

Listen to Your Body!

Eating is fuel for your body.
Listen to your body's signals and be in control of when
and how much you eat.

Hungry:

- Stomach begins to grumble
- Feel irritable, weak, or light-headed
- Crave sweets
- Develop headache



Full:

- Stomach feels soothed or full
- You have more energy and are more alert

Too Full:

- If you overeat, you may begin to feel sluggish and tired.
- Begin to feel irritable
- Begin to feel discomfort in the waist.

Tips:

Eat slowly to prevent overeating.

Take a break in the middle of the meal to give the body time to decide if it is full.

Eating in response to smell or appearance of food may not truly be hunger. Try to satisfy your body with a very small amount if you just can't pass it up!

It is not necessary to eat at certain times of the day or certain occasions if you are not hungry!

It is okay to leave food on your plate.



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Moving Toward a Healthy Weight



Tips for Losing Weight

- ◆ Be Physically Active! At least 30 minutes daily.
- ◆ Healthy weight loss is 1-2 pounds per week.
- ◆ Know what a healthy weight is for you.
- ◆ Pay attention to portion sizes.
- ◆ Smaller more frequent meals or snacks may help with weight loss.
- ◆ Skipping meals may lead to overeating.
- ◆ When dining out:
 - ◆ share a meal
 - ◆ place part of the meal in a to-go box before beginning to eat.
- ◆ Read the Nutrition Facts Label to help you choose low calorie foods with lots of nutrients.
- ◆ Drink calorie free beverages such as water.
- ◆ Increase fruit and vegetable intake.
- ◆ Eat 3 servings of low fat (1% or less) dairy each day.
- ◆ Choose:
 - ◆ lean meats
 - ◆ low fat/low sugar foods
 - ◆ whole grains

My goal weight is

Tips for Gaining Weight

- ◆ Use the Nutrition Facts Label to make healthy choices.
- ◆ Increase portion sizes.
- ◆ Eat meals and snacks often.
- ◆ Drink whole milk and 100% fruit or vegetable juice.
- ◆ Increase calories by adding powdered milk, butter, or sour cream to foods.
- ◆ Be Physically Active! At least 30 minutes daily.