



EAT RIGHT

F O R L I F E

Become More Healthy... Be at Your Best Weight

What has weight got to do with your heart?

Overweight people have higher blood cholesterol numbers and higher blood pressure. If these numbers get too high you may have a heart attack or a stroke. You can lower these numbers when you lose weight if you are overweight. Being overweight makes your heart work harder. This is because the heart has to work harder to pump the blood through a larger body.

How can you lose weight?

Your body uses calories to keep you alive. It needs them to breathe, to digest food, and to stay healthy. These calories can come from one of two places: from your food or from the fat in your body. If you eat fewer calories, your body will take its calories from your body fat. You can also burn off extra calories by exercising.

How can you eat fewer calories?

- Choose foods that are lower in fat.
- Choose foods that are lower in sugar.
- Fill up on foods that are higher in fiber.
- Eat smaller servings.

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Choose foods that are lower in fat:

lean meats, fish, and poultry without skin

instead of hot dogs, luncheon meats, or fatty meats

low-fat products like skim or low-fat milk, yogurt, reduced-calorie cheese, and nonfat sour cream

instead of whole milk and milk products like cheese, cream cheese, and sour cream

light salad dressings and light mayonnaise

instead of regular salad dressing and mayonnaise

fresh fruit, pretzels, and sherbet

instead of high-fat snacks like potato chips, ice cream, and cookies

roasted, baked, and steamed foods

instead of fried foods

Eat foods that are lower in sugar:

fresh fruits
diet or artificially- sweetened
foods and drinks

instead of pies and desserts
instead of sugar-sweetened foods,
sodas, coffee, tea, and other drinks

Fill up on high-fiber foods:

whole wheat bread
fruits and vegetables—fresh
and with peels
spaghetti and rice with tomato sauce
pizza with vegetable toppings

but less butter and margarine
instead of cream or cheese sauces
but no sausage and pepperoni

Eat the right amounts:

Larger servings of salads
More fruits and vegetables

Smaller servings of high-fat foods
like meats and whole milk dairy products
Less salad dressing, cheese or cream sauce, and butter

Remember to eat all different types of food: fruits, vegetables, whole grains and cereals, low-fat dairy products, lean meats, fish, and poultry without the skin. Don't starve yourself. When you eat make wise choices.

Burn off those calories

The more you move, the more calories you burn up. The more calories you burn up, the more weight you lose.

Look for ways to burn calories:

- Take the stairs rather than the elevator.
- Park farther away and walk.
- Get up and move if you work at a desk.
- Walk during lunch.
- Exercise — walk, run, play sports, dance.

Don't overdo it. Start out slowly. Walk a few blocks. Then each week add another block. If you have any health problems, check with your doctor.



To lose weight:
Eat fewer calories and Exercise more.



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Published by
North Carolina Cooperative Extension Service