

## Tips for Creating A Healthy Lifestyle

### Nutrition

#### **Read Nutrition Labels on packaged foods**

- **Serving Size:** Be aware of the **servicing size** in relation to the whole package (some packaged foods have 2 or more servings in them).
- **Calories:** Look at total calories and aim for **<250 calories** for any one food item.
- **Cholesterol:** Aim for 0 mg of, BUT no more than 5 mg total.
- **Sodium:** Aim for less than 200 mg of sodium for any one food item.
- **Fiber:** Choose products with 4 (or more) grams of fiber (the more fiber the better).

#### **Make Healthier Nutrition Choices**

- When **eating out:**
  - Choose items that are grilled, broiled or baked
  - Order sandwiches **without mayo** (or similar spreads), and dishes **without cream sauces**.
  - Request **low-fat, light or vinaigrette dressing** on your salad, or, even better, **on the side**.
- When **cooking at home:**
  - Use **olive oil** or other monounsaturated fats such as canola.
  - **Substitute applesauce** for oil in baked goods.
  - **Substitute 2 egg whites for 1 egg** in baked goods or breakfast recipes.
  - Opt for **canola or other monounsaturated oil sprays or butter substitutes** high in omega-3 fatty acids (read the nutrition labels) instead of heavily saturated oils and butters.
- When **eating at home or on the go:**
  - Eat **at least 3** fruits and/or vegetables a day.
  - Drink **regular or sparkling water** in place of soft drinks or fruit juices (high in sugars).
  - Choose **whole grain bread**, whole wheat pasta and brown rice (avoid instant-cooking brown rice). Frozen whole grain products are also a great option, but check labels.

#### **Watch Your Portion Size**

- Use your **fist** as a guide for serving sizes of food items on your plate.
- When eating out, **split your meal** with a friend/family member or eat half and take the rest home for another meal.
- Put your utensil down between bites, so you can **notice when you are feeling full**, and eat only until you are full.



## Tips for Creating A Healthy Lifestyle

### Exercise

- Incorporate **aerobic exercise**, such as walking, jogging, swimming, or bicycling.
- Be sure to remember **strength training** using handheld weights or exercise/resistance bands.
- Gradually increase your activity, especially if you are just getting back to being active. Work up to a goal of **30 minutes a day, 5 days a week**.
- **Fit it in!** Morning and afternoon breaks are a good time for a **10-15 minute walk**.
- Use a **pedometer** to count steps taken and aim to increase gradually up to **10,000 steps daily**.
- Don't overdo it! If you choose to exercise in a gym, select cardio equipment or classes **appropriate to your fitness level** (check with gym staff if you are not sure what's appropriate).
- When doing any exercise, **ask questions, read instructions, and request training**, so that you are prepared to safely work out, avoiding injury and maximizing the benefit of your workout.

### Goals to Reduce Cardiovascular Risk (Heart Disease)

- **Cholesterol\*:**

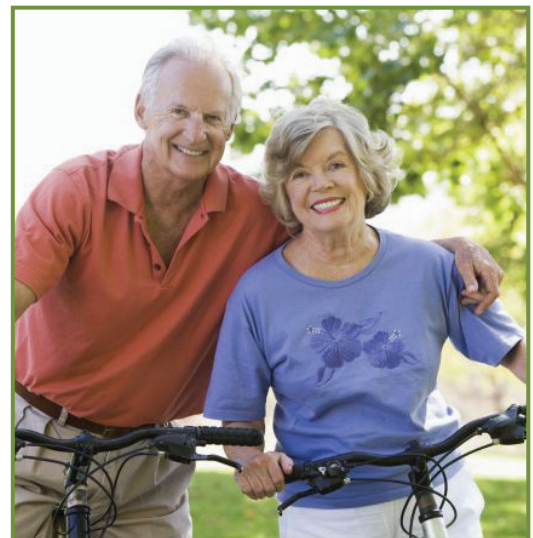
	<u>Men</u>	<u>Women</u>
<b>HDL:</b>	> 40	> 50
<b>LDL:</b>	< 80 < 100	< 130

#### For Both Genders

**Total CHL:** < 200

**Triglycerides:** < 150

- **Blood Pressure:** 130/80
- **Diabetes:** HbA1C < 6.5
- **Be smoke/tobacco-free.**
- **Exercise:** 30 minutes 5x a week or more as appropriate. If new or returning to regular exercise work up to this gradually.
- **Increase Daily Fiber Intake:** 25-30 grams (read nutrition labels to check amount)
- **General Nutrition:** Watch your portions and opt for healthier options.



*\* For an explanation of the different types of cholesterol and how the levels can affect your health ask your doctor, a health educator, or a registered dietician (by referral for Hill Physicians members only).*

### There's more!

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