

Losing Weight Safely

Overweight people have an increased risk of high blood pressure, heart disease, and other illnesses. Losing weight reduces the risk.

Sensible Goals

Men and very active women may need up to 2500 calories daily. Other women and inactive men need only about 2000 calories daily. A safe plan is to eat 300 to 500 fewer calories a day to lose one to 2 pounds a week.

Exercise 30 minutes

Do at least 30 minutes of exercise, like brisk walking, most days of the week. The idea is to use up more calories than you eat.

Eat less Fat and Sugar

Fried foods and fatty desserts can quickly use up a day's calories. In addition, these foods may not provide other nutrients you need.

Tips for Cutting Calories and Fat

- Eat plenty of vegetables, fruits and grain products like bread and rice.
- Eat only small, single servings of foods high in fat or calories.
- Eat less sugar and fewer sweets.
- Drink less alcohol, or even better avoid it.
- Choose food labels that read 'low, light or reduced' to describe calories or fat.
- Choose 1 % or skim milk products and reduced fat cheeses.
- Replace ice cream with fat-free frozen yogurt.
- Replace sour cream with fat-free or low-fat plain yogurt.
- Be sure to consume lean cuts of fish, poultry and red meats. Trim skin and fat.
- Broil, roast or steam foods.