Healthy Habits

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What to ask your healthcare provider:

Is my diet healthy? How can I improve my food choices and eating habits?

How much weight do I need to lose?

Do you have information that could help me get started on a weight loss plan?

What are the health benefits from losing weight?

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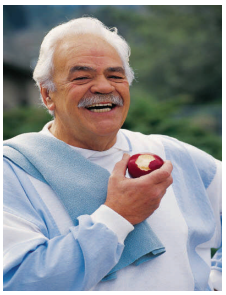
What is the connection between losing weight and activity?

To lose weight or maintain a healthy weight, it is important to understand the link between energy that your body uses and the energy your body takes in with the food you eat and the beverages you drink. To lose weight, you need to use more calories than you take in. To maintain a healthy weight, you need to balance the calories you use with those you take in.



Finding your balance between food and physical activity

Becoming healthier is not just about eating healthier; it is about your physical activity. Regular physical activity is important for your overall health and wellness**. Physical Activity also helps you control your body weight by balancing the calories you take in (food/beverage), with the calories you use each day.

Being physically active at a moderate pace for 30 minutes per day/5 days a week increases both your heart and breathing rate. This makes your body use more calories and therefore lose weight.

Increasing your physical activity time to 60 minutes per day/5 days per week will increase the number of calories used and improve your weight loss or help you from gaining weight.

Energy balance is like a scale. To remain in balance, the calories taken in (from foods/beverages) must be balanced by the calories used in physical activity. No matter what your goal, eating a healthy diet and being physically active can help you reach your goal. *

*Information provided by CDC

**Always check with your healthcare provider before starting an exercise program.

Losing weight is a win-win for healthy living

Losing weight can make you look and feel better and it may reduce your risk for diseases by:

* Lowering your LDL (bad cholesterol)
* Lowering your risk for developing high blood sugar
* Lowering your risk for high blood pressure
* Lowering your triglyceride levels and increasing HDL (good cholesterol)
* Lowering your risks for certain types of cancer
* Lowering your risk for sleep apnea (sleep disorder causing interrupted night time sleep) and severity of other respiratory problems
* Lowering your risk for arthritis and joint disease

Kentucky is the 7th highest state in the nation for obesity.

Mississippi is #1, while Colorado is reported to be the thinnest state in the nation.

Tipping the scales in your favor

With variety, balance and portion control you can improve your nutrition for a healthier lifestyle. Some tips to healthy eating:

* Be sure to eat a variety of foods, including plenty of vegetables, fruits and whole grain products
* Include low-fat or non-fat dairy products, lean meats, poultry, fish and beans
* Drink 6-8 glasses of water daily
* Decrease your salt, sugar, alcohol and saturated fat intake
* If you drink alcoholic beverages, limit how much you drink
* Eat foods that are high in fiber to help you feel full
* Make healthy choices a habit when eating in or dining out
* Switch to 1% or non-fat milk and low-fat cheeses
* Use a non-fat cooking spray instead of oil or butter to decrease the amount of fat when you cook

Shopping ideas for healthy foods

To eat healthy foods, you don't have to drastically change the way you shop! **Just plan ahead.**

1. Make a list

A list will help you avoid impulse purchases. Try to stick to only what's on your list, but don't let your list prevent you from looking for or trying new healthy foods.

When making your shopping list, make sure your list includes healthy, convenient snack foods. Suggestions include:

* Baby carrots	* Pears	* Pretzels
* Celery sticks	* Fresh berries	* Salsa and baked tortilla chips
* Broccoli florets	* Grapes	* Low-fat cottage cheese
* Apples	* Whole-grain bagels	* Whole-grain snack crackers
* Oranges	* Animal crackers	* Reduced-calorie, fat-free yogurt

2. Shop after a good meal

It can be hard to resist buying high-fat, high-calorie snack items, especially when you're hungry. Set yourself up for success and shop after you've eaten a good meal. If you do find yourself shopping on an empty stomach, drink some water or buy a piece of fruit to munch on.

3. Read food labels

Since May 1994, packaged goods sold in the United States have carried the Nutrition Fact label. This panel is an at-a-glance method for showing how a food fits into a typical weight management plan. Each label contains information on serving size, calories, nutrients and Daily Values. This information can inform you about foods that are healthy and warn you of those that are not so healthy—often those that are high in sugar or fat. Checking food labels helps you compare the nutritional qualities of similar products.

KyHealth Choices

Cabinet for Health and Family Services
KyHealth Choices
Medical Management and Quality Assurance
275 E. Main Street, 6C-C
Frankfort, Kentucky 40621

We hope you will take part in this program. If you choose not to take part in the program, please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

Slow Cooker Stew

2 pounds stew beef
3 large potatoes, cut into pieces
1 large onion, cut into pieces
1 10-oz. package mixed vegetables
2 cans seasoned tomatoes
1 package brown gravy mix
Water to cover ingredients

Place all ingredients in slow cooker. Dissolve gravy mix into one cup water and pour over ingredients in crock pot. Add water to just cover pot contents. Place on lid and simmer on low for 8 hours. Serves 10

Calories	410	Carbohydrates	29 g
Protein	29 g	Fat	19 g
Fiber	4 g		

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.