more than half of United States adults use one or more dietary supplements.

Vegetables and fruits contain compounds that likely work together to have healthful effects. There are likely to be important components of whole foods that aren't included in dietary supplements.

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

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





# Alcohol

## It is best not to drink alcohol.

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

Alcohol use is the third most important preventable risk factor for cancer, after tobacco use and excess body weight. Alcohol use accounts for about 6% of all cancers and 4% of all cancer deaths in the United States. Many people are not aware of the cancer-causing effects of alcohol.

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

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

## Alcohol is a known cause of cancers of the:

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

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

People who drink alcohol and use tobacco products have a much higher risk of cancers of the mouth, larynx, and esophagus.

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



# Drink **More Water**



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

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

## Take the 30-Day Water Challenge

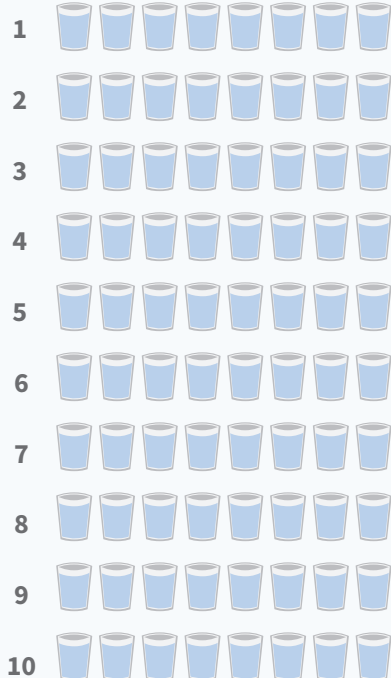
Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when swapped for drinks with calories, like regular soda. Water helps your body by keeping your temperature normal, lubricating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

During 2015–2018, United States youth drank an average of 23 ounces of plain water daily, and US adults drank an average of 44 ounces of water each day.

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

## 30 Day Water Challenge

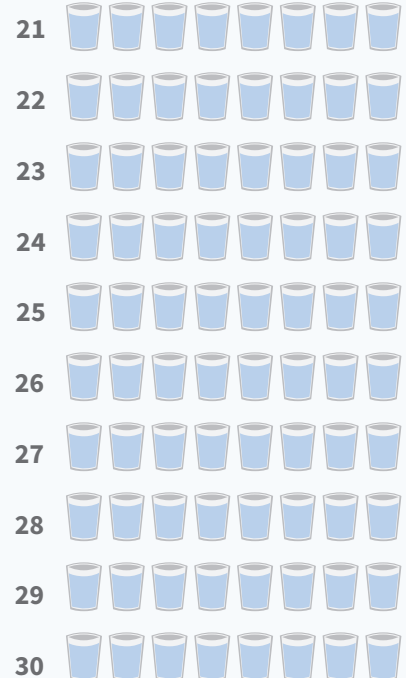
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day





# Reading Food Labels



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

## New and Improved Nutrition Facts Label

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

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

### Serving Size

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

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

### Servings Per Container

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

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

### Consider the Calories

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

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

## Nutrition Facts

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

Amount per serving  
**Calories 240**

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

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

# Reading Food Labels



## Use % Daily Value as a Guide

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

### % Daily Value (% DV)

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

**As a general guide:**

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

## Choose Nutrients Wisely

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

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

- **Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat.** Most people living in the United States exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.** (Note: Trans fat has no % DV. Use the amount of grams for comparison and keep the intake of trans fat as low as possible).
- **Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.** Many people living in the United States do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

## Nutrition Facts

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

Amount per serving  
**Calories 240**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 4g           | <b>5%</b>      |
| Saturated Fat 1.5g            | <b>8%</b>      |
| Trans Fat 0g                  |                |
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| Vitamin D 2mcg                | 10%            |
| Calcium 260mg                 | 20%            |
| Iron 6mg                      | 35%            |
| Potassium 240mg               | 6%             |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

## The Ingredient List

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



# Understanding Food Terms

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

## Free

### How you might see it on a label:

fat-free, sugar-free, calorie-free

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

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

### Other terms that may be used:

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

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

## Low

### How you might see it on a label:

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

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

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

## Reduced

### How you might see it on a label:

reduced fat, reduced calorie, reduced sodium

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

## Light or Lite

### How you might see it on a label:

light or lite cream cheese

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

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

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

## Low-Fat Foods

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



# Eating Healthy at Home

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

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

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

## Tips and Strategies to Help Your Children Eat Healthy

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





# While **You're Out**



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

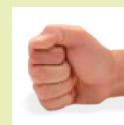
**Use these tips to help keep your healthy eating plan on track when you're eating out.**

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

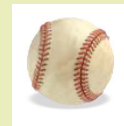
## Portion Distortion

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

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



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



**A medium apple is the size of a baseball.**



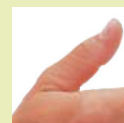
**A 3-ounce portion of meat, fish, or poultry is about the size of a deck of cards.**



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



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



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

# Fool Your **Taste Buds**

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

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





# Recipes



Serve up these delicious recipes from *Quick & Healthy: 50 Simple, Delicious Recipes for Every Day* cookbook.

## Chili in a Hurry

|  |   |
|--|---|
| 1 pound lean ground turkey   | 1 (15-ounce) can kidney beans, rinsed and drained |
| 4 poblano peppers (or 2 green bell peppers), seeded and chopped, divided use | 3 cups water                                      |
| 1 (14.5-ounce) can diced tomatoes with chili seasonings                      | 1½ tsp. ground cumin, or to taste                 |
|  | ¼ cup ketchup                                     |
|  | Salt and freshly ground black pepper              |

- Heat a large saucepan over medium-high heat.
- Add turkey and all but ¼ cup of the peppers. Cook 4 minutes, or until turkey is browned, stirring frequently and breaking up the larger pieces as it cooks.
- Add the tomatoes, beans, water, and cumin and bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes, or until thickened slightly.
- Remove from heat and stir in the ketchup. Let stand 10 minutes to allow flavors to develop; season with salt and pepper.
- Serve topped with the remaining ¼ cup of peppers.



Calories per serving: 340 Servings: 4

## Spinach-Provolone Baked Pasta

|  |   |
|--|---|
| 6 ounces whole grain spaghetti, broken into thirds, or penne | 1¾ cups reduced-sodium marinara sauce, divided use    |
| ½ cup small curd cottage cheese                              | 2 cups fresh baby spinach                             |
| 1½ teaspoons dried Italian seasoning                         | 4 deli slices sharp provolone cheese (about 3 ounces) |

- Preheat oven to 350 degrees.
- Cook pasta according to package directions. Drain.
- Meanwhile, combine cottage cheese and Italian seasoning in a small bowl.
- Combine the drained pasta with 1 cup of the marinara sauce in a medium bowl and toss to coat. Place half the pasta in a 2-quart baking dish. Spoon teaspoons of the cottage cheese mixture evenly over the pasta. Top with spinach and remaining pasta mixture and spoon the remaining ¾ cup marinara sauce evenly over all. Cover and bake 20 minutes.
- Top with provolone and bake, uncovered, 5 minutes or until melted.



Calories per serving: 340 Servings: 4

All recipes are reprinted with permission from *Quick & Healthy: 50 Simple Delicious Recipes for Every Day*, © 2019, American Cancer Society. To purchase cookbook, go to [Amazon.com](https://www.amazon.com) and search “Quick and Healthy Cookbook American Cancer Society.”

## Jerked Chicken, Pineapple, and Red Peppers

4 (4-ounce) boneless, skinless chicken breasts, flattened to an even thickness  
1 - 2 Tbsp. jerk seasoning  
1 fresh pineapple, peeled and cored  
1 red bell pepper, cut into ½-inch-thick rings  
Salt and freshly ground black pepper  
2 limes, divided use  
4 tsp. extra virgin olive oil

- Sprinkle both sides of the chicken with the jerk seasoning. Let stand 10 minutes.
- Meanwhile, heat a grill or grill pan to medium-high heat.
- Cut the pineapple in half lengthwise and cut into eight wedges. Coat the pineapple wedges and bell pepper with cooking spray.
- Grill pineapple and bell pepper for 12 to 14 minutes or until tender, turning occasionally.
- Place pineapple on serving platter. Chop the peppers and season with salt and pepper.
- Coat both sides of the chicken with cooking spray. Cook 4 minutes on each side or until no longer pink in center. Place chicken on platter and top with the peppers. Squeeze the juice of 1 lime evenly over all and spoon the oil evenly over the peppers. Cut the remaining lime into four wedges and serve alongside.



*Calories per serving: 230 Servings: 4*

## Smashed Avocado and Turkey Burger

1 pound lean ground turkey  
Salt and freshly ground black pepper  
1 avocado, peeled and pitted  
1 jalapeño pepper, seeded (if desired) and minced  
2 Tbsp. freshly squeezed lemon juice  
4 whole wheat or onion rolls  
2 cups arugula  
4 thin slices red onion, optional

- Shape turkey into four 1/2-inch-thick patties. Season with salt and pepper.
- Heat a grill or grill pan to medium-high heat. Coat grill rack with cooking spray and cook the patties 5 to 6 minutes on each side or until no longer pink in center.
- Meanwhile, roughly mash the avocado with jalapeño and lemon juice. Season with salt and pepper.
- Coat cut side of the rolls with nonstick cooking spray and grill 30 to 45 seconds on each side or until grill marks appear.
- Place the arugula on the bottom half of each roll. Top with onion slices, if desired, turkey patties, and the avocado mixture. Top with remaining bun halves and press down gently to adhere.



*Calories per serving: 360 Servings: 4*



## Fresh Spinach-Red Pepper Frittata

1½ cups chopped onions  
1½ cups chopped red bell pepper  
2 eggs plus 4 egg whites  
2 Tbsp. water  
1 tsp. dried basil

Salt and freshly ground black pepper  
4 cups fresh baby spinach  
½ cup shredded reduced-fat sharp cheddar cheese  
1 plum tomato, chopped, optional

- Heat a large nonstick skillet over medium heat. Coat onions and peppers with cooking spray and cook 6 minutes or until golden, stirring frequently.
- Meanwhile, whisk together the eggs, egg whites, water, and basil. Season with salt and pepper.
- Add the spinach to the onions and peppers. Using two utensils, toss 30 seconds or until spinach is slightly wilted but still holding its shape. Reduce heat to low and pour the egg mixture evenly over all. Cover and cook 10 minutes or until “puffed” and just set in the center.
- Remove from heat, sprinkle with the cheese and tomato, if desired, and season with salt and pepper. Cover and let stand 5 minutes to allow cheese to melt.
- To remove, gently run a silicone spatula around the outer edges, lifting gently to release the frittata from the skillet. Slide onto a dinner plate and cut into four wedges.



Calories per serving: 130 Servings: 4

## Turkey & Red Cabbage Tortillas With Chipotle Sauce

8 corn tortillas  
1 pound ground turkey breast  
1 teaspoon ground chipotle, divided use  
Salt and freshly ground black pepper

½ cup reduced-fat sour cream or Greek yogurt  
1 cup shredded red cabbage  
½ cup chopped fresh cilantro

- Heat a large nonstick skillet over medium-high heat and coat both sides of the tortillas with nonstick cooking spray. Working in batches, cook tortillas 1 minute on each side or until just beginning to brown. Set aside and cover to keep warm. Repeat with remaining tortillas.
- Add the turkey to the skillet with ½ teaspoon of the ground chipotle and season with salt and pepper. Cook until browned, stirring frequently and breaking up larger pieces while cooking.
- Meanwhile, stir together the sour cream and the remaining ½ teaspoon ground chipotle in a small bowl. Add salt and pepper to taste.
- Spoon equal amounts of the turkey mixture onto each tortilla and top with the sour cream mixture, shredded cabbage, and cilantro.



Calories per serving: 310 Servings: 4

# 3.



## Take Control of Your Weight

### Achieve and maintain a healthy weight throughout life.

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

People affected by excess weight are at an increased risk of several types of cancer:

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

People affected by excess weight are likely at greater risk of other cancers:

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

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

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

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

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

The increase in overweight and obesity seen among Americans is of special concern for children. Children are learning lifelong behavioral patterns that affect health. Research suggests that children with excess weight are more likely than normal-weight children to become obese adults, and that their obesity in adulthood is likely to be more severe.

### Waist Measurement

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

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

### Getting to and staying at a healthy weight

While body mass index (BMI) is often used to tell if a person has excess weight, it is not always the best tell to figure out a healthy weight for a person. Talk to your doctor about what a healthy weight for you would be.

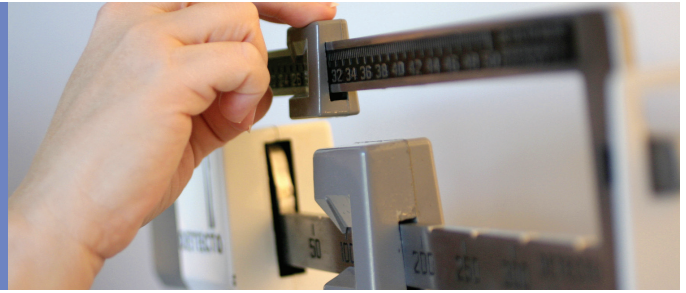
Losing weight and keeping it off can be very difficult. It is a complex process that requires multiple approaches. There is no one "right" way to lose weight – different strategies work for different people.

If you have excess weight, talk to your health care provider about a plan to lose weight. This might include behavioral weight loss programs, medications, surgery, or a combination.

Source: Assessing Your Weight and Health Risk (nih.gov)



# Body Mass Index



## Weight Ranges

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

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

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

**Underweight:** BMI is less than 18.5

**Normal weight:** BMI is 18.5 to 24.9

**Overweight:** BMI is 25 to 29.9

**Obese:** BMI is 30 or more

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

BMI doesn't work well for everybody. There are other things that a health care provider should think about when deciding how much someone should weigh.

## BMI in children and teens

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

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

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

# 4.

# Cancer Screening Recommendations



Regular cancer screenings can save your life. Many screenings were delayed due to the COVID-19 pandemic. With health care facilities having precautions in place, it is safe to get cancer screening tests. Talk to your doctor about the screening schedule and tests that are right for you.



## Colorectal Cancer Screening Recommendations

| AGE      | Colorectal Cancer Testing*  |
|----------|---|
| 21 - 39  | Find out if you are at higher risk for colon or rectal cancer. If not, then no test is needed at this time.   |
| 40 - 50+ | Start testing at age 45 if you are at average risk for colon or rectal cancer. If you are less than 45, find out if you are a higher risk for colon or rectal cancer. If you are not, start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested. |
| Glossary | <b>Colorectal Cancer Testing:</b> These tests can help prevent colorectal cancer or find it early when it's easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.   |

## Lung Cancer Screening Recommendations

| AGE      | Lung Cancer Testing*  |
|----------|---|
| 50+      | If you are 50-80 years old, are in fairly good health, currently smoke or have quit in the past 15 years, and have at least a 20 pack-year smoking history, you might benefit from yearly lung cancer screening with a low dose computed tomography (LDCT) scan.<br><i>Recommended guidelines from the United States Preventative Services Task Force</i> |
| Glossary | <b>Lung Cancer Testing:</b> People who are going to be screened for lung cancer need to receive counseling to quit smoking if they currently smoke. Your doctor should explain the possible benefits, limits, and harms of screening with LDCT scans. It is recommended to go to a center that has experience in lung cancer screening and treatment.     |

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



## Prostate Cancer Screening Recommendations

| AGE             | Prostate Cancer Testing  |
|-----------------|--|
| 21 - 39         | No test is needed at this time.  |
| 40 - 49         | Starting at age 45, men at high risk (African American men, Caribbean men of African ancestry, and men with close family members who had prostate cancer before age 65) should discuss the pros and cons of testing with a health care provider. This discussion should start at age 40 for men at even higher risk (those with more than one close relative who had prostate cancer at an early age). |
| 50+             | Talk with a health care provider about the pros and cons of testing to decide if testing is right for you. If you decide to be tested, you should have a PSA blood test with or without a digital rectal exam. Talk to your doctor about how often you should be tested.   |
| <b>Glossary</b> | <b>Prostate Cancer Testing:</b> Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.  |

## Breast Cancer Screening Recommendations

| AGE             | Breast Cancer Testing*  |
|-----------------|---|
| 21-39           | Find out if you are at higher risk for breast cancer. If not, testing is not needed at this time. Tell your doctor or nurse right away if you notice any changes in the way your breasts look or feel.  |
| 40 - 49         | Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms if they wish to do so. Starting at age 45, women get a mammogram every year.  |
| 50+             | Get a mammogram every year between the ages of 45 and 54, then at 55 you can switch to mammograms every 2 years, or continue yearly screening. Screening should continue as long as you are in good health and are expected to live at least 10 more years. |
| <b>Glossary</b> | <b>Mammogram:</b> A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don't have any breast symptoms or problems.   |

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

## Cervical Cancer Screening Recommendations

| AGE             | Cervical Cancer Testing   |
|-----------------|---|
| 21 - 50+        | <ul style="list-style-type: none"> <li>• People ages 25 to 65 years old who have a cervix should get a primary HPV test every 5 years. If a primary HPV test is not available, get a co-test every 5 years or a Pap test alone every 3 years.</li> <li>• People ages 66 and older who have had regular cervical cancer testing in the past 10 years with normal results do not need to be tested.</li> <li>• People who have had serious cervical precancer should be tested for at least 25 years after that diagnosis, even if testing continues past age 65 years.</li> <li>• People whose cervix was removed by surgery should stop testing unless the surgery was done to treat cervical cancer or a serious precancer.</li> </ul> |
| <b>Glossary</b> | <p><b>HPV Test:</b> The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.</p> <p><b>Primary HPV Test:</b> An HPV test that is done by itself for screening.</p> <p><b>Co-testing:</b> Testing with an HPV test and a Pap test.</p> <p><b>Pap Test:</b> The Pap test checks for cell changes or abnormal cells in the cervix.</p>   |

### Insurance typically covers prevention and screening services.

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

To learn more about other types of cancer visit [cancer.org](http://cancer.org) or call 1-800-227-2345.

# Avoiding Tobacco Products

In the United States, tobacco use remains the most common preventable cause of death and causes about 30% of all cancer deaths.

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

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

## Using tobacco in any form is not safe.

All types of tobacco products contain chemicals that can be harmful to your health. Everyone needs to know the dangers of using any type of tobacco including cigarettes, cigars, pipes, e-cigarettes, and smokeless (chewing or dipping) tobacco or snuff.

## Keeping your kids tobacco free

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

### Here are some tips from the Centers for Disease Control and Prevention (CDC) for parents to help keep kids tobacco-free:

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



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

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

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

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



# Protecting Your Skin



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

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

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

## Risk Factors for Skin Cancer

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



## Possible Signs and Symptoms of Skin Cancer

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

If you have any of these signs or symptoms, you should see a health care provider.

## Preventing Skin Cancer

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

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

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

# 5.

## Setting Goals & Staying Motivated



### Setting Smart Goals

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

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



# My *Goals Chart*

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



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



# Keeping a **Food Journal**



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

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

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

## **Keeping a journal is easy.**

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

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

## **A Few Pointers**

### **Write down everything.**

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

### **Don't wait.**

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

### **Be specific.**

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

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



# Stress Management



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

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

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



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

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



# Ideas to Reduce Family Stress

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

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

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

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

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

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

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

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

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

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

## Sleep Recommendations from the Centers for Disease Control and Prevention

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



# Maintaining **Healthy Habits**

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

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

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



## Comeback Tips

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

- Take action right away. Get back into your routine immediately!
- Maintain a positive attitude.
- Keep a journal of everything you eat and drink – and be accurate on the portion sizes.
- Plan out your meals for the next several days.
- Reflect on the great progress you have made thus far and use it as inspiration to get back on track.

## Reward Yourself

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

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

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

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



| High-risk Emotional Situations  | High-risk Breaks in Your Routine   |
|---|--|
| <ol style="list-style-type: none"> <li><i>You are tired of always being "good" and want to give up on your healthy eating and/or activity habits you've developed.</i></li> <li><i>You feel like things in your life are getting out of control.</i></li> </ol> | <ol style="list-style-type: none"> <li><i>Your new promotion requires a change in your typical work hours.</i></li> <li><i>You haven't made it to the store in a long time, and you don't have access to your typical food choices.</i></li> </ol> |
| <p>Others:</p>  | <p>Others:</p>   |
| <hr/>   | <hr/>  |
| <hr/>   | <hr/>  |
| <hr/>   | <hr/>  |
| <hr/>   | <hr/>  |

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



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



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

| I am at risk for decreasing my physical activity level when ... | My plan to avoid a lapse is ... |
|---|---------------------------------|
| _____   | _____                           |
| _____   | _____                           |
| _____   | _____                           |
| _____   | _____                           |
| _____   | _____                           |
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# You **did** it!

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





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

Visit [cancer.org](https://www.cancer.org) for more information.