

# Is Your Family in Balance?

## Use Fruit, Vegetables and Exercise to Manage Your Weight

Studies have shown that those who consume more fruits and vegetables while decreasing their intake of fat and added sugar:

- manage weight better
- are less hungry
- have better intake of other nutrients such as vitamins and minerals

## How can fruits and vegetables help you with managing weight?

- Low in calories – Most are low in calories compared to the same volume of other foods.

Choose...	Instead of...
1 small baked potato (138)	10 steak fries (203)
1 cup blueberries (84)	1 small low-fat blueberry muffin (181)
1 large grilled portabella mushroom - no bun (35)	3 ounce hamburger - no bun (182)

*Calories shown in ( )*

- Help you feel full – They are high in fiber and full of water, which helps you feel full and may help you delay feeling hungry between meals.
- Help you eat less – Eating raw or crisp cooked fruits or vegetables require more chewing, which may slow your pace of eating.
- Replace "bad" foods – Fruits and vegetables can replace foods that are higher in fat and sugar.

## What do I get for 100 calories?

When you eat fruits and vegetables in place of other food, you get MORE!

2 cups strawberries	= 3/4 cup tortilla chips
16 fluid ounces 100% vegetable juice	= 9 fluid ounces soda
2 cups baby carrots	= 2 slices American cheese

### Tips...

- Decrease portions of starchy foods (e.g. pasta or cereal) and increase portions of fruits and vegetables.
- Think fruits and vegetables first! Use protein foods (e.g., meat) as "flavoring" for fruits and vegetables.
- Make fruits and vegetables the center of the plate!

## Now let's get MOVING!

Along with eating healthy, physical activity is important in managing your weight. Research has shown that being active helps you lose weight and keep it off! Not only does it burn calories, but there are also other benefits of living an active lifestyle:

- Regulates appetite
- Boosts metabolism
- Reduces stress
- Decreases risk for heart disease, type 2 diabetes, high blood pressure and some cancers

## Everyday activities

Physical activity does not require spending hours at the gym. There are many ways to add more exercise into your daily routine:

- Take the stairs
- Park your car at the end of the parking lot
- Take a walk at lunch
- Walk to the store instead of driving
- Start and maintain a garden
- Take one extra stroll around the grocery store before you leave

## Stick with it!

By picking physical activities you enjoy and that match your abilities, it will help you stick with them. If you are not sure where to start, use the example below.

*Example: Moderate-Intensity Activity and Muscle-Strengthening Activity*

Sunday, Monday, Tuesday, Thursday, Friday	Wednesday & Saturday
30-minute brisk walk	Weight training

**Total: 150 minutes moderate-intensity aerobic activity  
+ 2 days muscle-strengthening activity**

According to the Physical Activity Guidelines for Americans, adults need at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (e.g., brisk walking) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

**Start slowly** – 10 minutes at a time is fine. You don't have to do it all at once!

*Adapted from FruitsandVeggiesMatter.gov and cdc.gov*

