

Getting started on your journey to good health



Legacy Health

Legacy Weight and Diabetes Institute



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Helping you get and stay healthy

Are you frustrated by your weight? Are you ready to take a different approach, but not sure where to begin? We can help you start right now.

Regardless of what you see in ads and the media, there is no magic diet, pill or quick fix for weight loss. Even weight-loss surgery doesn't work unless it is part of a life-long commitment to good health. The roots of weight and food issues often run deep. The diet roller coaster can lead to intense feelings of failure and hopelessness. The answer is not another diet! There is a better way, and you don't have to do it alone.

Getting started can be the hardest part. Having a support system will help you stay centered on the road to good health. Within this book are ideas and resources to help you find that support.

If you have questions or would like to find out more about our programs, please call the Legacy Weight and Diabetes Institute at 503-413-7557.

General nutrition guidelines

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.

<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

USDA U.S. Department of Agriculture • Center for Nutrition Policy and Promotion
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Rating the carbohydrates

Breads, cereals, rice and pasta		
Best choices	Choose occasionally	Limit these
100% whole wheat, rye or multigrain products: breads, rolls, crackers, cereal or pasta (3 or more grams of fiber per serving) Barley, bulgur, brown rice Corn tortillas Rolled oats, multigrain cereal Popcorn, plain Pumpernickel bread Low-carb bagel or tortilla Quinoa	Bagel Cornmeal/grits English muffin Flour tortillas French/Italian bread Graham crackers Hamburger/hot dog bun Macaroni/noodles Pretzels White-flour products: bread, rolls, crackers, pasta White rice	Biscuit Cake Cookies Cornbread Croissant Danish Doughnut Muffin Pancakes/waffles Potato or corn chips Sweetened dry cereals

Fruits		
Best choices	Choose occasionally	Limit these
Apples Apricots Blueberries Cantaloupe Grapefruit Kiwis Mangoes Papaya Pineapple Grapes	Oranges Peaches Pears Plums Raspberries Rhubarb Strawberries Watermelon Bananas (half)	Canned fruit in its own juice Dried fruit Raisins Reduced-sugar jam Canned fruit in heavy syrup Fruit juice Juice drinks Frozen fruit-juice bar Regular jam Maple syrup

Dairy products		
Best choices	Choose occasionally	Limit these
Skim or 1% milk Light yogurt (under 20 grams carb) No-sugar-added yogurt Nonfat plain (or Greek) yogurt	2% milk Frozen yogurt Low-fat or nonfat ice cream	Flavored yogurt Premium ice cream Whole milk

Starchy vegetables		
Best choices	Choose occasionally	Limit these
Beans Lentils Winter squash Sweet potato with skin	Corn or potato chowder Baked potato with skin Peas Corn	Mashed potatoes French fries Corn chips Potato chips

Rating the fats

Dairy foods		
Low fat (3 or fewer grams of fat per serving)	Medium fat (4 to 7 grams of fat per serving)	High fat (8 or more grams of fat per serving)
Low-fat cottage cheese Nonfat cheese Nonfat ricotta cheese Alpine Lace Fat 'n' Lean Fat-free cream cheese Light mozzarella cheese 1% or skim milk Nonfat plain yogurt Light yogurt (NutraSweet) Buttermilk Powdered nonfat milk Evaporated skim milk Nonfat sour cream	Farmer's cheese Feta cheese Mozzarella cheese Light cream cheese Part-skim cheddar Part-skim ricotta String cheese Creamed cottage cheese 2% milk Light sour cream	American cheese Bleu cheese Brie cheese Camembert cheese Cheddar cheese Brick cheese Swiss cheese Whipping cream Half-and-half Sour cream Whole milk Evaporated milk

Meats, fish, poultry and legumes		
Low fat (3 or fewer grams of fat per serving)	Medium fat (4 to 7 grams of fat per serving)	High fat (8 or more grams of fat per serving)
Chicken and turkey, light meat without skin Fish (all-white fish, salmon) Tuna, packed in water Shellfish (all clams, crab, oysters, scallops, shrimp) Lean beef (flank, round) Legumes Leg of lamb, trimmed Lunch meats (thin-sliced turkey, ham) Tofu, tempeh (not fried)	Beef (rib roast, steak, rump roast, T-bone, porterhouse, extra-lean ground beef) Eggs Ham, Canadian bacon Lamb chops Pork chops and pork roast, trimmed Liver Veal cutlet	Bacon Corned beef Duck Frankfurters Ground meat Lunch meats (baloney, salami) Pepperoni Sausage Spareribs Chicken nuggets Fish: breaded, battered, fried

Sauces and toppings		
Low fat (3 or fewer grams of fat per serving)	Medium fat (4 to 7 grams of fat per serving)	High fat (8 or more grams of fat per serving)
Nonfat sour cream Nonfat mayonnaise, Miracle Whip Nonfat salad dressings Tomato sauce, salsa Low-fat cream soups, broth <i>Use plain, low-fat yogurt to replace mayonnaise and sour cream in recipes</i> <i>Try lemon juice or vinegar on salads</i>	Light salad dressing Light butter, margarine Light mayonnaise, Miracle Whip Light sour cream Light cream cheese Olives (1 oz.)	Butter, margarine Coconut, whipped topping Mayonnaise, Miracle Whip Oils (all), shortening Salad dressing Cream soups, cream sauces <i>Heart healthy (watch portion sizes): peanut butter, avocado, olives, canola oil, olive oil, nuts including almonds, pecans, cashews, walnuts</i>

Rating the proteins

Dairy foods	
Best choices — low fat	Limit these — high fat
Cheeses: Low-fat cottage cheese (2%) Light Laughing Cow Light or nonfat cheeses Light or fat-free cream cheese Part-skim mozzarella Feta or farmer's cheese 2%, 1% or skim milk Nonfat plain yogurt Light yogurt (low carb) Buttermilk Powdered nonfat milk Evaporated skim milk	Cheeses: American Bleu Brie Cheddar Swiss Milk and cream Whipping cream Half-and-half Sour cream Whole milk Evaporated milk Condensed milk

Meats, fish, poultry and legumes	
Best choices — low fat	Limit these — high fat
Chicken and turkey, light meat without skin Fish (all white fish, salmon) Tuna, packed in water Shellfish (all crab, oysters, scallops, shrimp) Legumes (white beans, split peas, etc.) Lean beef, pork or lamb Deli meats (thin-sliced turkey, ham, beef) Egg whites or egg substitute Protein powders and bars Tofu, tempeh	Bacon Sausage Hamburgers and hot dogs Lunch meats (baloney, salami) Pepperoni Spareribs Breaded, battered, fried fish or chicken Peanut butter (old fashioned)

Sugar in the drink

Americans are drinking more sweet beverages than they used to. These drinks are cheap and easy to find. But what are they doing to the body?

Sugary drinks are nutritionally bankrupt. They are also the largest single source of calories in the American diet. They are a major cause of the obesity epidemic in adults and children. Studies also link regular drinking of sugary drinks with greater risk of developing type 2 diabetes, as well as heart disease.

A 64-ounce fountain cola drink could have up to 700 calories. People who drink this “liquid candy” do not feel as full as if they had eaten the same calories from solid food, but they do not eat less.

Plain water is the best calorie-free drink. It is also free! If plain water is just too plain for you, there are other options. Artificially sweetened beverages, though, may not be tolerated by some. There is also ongoing research about the link between sugar substitutes and weight gain. However, you can try one of the low- and no-sugar beverages listed on page 9.

Limit these	Calories*	Grams of sugar*
Carbonated soft drinks	120–180	34–47
100% fruit juice	165–255	41–63
100% vegetable juice (V8)	75	12
Flavored/sparkling waters		
Izze Esque sparkling juices	60–129	14–31
Glaceau Vitamin Water	75	20
Smoothies/flavored milk		
Jamba Juice Mango Peach Topper	375	63
Odwalla Strawberry C-Monster	240	57
Silk Chocolate Soymilk	210	32
Nesquick Reduced-Fat Chocolate Milk	300	48
Fruit punch/lemonades		
Snapple Fruit Punch Drink	165	41
Hawaiian Punch	180	45
SunnyD Tangy Original Style	180	44
Minute Maid Lemonade	150	42
Newman’s Own Lightly Sweetened Lemonade	120	30
Sports drinks/energy drinks		
Gatorade Orange	90	22
Red Bull	165	40
Full Throttle	167	44
Iced tea		
Arizona Green Tea Ginseng & Honey	105	27
Snapple Earl Grey Black Tea	53	12
Lipton Brisk Green	130	34
Coffee drinks		
Panera Bread frozen drink	435	62
Starbucks Mint Mocha Chip Frappuccino	360	57

*Per 12-oz. serving

Adapted from The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/

Better choices	Calories*	Grams of sugar
Diet soft drinks†	0	0
Flavored/sparkling waters		
Poland Spring Sparkling Water	0	0
Talking Rain Flavored Sparkling Water	0	0
Homemade spa water: Fill a pitcher with water and top with slices of cucumber or lemon or orange. Let sit in refrigerator for several hours and then enjoy!	0	0
Homemade fruit cooler: ½ cup ice ¾ cup sugar-free sparkling water ⅓ cup melon or berries Chopped mint leaves or a couple of citrus slices (lemon, orange, grapefruit) Blend until slushy, pour into a glass and garnish with mint or citrus slices. Serves 1.	18	4
Crystal Light Lemonade†	0	0
Homemade mint iced tea, unsweetened	0	0
Homemade iced tea with 1 tsp sugar	16	4
Iced coffee with 1 tsp sugar	16	4

*Per 12-oz. serving

†Consume artificial sweeteners in moderation

Adapted from *The Nutrition Source*, www.hsph.harvard.edu/nutritionsource/healthy-drinks/

Can fast foods fit?

Limiting fast food is the best way to stay healthy and manage your weight. Use this guide to help make a healthier choice when you do eat out.

McDonalds							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
Hamburger	260	9	35	Crispy Chicken Deluxe	500	25	43
Grilled Chicken Deluxe (no mayo)	300	5	38	Big Mac	560	31	45
Grilled Chicken Salad Deluxe	120	2	7	Chicken McNuggets (6)	300	18	20
Garden salad	85	2	7	French fries (large)	540	26	68
Side salad	45	2	0	Salad dressings	200	15	0
Vinaigrette dressing	50	2	11	Apple pie	290	15	34
Reduced-fat ice cream cone	150	5	23	M&M McFlurry	630	23	90
McDonaldland cookies	180	5	32	Shakes	360	9	60

Burger King							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
BK Broiler (no mayo)	365	8	45	Whopper with cheese	740	48	47
Hamburger	320	15	27	Double Whopper with cheese	1010	57	47
Whopper Jr. (no mayo)	320	15	28	Chicken sandwich	710	43	54
				BK Big Fish sandwich	720	43	59
				French fries (king size)	590	30	60

Wendy's							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
Junior hamburger	270	10	34	Big Bacon Classic	580	30	45
Grilled chicken sandwich	310	8	36	Taco salad	380	19	28
Grilled chicken salad	200	8	10	Classic Greek pita	440	20	50
Italian dressing (reduced-fat and calories)	40	3	0	Chili/cheese baked potato	630	24	83
Ranch dressing (reduced-fat and calories)	60	5	0				
Small chili	227	7	21				

Taco Bell							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
Tostado	250	12	27	7-Layer Burrito	530	23	65
Zesty Chicken Bowl and dressing	460	19	55	Nachos Bellgrande	770	39	83
Bean burrito	380	12	54	Taco salad	850	52	69
Chili cheese burrito	330	13	40	Mexican pizza	570	35	42
Gorditas							
Supreme Chicken	300	13	28				
Supreme Steak or Beef	300	19	27				
Soy taco, beef	210	10	20				
Soy taco, chicken	190	7	19				

Carl's Jr.							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
BBQ chicken sandwich	280	3	37	Famous Star hamburger	580	32	49
Charbroiled chicken salad with fat-free dressing	200	7	12	Super Star hamburger	790	46	50
				Bacon and cheese potato	630	29	76

Godfather's Pizza							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
One-quarter of a medium cheese pizza (original crust)	460	10	70	One-quarter of a medium combo pizza	612	22	72

Pizza Hut							
Lower-calorie choices				Caution!			
Menu item	Calories	Fat grams	Cholesterol grams	Menu item	Calories	Fat grams	Cholesterol grams
One-quarter of a medium cheese pizza (original crust)	460	10	70	One-quarter of a medium combo pizza (original crust)	612	22	72
Two slices Veggie Lover's pizza	562	12	90	Two slices Italian sausage pizza (original crust)	726	28	88
Pan pizza				Two slices Meat Lover's pizza (original crust)	752	30	88
One slice Veggie Lover's pizza	333	12	46				
One slice Meatless Taco pizza	290	12	36	Two slices Meat Lover's pan pizza	856	42	90
				Two slices Italian sausage pan pizza	830	40	90

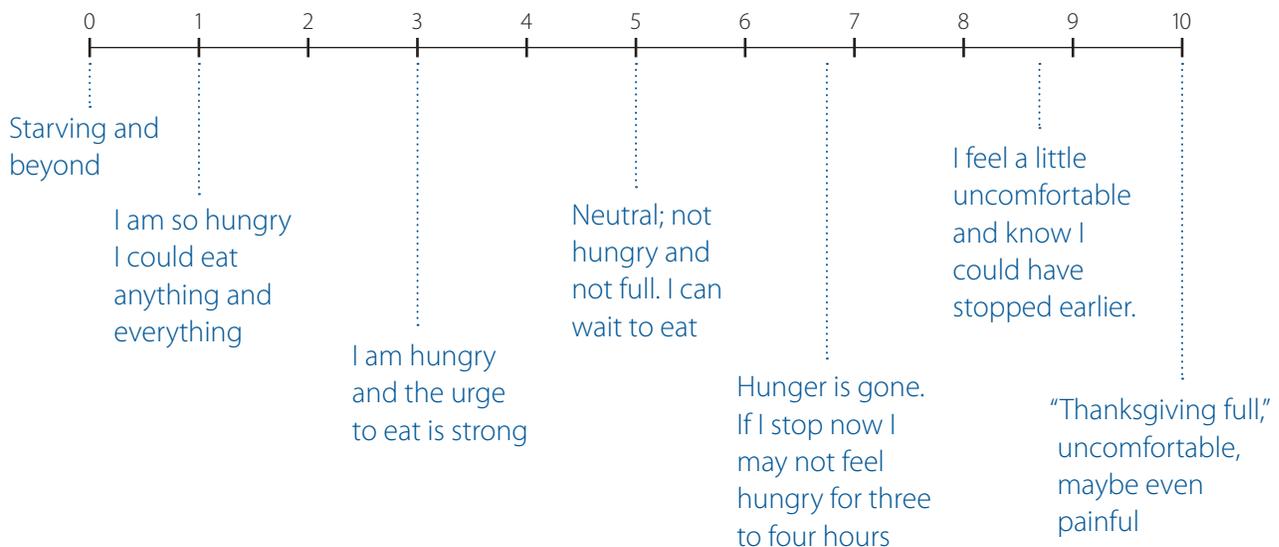
Tips for mindful eating

Before deciding to eat, ask yourself:

- Am I hungry? Am I thirsty? Use the hunger scale below to identify your level of hunger.
- How does my current level of hunger influence my eating choices?
- How did this food make me feel the last time I ate it?
- Would I want to eat this food if it were not in front of me?
- What is my mood? Am I trying to make myself feel better with food? Could I do something else to make myself feel better?
- Am I just bored?
- Does eating this fit with my goals for my body?



Check in with your mind and body



Healthy eating on a budget: Eat right when money's tight

The three Ps: plan, purchase and prepare

Plan

- Plan meals and snacks for the week that fit an established budget.
- Find quick and easy recipes online.
- Include meals that will stretch expensive food (stews, casseroles, stir-fried dishes).
- Make a grocery list.
- Check for sales and coupons in the local paper or online. Consider discount stores.
- Ask about a loyalty card at your grocery store.

Purchase

- Buy groceries when you are not hungry and when you are not rushed.
- Stick to the grocery list. Stay out of the aisles that don't have items on your list.
- Buy store brands if they are cheaper.
- Find and compare unit prices listed on shelves to get the best price.
- Purchase some items in bulk or as family packs.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt and instant rice and hot cereal are convenient but usually cost more than those that require a bit more prep time.
- Good, low-cost items available all year include:
 - Protein: beans (garbanzo, black, cannellini)
 - Vegetables: carrots, greens, potatoes
 - Fruit: apples, bananas

Prepare

- You can prepare some meal items ahead of time. Pre-cook on days when you have time.
- Double or triple recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- Try a few meatless meals by substituting with beans and peas. Try "no-cook" meals like salads.
- Use leftovers to make the next meal.



- Be creative with a fruit or vegetable. Use it different ways during the week.

More planning tips

- Before going to the grocery store, check what foods you already have.
- Once you know what foods you have, ask these questions:
 - What meals and recipes can I make using the foods I have?
 - Can I mix foods together to make a tasty and nutritious meal?
 - Which foods do my family need for good health?
- Plan what recipes you will make using your list of foods.
- Use other foods on your list such as vegetables, fruits and whole grains to complete the menu.
- Once you plan your menus, make a new list for missing foods you need to buy.

Shopping tips

Before shopping

- Make a shopping list, which will help you stick to your budget.
- Plan your meals. Planning helps put leftovers to good use.
- Look for coupons, sales and store specials.
- For added savings, sign up for the store discount card.

During shopping

- Don't shop when you are hungry. It's easier to stick to your shopping list.
- Try store brands. They usually cost less.
- Compare products for the best deal.
- Check sell-by dates. Buy the freshest food possible. It lasts longer.

After shopping

- Store food immediately to preserve freshness.
- Freeze food to prevent spoiling.
- Divide foods into small portions for children and the elderly to prevent waste.
- Use foods with the earliest expiration dates first.

Best buys for cost and nutrition

Breads and grains

- Look for bargains on day-old bread. It costs less, but is still nutritious.
- Buy regular rice, oatmeal and grits instead of instant to save on money, sugar and calories.

Vegetables and salad

- Buy large bags of frozen vegetables. Seal tightly in the freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

Fruits

- Buy fresh fruits in season when they generally cost less.
- Frozen and canned fruits are a smart choice all year round.

Low-fat milk products

- Buy fresh, low-fat milk, yogurt and cheese in the largest size that can be used before spoiling.
- Larger containers cost less than smaller sizes.
- Ultra-pasteurized milk has a longer shelf life and won't spoil as fast.

Meat and beans

- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Chuck or bottom round roast has less fat and is cheaper than sirloin.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money.
- Freeze portions you might not use right away to prevent spoiling.

10 tipsNutrition
Education Series**smart shopping for
veggies and fruits****10 tips for affordable vegetables and fruits**

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 Celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

**2 Why pay full price?**

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 Stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 Try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

**5 Buy small amounts frequently**

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 Buy in bulk when items are on sale

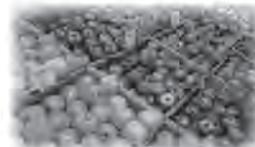
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 Store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 Keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

**9 Plant your own**

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

**10 Plan and cook smart**

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Physical activity

Increase your physical activity without going to a gym!

Studies show that regular physical activity can improve overall health, prevent illness and enhance weight control, but they forget to mention that it can also be **fun!** Every little bit counts — moving throughout the day may even be better than a hard workout.

- Turn on your favorite music and dance, standing or sitting.
- Go to the park and play. Consider throwing a Frisbee, playing a game of catch, soccer, basketball or tennis. It doesn't matter if you are good at these sports, it is just for fun!
- Clean out your closets or the garage.
- Rake the yard or a neighbor's yard. Make a new flowerbed or garden, or help a friend with their landscaping.
- Stand when folding clothes.
- Find exercise DVDs, with music that you enjoy, at the library or a store. If you can't do the video as instructed, adapt it for what you can do. Consider doing the exercises sitting, or maybe every other beat or every fourth beat, etc.
- When you are watching TV, get up and move during commercials. March in place or do other simple movements such as riding a stationary bike while watching TV.
- Use your regular shopping trips to increase walking by going up and down every aisle.
- Park farther away from building entrances.
- Use the stairs rather than an elevator.
- When talking on the phone, walk around the house, office or outdoors.
- Stand during meetings.
- Walk the mall before the stores open.



- Make a game out of walking or biking. Pick a long distance such as the length of Oregon or across China. Keep track of activity on your computer, smartphone or even on paper. Track your progress on a map of your chosen route; you may even want to “race” friends or family across the planned distance.

The calorie values in the table below are approximate and can vary depending upon the intensity of the activity.

Before beginning a physical activity program, you should consult your physician.

Calories burned per minute of physical activity				
	Low intensity	Medium intensity	High intensity	Very high intensity
Your weight	Raking, gardening, seated aerobics, recreational sports, (softball, volleyball, golf without cart)	Walking, mowing, tennis, weightlifting, biking, light aerobics, inline skating, calisthenics	Moderate jogging, stair machine, racquetball	Fast jogging, stair-climbing, cross-country skiing (outdoor or machine), jumping rope
120	1	4	8	13
140	1	5	9	15
160	2	5	11	18
180	2	6	12	20
200	2	7	13	22
220	2	7	15	24
240	3	8	16	27
260	3	9	17	29
280	3	9	19	31
300	3	10	20	33
320	4	11	21	35
340	4	11	23	37
360	4	12	24	40
380	4	13	25	42
400	4	13	26	44
420	5	14	28	46
440	5	15	29	48
460	5	15	30	51
480	5	16	32	52
500	6	17	33	55

Strength training: burns 150 calories per 30 minutes of high intensity, whole body workout

Treadmill grade: 1 degree grade = 10 percent more calories burned (calorie burn × 1.1)

Swimming: burns approximately 500 calories per mile, regardless of weight

Tips for creating support

How to get the support you need

- Define what kind of support you need. Would you like an exercise partner or just someone to help you exercise and eat healthy? Do you have people who “police” your food intake? If so, is this helpful or harmful?
- Find out who can support you (family, friends or co-workers). Talk about your diet, exercise and weight-management goals with them.
- Find out which people can do what for you. Don't be afraid to ask for help. Also, don't be angry if someone is not able to help. Let people know if they are doing or saying anything that is unhelpful or may result in sabotage.
- Find ways to thank the people who are supporting you.
- Talk with unsupportive family members about ways they could become supportive. Try to be firm but not aggressive. If they are not willing to help, talk about ways to compromise.
- Try local or online support groups. Find other people with similar health goals. For example: www.facebook.com/legacyweight or <http://health.groups.yahoo.com/group/GoodSambypassers>.



Type of support needed
Who can provide support?
How can each person support you?
What are people already doing that can be reinforced?
Ways that people could be more supportive

Additional resources, websites, etc.

Nutrition resources

Websites

www.thedailyplate.com — Calorie counter, food tracker, nutrition facts

www.CalorieKing.com — Calorie counter, food tracker, nutrition facts

www.sparkpeople.com — Ideas for motivation in eating and exercise

www.hungrygirl.com — Focuses on recipes, shopping lists, upbeat tips to motivate

www.fitday.com — Free food and exercise tracking website

www.eatright.org — A website sponsored by the Academy of Nutrition and Dietetics

www.dietfacts.com — Nutrition facts for common restaurant menus

www.MyFoodAdvisor.com — Sponsored by the American Diabetes Association, this free website helps you plan meals and track your food.

www.tricountyfarm.org — Helps you locate local farms where you can buy produce direct from the farmer

Local farmer's markets

Find fresh, local fruits and vegetables at your local farmer's market. To find a list of markets in your area, visit www.portlandfarmersmarket.org or call 503-241-0032.

Books

"Intuitive Eating" by Evelyn Tribole, M.S., R.D., and Elyse Resch, M.S., R.D., FADA, CEDRD. Learn how to eat healthfully and manage weight without dieting. This is a great book for people who have dieted off and on for years.

"Eat This, Not That" by David Zinczenko. Learn how to compare foods and drinks at restaurants and in stores. Find lower-calorie options.

"The CalorieKing Calorie, Fat & Carbohydrate Counter" by Allan Borushek. This pocket-sized book includes the calorie, carbohydrate and fat content of many different foods and restaurants (also available at www.CalorieKing.com).

"The American Diabetes Association Month of Meals Diabetes Meal Planner." Find recipes and sample daily menus. This is a great book for people with diabetes as well as anyone who wants to lose weight and eat healthy.

"The End of Overeating" by David A. Kessler, M.D. Discover the science behind why we eat and why some foods are so irresistible.

"The Ultimate Volumetrics Diet" by Barbara Rolls, Ph.D. Lose weight and still feel satisfied from your meals.

Smart phone nutrition and fitness apps

Lose It — Scan the barcodes of almost any item and automatically pull calorie and nutritional info from a huge online database. You can also track your calories and exercise. Free for Apple and Android.

Fooducate — Fooducate helps you spot those tricky non-health foods quickly by cutting your research time in half. Scan the barcode and Fooducate will give you a rating for the food scanned based on calorie counts per serving, processing techniques and the amount of excess sugar. If you want to save time and choose health, go grocery shopping with Fooducate. Free for Apple and Android.

My Fitness Pal — Look up and track your food, as well as activity. Access calorie counts and nutritional information from local restaurants, taking the guesswork out of eating out. You can also access your calorie count online from any computer, and get extra encouragement by sharing your progress with friends. Free for Apple, Android and Blackberry.

SparkPeople Diet and Food Tracker — Track calories, carbohydrates, fat and protein. This does not measure sodium or fiber levels. This app works best as a companion to the SparkPeople website, but the app and site together make for a friendly diet companion with plenty of community support on the site. Free for Apple, Android and Blackberry.

Absolute Fitness — Measure the calories spent on more than 180 different types of exercises. Track your weight, body fat percentage and blood pressure. Free for Android.

Endomondo Sports Tracker — This app is a personal trainer and fitness partner with built-in GPS. It tracks running, cycling, walking and any other distance-based sport. Audio feedback on performance. Free for Android and Apple.

MapMyFitness and **MapMyRide** — Use your GPS to track outdoor workouts. These apps mark your path while showing time, distance, pace, speed, elevation and more. You can also view your stats at www.mapmyfitness.com and share it with friends. Free for Apple and Android.

Cardio Trainer — Track as you run, cycle or hike. Keep tabs on your speed and calories burned, map your route and monitor how much you've progressed during your workout. Free for Android.

Zombies, Run! — Be the survivor of a zombie apocalypse. As the name implies, the undead are chasing you as you run through a park or your favorite urban setting. The faster you run away from the brain-eating zombies, the better you perform. There are several missions. Users can mix their own tunes to keep them running. The app is \$3.99 for Apple, Android and Windows Phone.

Nike+Running — Map your runs and track your progress, calories burned, pace and time. Motivational reminders keep you running. The app automatically uploads data to nikeplus.com where you can view your runs, routes and elevation. Share your runs on Facebook and Twitter. Free for Apple and Android.

Exercise resources

www.portlandafoot.org — A 10-minute news magazine about buses, bikes and low-car life

www.oregonmetro.gov — Activities and maps

www.portlandonline.com — Type "walk" into the search field and get lots of options for getting active.

www.portlandparks.org — Find a trail or park near you, join a class.

www.BTAoregon.org — Bike safety classes, traffic advisories, maps and more

Pools and aquatic programs

Portland Parks and Recreation — www.portlandparks.org

Tualatin Hills Park and Recreation Department — www.thprd.org

Hillsboro Aquatic Center — www.ci.hillsboro.or.us

Middleman Jewish Community Center — www.oregonjcc.org

Mt. Hood Community College — www.mhcc.edu

North Clackamas Aquatic Park — www.ncprd.com

Portland Community College — www.pcc.edu

YMCA — www.ymca-portland.org

Cycling resources

Beaverton Bicycle Club — www.bbcbike.com

Portland United Mountain Pedalers — www.pumpclub.org

Portland Wheelman Touring Club — www.pwtc.com

Classes, training and support

Portland Bureau of Transportation — www.portlandonline.com

Bike Portland — www.bikeportland.org

Community Cycling Center — www.communitycyclingcenter.org

Books and publications about bicycling

"Rubber to the Road: 30 Rides Around Portland," by Peter Marsh, 1997

"Rubber to the Road: 30 More Rides Around Portland," by Otis Rubottom, 2003

Walking and hiking resources

Cedar Milers (Portland) — www.cedarmilers.org

Rose City Roamers (Vancouver) — www.rosecityroamers.org

Wonders of Walking (Portland) — www.wondersofwalking.com

East County Windwalkers (Gresham) — www.eastcountywindwalkers.org

Walk About Magazine www.walkaboutmag.com — Free bimonthly magazine covering local walking and hiking

Portland walking maps — www.gettingaroundportland.org. Free detailed walking route maps for all of Portland

“Walk there! 50 treks in and around Portland and Vancouver” — www.oregonmetro.gov

“Portland Hill Walks: Twenty Explorations in Parks and Neighborhoods” by Laura O. Foster

“100 Hikes in Northwest Oregon” by William L. Sullivan

“60 Hikes Within 60 miles” by Paul Gerald

Classes, training and support

Mazamas — www.mazamas.org

Outdoor classes and activity for all skill levels

Oregon Wild — www.oregonwild.org

Adventures throughout the year led by experts.

Most hikes are free.

Women Walk the Marathon —

www.womenwalkthemarathon.com

Training support for distance walkers

Trails Club of Oregon — www.trailsclub.org

Sponsor of various recreational outdoor activities

Friends of the Columbia Gorge —

www.gorgefriends.org

Guided hiking tours

Geocaching — www.geocaching.com

Treasure hunting using compass and GPS

Sample support letter

Dear _____,

I will soon be starting a series of changes in the way I think, eat, move and live. These changes will probably please you, but they will also affect you. I am writing this note to ask you for help with these changes. I would like to tell you specifically how you can support me.

It is very important that you understand exactly what you are being asked to do so that you can follow the plan closely. You will provide three kinds of help: reminders, general companionship and support.

This plan will concentrate on the positive. These plans should promote pleasant aspects of life for both of us. If reminders are called for, be sure to remind — but don't nag. To make things really clear, here are some examples of ways you can reinforce my behavior changes:

- Compliment small successes, and provide more specifics if desired.
- Help me think of substitutes for unwanted behavior (eating fast food, night snacking, skipping breakfast, etc.).
- Help me set up my environment for success by not bringing certain foods home.
- Help me calm down when I feel stressed.
- Encourage me to stick with it.
- Express confidence in my ability to make these changes.
- Express happiness and pride that I am changing.

The following are things that you should avoid doing because I do not find them supportive:

- Nagging me
- Criticizing old behavior and habits
- Get involved in every little decision I need to make
- Commenting on my will power
- Express irritability at the old behavior
- Express doubt about my ability to change
- Acting like "food police" for me. I am responsible for what I eat every day.

Success in making changes will be strongly affected by the type of support I receive and the level of encouragement. With your help, more can be achieved in many ways. Since it is possible that my support needs will change over time, I am asking that we work on an ongoing partnership with open communication about successes, challenges and barriers.

With much appreciation,



Portland, Oregon
A Partnership of Safety Net Providers

Low-cost or free health care for the uninsured and underinsured across Portland

Children's Community Clinic

27 NE Killingsworth Street
(503) 284-5239

Provides comprehensive health care to children and young adults ages birth-21 years, with or without insurance. For uninsured, flat fee of \$59 per visit. Weekdays, Thursday evenings.

Mercy & Wisdom Community Health Clinic

8401 SE Powell Blvd
(503) 227-1222

Provides primary natural health care to low-income, uninsured and underinsured patients. Naturopathic, herbal medicine, acupuncture, massage. Sliding scale fees. Weekdays, Tuesday and Wednesday evenings.

Multnomah County Health Dept.

Locations throughout Portland
(503) 988-3674

Serves low-income residents of Multnomah County. Financial eligibility screening appointment required. Operates school-based health centers for children. Sliding fee scale. Weekdays.

NARA Indian Health Clinics

15 N Morris Street (503) 230-9875
12360 E Burnside (971) 279-4800

Provides primary care, social services, addiction services. Priority given to Native Americans, homeless individuals and the uninsured. Walk-in appointments before noon, M-F. Sliding scale with \$20 minimum, no charge for Native Americans. Weekdays, Wednesday evenings.

National College of Natural Medicine

Locations throughout Portland
(503) 552-1515

Provides natural primary health care to uninsured or underinsured low-income patients. \$20 fee per visit at community clinics. Hours and days vary by location, call for details.

North by Northeast Clinic

3030 NE Martin Luther King Jr. Blvd
(503) 287-4932

Provides health screening and basic health care to uninsured adults in North/inner Northeast Portland (97211, 97212, 97217, 97227 and 97203) with a focus on hypertension and diabetes. No fees. Thursday evenings walk-in.

OHSU Family Medicine at Richmond

3930 SE Division Street
(503) 418-3900

Provides acute and chronic care for SE Portland residents living in portions of 97214, 97202, 97206. Pre-appointment phone screening required. Sliding scale, \$25/visit. Weekdays and evenings, Saturdays 9am-1pm.

Old Town Clinic

727 W Burnside Street
(503) 228-4533

Provides primary and acute care with priority to homeless patients, existing Central City Concern clients and addiction services. Accepts insurance or sliding scale. Weekdays.

Oregon College of Oriental Medicine

Locations throughout Portland
(503) 253-3443

Provides acupuncture, therapeutic massage, Chinese herbal medicine, preventative medicine and management for chronic conditions including pain. Serves all residents. \$5-\$25 flat fee per visit. Same-day and walk-in available. Weekdays, evenings, Saturdays.

Outside In Medical Clinic

1132 SW 13th Avenue
(503) 535-3890

Serves patients up to age 30. Priority for low income patients or those experiencing homelessness. Medical, naturopathic, acupuncture, tattoo removal. Sliding scale fees, minimum \$10. Weekdays.

PACS Family Health Center

11020 NE Halsey Street
(503) 252-4589

Serves low-income residents of Multnomah County between 18 and 64 years. Primary, chronic and acute care, 2-6 week wait time for new patients. \$15 per visit. Weekday mornings.

Rosewood Family Health Center

8935 SE Powell Blvd
(503) 772-4335

Provides comprehensive medical care, with an emphasis on family medicine, pediatrics and obstetrics. Currently accepting new patients for OB, children and those in the Family Care program. Sliding scale fees. Weekdays, Saturdays.

S.W. Community Health Center

7754 SW Capitol Hwy
(503) 977-0733

Provides primary care health services to low-income, uninsured residents of SW Portland and surrounding areas. Accepting new patients with up to 6 week wait. M-Th evenings.

The Wallace Medical Concern

Multiple Locations in Portland
(503) 489-1760 x28

Provides urgent and primary care to uninsured patients and insured with OHP. Call for appointments. \$25 minimum fee. Mobile van: open daytime, primary care. Rockwood: open daytime and some evenings, primary care. Downtown: Thurs. evenings, urgent care.

Health Centers of UWS

315 SW 4th Avenue
(503) 223-2213

Provides chiropractic care to low-income patients. Acute and chronic care. New patients seen within 1-2 days. No fee, donations accepted. Weekdays.

www.coalitionclinics.org

(503) 546-4991

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Legacy Weight and Diabetes Institute

1040 N.W. 22nd Ave., Suite 520 • Portland, OR 97210

Phone: 503-413-7649 • Fax: 503-413-6547

www.legacyhealth.org/weight

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