



South Central's Health on Blast

Eating Right for a Healthy Weight

- Reaching and maintaining a healthier weight contributes to your overall health and well being.
- Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.
- **Start with a plan for lifelong health.** Focus on the big picture—achieving overall good health—not just short-term weight loss.
- **Set healthy, realistic goals.** You are more likely to succeed in reaching realistic goals when you make small changes. Start with one or two specific, small changes at a time.
- **Get a personalized eating plan.** Go to www.ChooseMyPlate.gov for a plan that will give you the amounts of each food group you need daily.

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- **Eat at least three meals a day and plan your meals ahead of time.** Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

FINDING BALANCE

Whether you're consuming carbohydrates, fats, or proteins all of them contain calories. If your diet focus is on any one of these alone, you're missing the bigger picture.

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count!

Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or "burns off."