



This information is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

***Lose Weight...
for a
Healthier You***



Lose Weight...

You can see it everyday: many Americans are overweight. In fact, about 65% of men and women in the United States are overweight or obese, and this trend is expected to continue.¹ It has become a serious threat to our nation's health, too: being overweight or obese increases the risk for diabetes and other serious health problems, such as high blood pressure, high cholesterol, stroke, and heart disease.

An important and easy way to check if you are overweight is to use a tape measure around your mid-waist (relax and breathe out when you do this).

*Too big around the middle?*²

You may be, if your waist measures:

Men: Over 40 inches

Women: Over 35 inches



References:

1. American Heart Association. Estimated risks for developing obesity in the Framingham Heart Study. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=3034999>. Accessed August 3, 2007.
2. National Institutes of Health, National Heart, Lung, and Blood Institute, NHLBI Obesity Education Initiative, North American Association for the Study of Obesity. The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. US Department of Health and Human Services; October 2000. NIH Publication No. 00-4084. Available at: http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_b.pdf. Accessed August 3, 2007.
3. American Diabetes Association. Weight loss matters. Available at: <http://www.diabetes.org/weightloss-and-exercise/weightloss.jsp>. Accessed August 3, 2007.
4. American Diabetes Association. Making healthy food choices. Available at: <http://www.diabetes.org/nutrition-and-recipes/nutrition/healthyfoodchoices.jsp>. Accessed August 3, 2007.
5. US Department of Agriculture. MyPyramid.gov. Available at: <http://www.mypyramid.gov>. Accessed August 3, 2007.

for a Healthier You

What's your nutritional IQ?

Knowing the facts about the food you eat will help you make healthier choices for you and your heart.

True or false?

1. Pretzels, apples, and air-popped popcorn are all nutritious, low-fat snack foods.
2. A Quarter-pounder with cheese has more calories than a Grande white chocolate mocha with whole milk and whipped cream.
3. A blueberry muffin is a healthy breakfast when you're on the run.
4. All fast food should be avoided if you are on a low-fat diet.

Answers

1. **True:** All 3 are low-fat and nutritious foods for people who like to snack.
2. **False:** They both contain 510 calories.
3. **False:** A blueberry muffin can contain as much as 430 calories and over 15 grams of fat. Whole-wheat bagels or English muffins with reduced or fat-free cream cheese are a much healthier choice.
4. **False:** Any favorite food can still be part of a successful diet if eaten in moderation. Some fast-food restaurants even offer low-fat diet foods.

Risky numbers

If your waist measurement is equal to, or more than these numbers, it can raise your risk for type 2 diabetes.² In fact, according to the American Diabetes Association, nearly 9 out of 10 people who are diagnosed with type 2 diabetes are overweight.³



If being overweight is a factor for you, losing weight could help you reduce the risk of diabetes or manage diabetes better if you already have it.

See your doctor about healthy weight loss

It may not seem easy to begin a weight-loss program. But the good news is that it's not as hard as you think. And a weight-loss program, along with a healthy diet and lifestyle, can help you better manage your weight and diabetes.

Visit your doctor and come up with a plan to reach a healthy weight. Taking some simple everyday steps (described in this booklet) may help you lead a healthier life and better control your diabetes.

Eat healthy⁴

Follow a balanced eating plan filled with fresh fruits, vegetables, whole grains, and a controlled amount of lean meats and poultry. Try to eat fish at least twice a week. Also, cut back on beverages and foods with added sugars. And pay attention to how much you eat — even with healthful foods, you can have too much of a good thing!



Step up to good nutrition

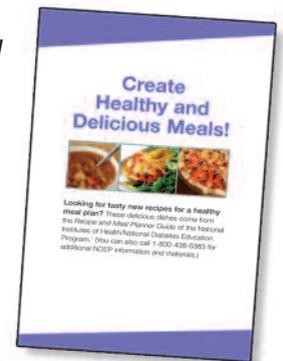
If you have access to a computer, find out about all the latest news on following a healthy diet and being active at:

www.MyPyramid.gov.⁵

At MyPyramid.gov, you'll learn to make smart nutritional choices from every food group, how to find your balance between food and physical activity, get the most nutrition out of your calories, and stay within your daily calorie needs.



You can also find great meal ideas in *“Create Healthy and Delicious Meals,”* a mini-cookbook with recipes from the National Institutes of Health/National Diabetes Education Program. Ask your health plan for a free copy today.



Take note of your progress

Finally, at regular intervals, try to take a minute and:

- ▶ Weigh yourself
- ▶ Record what you've eaten
- ▶ Track your physical activity



By writing this information down in a journal, you'll be able to see how your weight plan is going. And you may soon be in for a very healthy surprise!