

Healthy Weight for Life



We want you to know[®]



Tips for Successful Weight Loss

Would you like to:

- Lower your health risks?
- Increase your energy?
- Feel better about yourself?
- Look better?

These are just a few of the benefits of keeping your weight within a healthy range. Following are some tips to help you reach or maintain the weight that's best for you.

Avoid fad diets

- Make gradual realistic changes you can maintain for the long run.
- Steer away from diets that promise quick results and don't provide you with a healthy, balanced diet or an eating pattern that fits into your lifestyle.
- Aim for slow, gradual weight loss — ½ to 2 pounds per week.

Eat breakfast

- Breakfast is a great way to start the day. It provides many essential nutrients that help keep our bodies healthy.
- Studies suggest eating breakfast helps reduce impulsive snacking and overeating later in the day.
- Starting the day with a healthy breakfast improves alertness and performance.

Don't skip meals

- Skipping meals often leaves you hungry and more apt to make unhealthy food choices or overeat.
- Food fuels the body. Eating regularly helps maintain energy levels.

Eat whole grains versus processed grains

- Whole grains have more fiber and nutrients than processed grains.
- Choose cereal with 5 grams of fiber or more.
- Choose bread, pasta, buns, english muffins and bagels with 3 grams of fiber or more.





Include recommended servings of fruits and vegetables

- Aim for 2-3 servings of fruit each day. A serving is a ½ cup or small to medium size piece of fruit.
- Aim for 3-4 servings of vegetables each day. One serving is a ½ cup cooked or 1 cup leafy greens.
- Fruits and vegetables are loaded with fiber, vitamins, minerals and antioxidants, which help keep us healthy.

Choose low-fat dairy products and lean sources of protein

- Low-fat dairy products and lean protein are lower in saturated fat, a type of fat that is not healthy for our bodies.
- Lower fat versions are lower in calories, which helps you to lose weight.
- Bake, broil or grill foods instead of frying.

Practice portion control

- Extra calories, even from healthy foods, are stored as fat.
- Keep portion sizes to just enough to satisfy hunger — don't stuff yourself.
- Go to www.mypyramid.gov to get more information on portion sizes.

Increase physical activity

- Find things you enjoy doing to keep active.
- Involve family members or friends.
- Aim for 30 minutes each day, 60-90 minutes for weight loss.
- Include both cardiovascular and strength exercises.

Find ways to motivate yourself

- Keep a food journal and note positive changes you are making.
- Use nonfood rewards.
- Hook up with a buddy who is also trying to lose weight.

Healthy Snacks for Working Out

Good Sources of Carbohydrates

	Calories	Carbohydrates	Protein
Fat-free Fig Newtons® (2)	90	22 g	1 g
Whole-grain crackers (6 half-dollar size)	90	22 g	2 g
Whole-grain bread (thin slice)	70	12 g	2 g
Small pita pocket (4")	74	15 g	2.5 g
Small apple	55	15 g	0.5 g
Banana (6")	72	18 g	1 g
Raisins (50)	78	20 g	1 g

Good Sources of Protein

	Calories	Carbohydrates	Protein
Chicken breast (2 oz)	94	0 g	17 g
Hard-boiled egg (1)	78	0.5 g	6 g
Sliced turkey (2 oz)	89	0 g	17 g
Tuna (2 oz)	67	0 g	14 g
Low-fat cheese (2 oz)	96	1 g	14 g
Cottage cheese 2% (½ cup)	102	4.1 g	15.5 g

Good Sources of Both Carbohydrates and Protein

	Calories	Carbohydrates	Protein
Chocolate milk 1% (8 oz)	158	26 g	8 g
Skim milk (8 oz)	91	12 g	8.5 g
Flavored low-fat light yogurt (6 oz)	100	20 g	5 g
Hummus (2 Tbsp)	46	4 g	2.2 g
Mini whole-wheat bagel	120	25 g	6 g
Peanut butter (2 Tbsp)	180	6 g	8 g

The information provided in this brochure is intended for your general knowledge only and is not a substitution for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a weight-loss program or fitness regimen.

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