

PORT OF WEIGHT MANAGEMENT

Maintaining a healthy weight can help reduce the risk of several diseases, including heart disease, stroke, and some cancers. Simply put, a healthier weight means a healthier life.

Managing weight can become more difficult as you age, as metabolism slows and energy needs decrease. Research shows these four habits can help you achieve and maintain a healthy weight:

- Include physical activity daily
- Focus on nutrient-dense foods like whole grain, fruits and vegetables, and low-fat dairy foods
- Limit extra calories (e.g.: added fats)
- Start the day with breakfast

PORT OF KEY NUTRIENTS

The Dietary Guidelines for Americans list several nutrients that American adults need to increase in their diets. Here's a quick look at where to find them, and why they are important as you age.

- **Vitamin A, C & E.** These vitamins are antioxidants which help keep your cells healthy and support your immune system.
 - **Vitamin A** – Bright orange fruits and vegetables, and leafy greens

- **Vitamin C** – Citrus fruits, strawberries and leafy greens
- **Vitamin E** – Some fortified ready-to-eat cereals, almonds, peanut butter, corn oil and canola oil

■ **Potassium & Magnesium.** These minerals are important for regulating blood pressure, muscle contraction, and nerve impulses. These minerals are found in a variety of foods, including fruits, vegetables, legumes and fish.

- **Potassium** – Also found in dairy products, like yogurt
- **Magnesium** – Also found in foods made with whole grain

■ **Fiber.** This nutrient aids in regularity and, as part of a healthful diet, can help reduce the risk of heart disease and some cancers. Sources include fruits, vegetables, some ready-to-eat cereals, whole grains and legumes.

■ **Calcium & Vitamin D.** As people age, these bone-building nutrients are especially important to help minimize the risk for bone loss.

- **Calcium** – Milk and dairy products; fortified in foods like some ready-to-eat cereals, soy beverages and orange juices
- **Vitamin D** – Fortified in foods like milk, some yogurts, and some ready-to-eat cereals; also found in eggs and some fish

■ **Vitamin B12.** This vitamin aids in making red blood cells and helps your body use the food you eat. For people over the age of 50, foods fortified with vitamin B12 and vitamin supplements containing B12 become more important.



CRUISE THE SEA OF HEALTHY LIVING

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A HEALTHFUL ADVENTURE

Are you feeling lost at sea, wondering about the best way to eat well and manage your weight?

Let's set sail for a healthful adventure, guided by the latest edition of the Dietary Guidelines for Americans and MyPyramid – two sources you know you can trust. We'll stop to explore important food groups to emphasize, weight management tips, and essential nutrients for older adults.

PORT OF IMPORTANT FOOD GROUPS

The Dietary Guidelines for Americans encourage four food groups – whole grain, fruits, vegetables, and fat-free or low-fat dairy foods. While all the food groups are important for a healthy diet, these groups offer nutrient-dense foods that help promote and protect your health.

WHOLE GRAIN

Daily Recommendation: At least 3 ounce equivalents for most adults; at least 48 grams of whole grain recommended daily.

Research shows whole grain, when consumed as part of an overall healthful diet, can help reduce the risk of several chronic diseases, including heart disease and some cancers, and may help with weight management.

Whole Grain Ounce Equivalents:

- 1 Cup Ready-to-Eat Cereal Made with Whole Grain
- 1 Slice Whole Grain Bread
- ½ Cup Cooked Brown Rice, Whole Wheat Pasta, Oatmeal
- 5 Crackers Made with Whole Grain
- 1 Small Waffle
- 1 Small Whole Grain Muffin (2 ½" diameter)

TWO COLORFUL FOOD GROUPS: FRUITS AND VEGETABLES

Daily Recommendation*:

2.5 cups vegetables; 2 cups fruits

According to the Dietary Guidelines, as part of an overall healthful diet, a diet rich in fruits and vegetables may be associated with a reduced risk of stroke, heart disease, type 2 diabetes and some cancers.

FAT-FREE AND LOW-FAT DAIRY

Daily Recommendation*:

3 cups
This group provides calcium and vitamin D to help keep bones strong.

What counts as a cup?

- 1 cup low-fat milk or yogurt
- 1 ½ ounces of natural cheese
- 2 oz. of processed cheese

To find out more about all of the food groups or to get your personal MyPyramid recommendations, visit www.MyPyramid.gov



* Based on a 2000 calorie diet.