This four-part guide is designed by the American Cancer Society to help you and your family learn about helping reduce your cancer risk through cancer screening, eating a healthy diet, engaging in physical activity, and staying at a healthy weight.

Learn. Choose.

live.

A GUIDE TO HEALTHY FAMILIES

The guide consists of:

SECTION 1: Your Family’s Health ......................... 2
Learn about the American Cancer Society Guidelines for the Early Detection of Cancer. Getting these screening tests can help reduce the risk of cancer or find it at an early stage when treatment is more effective. In addition, you and your family can learn more about cancer prevention as it relates to tobacco use and sun safety.

SECTION 2: Get the Facts, and Set Goals! ............ 8
Learn about the American Cancer Society Guidelines for nutrition and physical activity. Then take a quiz to identify areas that need improvement. Finally, set goals that will help you and your family reduce their cancer risk.

SECTION 3: Take Control of Your Choices! .......... 18
This section teaches you how to read a food label and provides guidance on portion control. Get suggestions on how to make healthy choices whether you are eating at home or dining out. Lastly, there are ideas for you and your family to get more physically active.

SECTION 4: Make It Last a Lifetime! ................. 34
Now that you have your new goals in place, learn how to make them last. Rewards, stress management, and relapse prevention are important steps to staying on track.
Congratulations! Simply by opening this guide, you have taken an important step to living a healthier life – starting today!

What you need now is some help to make that desire become a reality. It's time to turn commitment into action and create a healthier you.

This guide from the American Cancer Society, in partnership with Kohl’s, gives you easy tips to help you make small changes that will have a big health impact on you and your family.

Did you know?

Up to one-third of all cancers diagnosed in the U.S. are related to poor diets, physically inactive lifestyles, and excess weight.
Your Family’s Health

Take control of your health, and help reduce your cancer risk.

- Get regular check-ups and cancer screening tests.
- Know yourself, your family history, and your risks.
- Stay away from all forms of tobacco and tobacco smoke.
- Protect your skin.
- Limit how much alcohol you drink (if you drink at all).
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Get to and stay at a healthy weight.
It’s Important to Find Breast Cancer Early

Breast cancer is the most common cancer that you may face as a woman, aside from skin cancer. Finding it early increases your treatment choices and can help save your life. Breast cancer can occur at any age, but it is much more likely as you get older. That’s why you should know about breast cancer and what you can do about it.

Guidelines for the Early Detection of Cancer

Screening tests can help find cancer before a person has any symptoms. Detecting cancer at an early stage can mean treatment is more effective. For people age 20 or older who get periodic health exams, a cancer-related check-up should include health counseling and, depending on a person’s age and gender, exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some other diseases besides cancer. The American Cancer Society recommends the screening guidelines on the following pages for most adults.

Your Breast Health

The American Cancer Society recommends the following breast cancer screening guidelines for women of average risk and without symptoms:

Women ages 40 to 44 should have the choice to start annual breast cancer screenings with mammograms if they wish to do so.

Women age 45 to 54 should get mammograms every year.

Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.

Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should be familiar with the known benefits and limitations linked to breast cancer screening. They should know how their breasts normally look and feel and report any changes to a health care provider right away.

Women at high risk for breast cancer – because of a personal or family BRCA1 or BRCA2 gene mutation, radiation to the chest between the ages of 10 and 30 years, or other factors – should have an annual MRI in addition to a mammogram. Women at increased risk – because of a family history or personal history of breast cancer, or who have extremely dense breast tissue when viewed on mammograms – should discuss with their doctor the benefits and limitations of adding MRI to their annual mammogram. Women at high or increased risk for breast cancer should talk to their doctor about their history to determine when to begin screening.
for women

Cervical Cancer
The American Cancer Society recommends cervical cancer screenings for women starting at age 21. Younger women should not be tested.

- **Women between the ages of 21 and 29** should have a Pap test done every three years. HPV testing should not be used in this age group unless it’s recommended after an abnormal Pap test result.
- **Women between the ages of 30 and 65** should have a Pap test plus an HPV test (called “co-testing”) every five years. This is the preferred approach, but it’s OK to have a Pap test alone every three years.
- **Women over the age of 65** who have had regular cervical cancer testing with normal results for the past 10 years should not be tested for cervical cancer. Once testing is stopped, it should not be started again. Women with a history of a serious cervical pre-cancer should continue to be tested for at least 20 years after that diagnosis, even if testing continues past age 65.
- **A woman who has had her uterus and cervix removed** for reasons not related to cervical cancer and who has no history of cervical cancer or serious pre-cancer should not be tested.

- **A woman who has been vaccinated against HPV** should still follow the screening recommendations for her age group.

Some women, because of their health history (HIV infection, organ transplant, DES exposure, etc.), may need an alternative screening schedule for cervical cancer. Talk to a doctor or nurse about your history.

Endometrial (Uterine) Cancer
In the United States, cancer of the endometrium is the most common cancer of the female reproductive organs. Most cases of endometrial cancer are found in women age 55 and over. Therefore, the American Cancer Society recommends that at the time of menopause all women should be told about the risks and symptoms of endometrial cancer.

- **Because of their history, some women may need to consider having a yearly endometrial biopsy. Please talk with a doctor about your health history.**
- **Women should report any unexpected vaginal bleeding or spotting to a doctor.**

for men

Prostate Cancer
Other than skin cancer, prostate cancer is the most common cancer in American men. About 1 man in 7 will be diagnosed with prostate cancer during his lifetime. Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it.

The American Cancer Society recommends that men make an informed decision with a doctor about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. Men should learn about risks and possible benefits of testing and treatment before getting tested.

- **Starting at age 50**, men should talk to a doctor about the pros and cons of testing so they can decide if testing is right for them.
- **If you are African American**, you should have this talk with a doctor starting at age 45.
- **If you have a father or brother who had prostate cancer before age 65**, you should have this talk with a doctor starting at age 45.
- **If you decide to be tested**, you should have the PSA blood test with or without a rectal exam. How often you are tested will depend on your PSA level.
Colon and Rectal Cancers

Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

Several lifestyle-related factors have been linked to colorectal cancer. In fact, the links between diet, weight, and exercise and colorectal cancer risk are some of the strongest for any type of cancer. In the following section of this guidebook, you can learn how to make lifestyle changes to help reduce your risk.

Starting at age 50, both men and women should choose one of these testing schedules:

**Tests that find polyps and cancer**
- Flexible sigmoidoscopy every five years*
- Colonoscopy every 10 years
- Double-contrast barium enema every five years*
- CT colonography (virtual colonoscopy) every five years*

**Tests that primarily find cancer**
- Yearly guaiac-based fecal occult blood test (gFOBT)**
- Yearly fecal immunochemical test (FIT)**
- Stool DNA test (sDNA) every three years*

* If the test is positive a colonoscopy should be done.
** The multiple stool take-home tests should be used. One test done in the office is not enough. A colonoscopy should be done if the test is positive.

Personal or family history of colon and rectal cancer may mean following a different screening schedule. Talk with your doctor about your history to figure out what testing plan may be best for you.
Lung Cancer

Lung cancer is the second most common cancer in both men and women (after skin cancer). The best way to reduce your risk of lung cancer is to not smoke and to avoid breathing in other people’s smoke.

Lung cancer in non-smokers can be caused by breathing other people’s smoke, exposure to radon, air pollution, or other factors. Workplace exposure to asbestos, diesel exhaust, or certain other chemicals can also cause lung cancer in non-smokers. A small portion of lung cancers occur in people with no known risk factors for the disease.

The American Cancer Society does not recommend tests to check for lung cancer in people who are at average risk. There are screening guidelines for those who are at high risk of lung cancer due to cigarette smoking. Screening might be right for you if you are all of the following:
- 55 to 74 years of age
- In good health
- Have at least a 30 pack-year smoking history AND are either still smoking or have quit smoking within the past 15 years. (A pack-year is the number of cigarette packs smoked each day multiplied by the number of years a person has smoked. Someone who smoked a pack of cigarettes per day for 30 years has a 30 pack-year smoking history, as does someone who smoked two packs a day for 15 years.)

Screening is done with an annual low-dose CT scan (LDCT) of the chest. If you fit the profile above, you and a doctor should talk about whether you want to start screening.

Tips for parents to help keep your kids tobacco-free:
- Talk with your children about the risks of tobacco use – studies have shown this works!
- Start talking about tobacco use when your children are young and continue through their high school years.
- Know if your kids’ friends use tobacco. Talk about ways to say “no” to tobacco.
- Remember that despite the impact of movies, music, the Internet, and peers, parents can be the greatest influence in their kids’ lives.
- Get informed about newer smoking-related products on the market such as electronic cigarettes, hookah, and “vaping.”

The children of parents who smoke are much more likely to smoke themselves. But even if you use tobacco, know that you can still influence your kids’ decisions. You might have even more power, because you’ve been there. Your best move, of course, is to quit. Meanwhile, don’t use tobacco around your children, don’t offer it to them, and don’t leave it where they can easily get it.

It’s hard to give up tobacco. But you can quit!

If you stop smoking before cancer develops, your damaged lung tissue starts to repair itself over time. No matter what your age or how long you’ve smoked, quitting may lower your risk of lung cancer and help you live longer. Ask your doctor, dentist, local hospital, or employer for help to quit smoking. You can also call the American Cancer Society at 1-800-227-2345 or visit us online at cancer.org for resources to help you quit.
Skin cancer is the most common form of cancer in the United States. Each year, more than 3.5 million cases of basal and squamous cell skin cancers are diagnosed, and nearly 74,000 (Cancer Facts & Figures 2015) people are diagnosed with melanoma, the deadliest forms of skin cancer.

Although the statistics are sobering, skin cancer actually is one of the most preventable forms of cancer. The American Cancer Society encourages you to take steps to help lower your risk of developing this disease.

**Risk Factors for Skin Cancer**
- Unprotected and/or excessive exposure to ultraviolet (UV) radiation from sunlight or tanning booths
- Pale skin (easily sunburned)
- Family history of skin cancer
- Multiple or unusual moles
- Severe sunburns in the past

**Signs and Symptoms of Skin Cancer**
- Any changes on your skin, especially in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- Scaliness, oozing, bleeding, or a change in the way a bump or nodule looks
- A sore that doesn’t heal
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, such as itchiness, tenderness, or pain

If you have any of these signs or symptoms, you should see a doctor.

**Preventing Skin Cancer**

The best ways to lower skin cancer risk for you and your family are to avoid long exposure to intense sunlight and practice sun safety. Here are some ways to be sun safe:

- **Slip!** on a shirt: Cover up with protective clothing to guard as much skin as possible when you’re out in the sun. Choose comfortable clothes made of tightly woven fabrics you cannot see through when held up to a light.
- **Slop!** on a broad-spectrum sunscreen with an SPF of 30 or higher: Apply a generous amount of sunscreen to unprotected skin at least 30 minutes before outdoor activities. **Reapply every two hours** and after swimming, toweling dry, or sweating.
- **Slap!** on a hat: Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.

Keep infants in the shade and protect them with clothing. Sunscreen may be used on small areas of exposed skin for children under 6 months old only if adequate clothing and shade are not available.
Get the Facts and Set Goals!
Get the Facts!

Learn how you can help reduce your risk of cancer by making simple healthy lifestyle choices today!

Regular physical activity and a healthy diet can help you stay at a healthy weight. Being overweight and obese are associated with an increased risk of several types of cancer. Too much weight increases your risk of diabetes and heart disease, too.

The best opportunity for Americans to help reduce their risk of cancer is by following these important guidelines:

- Get to and stay at a healthy weight throughout life.
- Be physically active.
- Eat a healthy diet, with an emphasis on plant foods.
- If you drink alcohol, limit your intake.

Adopt a Physically Active Lifestyle.

The American Cancer Society recommends the following guidelines for a physically active lifestyle:

- Adults: Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week, or an equivalent combination, preferably spread throughout the week.
- Children and adolescents: Engage in at least one hour of moderate or vigorous activity each day, with vigorous activity on at least three days each week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Physical activity above usual activities, at every activity level, can have many health benefits.

Adults should engage in moderate-intensity physical activity for at least 150 minutes a week.
The American Cancer Society recommends the following for a healthy diet:

- Choose foods and drinks in amounts that help you get to and stay at a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.
- If you drink alcohol, limit your intake. Drink no more than one drink per day for women or two per day for men.

Vegetables and Fruits

No surprise here! Eating more vegetables and fruits can help lead you and your family down the path to better health. Vegetables and fruits are generally low in calories and packed with vitamins, minerals, fiber, antioxidants, and many other substances, which together account for their beneficial effect. Because we don’t know which of these substances is most protective against chronic diseases, the best advice is to eat at least 2½ cups of vegetables and fruits each day, especially those with the most color, because they tend to be packed with the most nutrients.

What about supplements? There’s no evidence that supplements can beat the benefits of eating whole foods – so enjoy those vegetables and fruits each day.

Fat

For years, you’ve heard that your breakfast, lunch, and dinner should focus on low-fat foods. The tables have turned a bit, however. Current evidence suggests that it may well be the type of fat in the diet, rather than the total amount of fat, that is most important to consider. Limiting saturated fat, such as whole milk, butter, and red meats, is particularly important to improve your health. Choosing leaner meats and lower-fat dairy products, and substituting vegetable oils (like canola and olive) for butter or lard can help reduce the amount of saturated fat you and your family eat.

One thing to keep in mind – foods high in fat are frequently high in calories, so it’s still a good idea to choose low-fat foods to help limit the amount of calories you consume.
Before you begin making changes to your lifestyle, take this quiz and find out how healthy you are living now. Check **YES** or **NO** next to each question, and then count your “yes” marks, and read how you rate on living healthy.

### How do you rate?

**0-4 YES answers**

**Diet alert!**

Your diet is probably too high in fat and calories and too low in plant foods like vegetables, fruits, and whole grains. You may want to take a look at your eating habits and find ways to make some changes. Try to eat more vegetables and fruits and eat fewer foods high in calories and saturated fat.

**5-8 YES answers**

**Not bad!**

You're halfway there! Look at your NO answers to help you decide which areas of your diet need to be improved, or whether your physical activity level should be increased. Try to decrease your calories and saturated fat and increase your physical activity.

**9-12 YES answers**

**Good for you!**

**You're living smart!**

Keep up the good habits, and keep looking for ways to improve.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I eat at least 2½ cups of vegetables and fruits every day.</td>
</tr>
<tr>
<td></td>
<td>I eat whole-grain bread, pasta, and cereal instead of refined grain products.</td>
</tr>
<tr>
<td></td>
<td>I use reduced-fat or fat-free milk and yogurt and seldom eat high-fat cheeses.</td>
</tr>
<tr>
<td></td>
<td>I rarely eat red meat and processed meats, like beef, pork, lamb, bacon, hot dogs, or sausage.</td>
</tr>
<tr>
<td></td>
<td>I take it easy on high-fat baked goods, such as pies, cakes, cookies, sweet rolls, and doughnuts.</td>
</tr>
<tr>
<td></td>
<td>I rarely add butter, margarine, oil, sour cream, or mayonnaise to foods when I'm cooking or at the table.</td>
</tr>
<tr>
<td></td>
<td>I rarely (less than twice a week) eat fried foods.</td>
</tr>
<tr>
<td></td>
<td>I try to stay at a healthy weight.</td>
</tr>
<tr>
<td></td>
<td>I am physically active for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.</td>
</tr>
<tr>
<td></td>
<td>I usually take the stairs instead of waiting for an elevator.</td>
</tr>
<tr>
<td></td>
<td>I try to spend most of my free time being active, instead of watching television or sitting at the computer.</td>
</tr>
<tr>
<td></td>
<td>I never, or only occasionally, drink alcohol.</td>
</tr>
</tbody>
</table>
## Calories Needed Each Day

Nutrition labels are based on a 2,000-calorie diet, which may lead you to believe this is your target intake for a day. However, there are many factors that influence the amount of calories we should consume each day. Use the USDA guidelines below to determine the amount of calories you should eat each day based on your gender, age, and activity level.

### USDA Guidelines for Caloric Intake Based on Physical Activity & Age

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age (years)</th>
<th>Sedentary</th>
<th>Moderately Active</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child (female and male)</td>
<td>2-3</td>
<td>1,000 - 1,200&lt;sup&gt;c&lt;/sup&gt;</td>
<td>1,000 - 1,400&lt;sup&gt;c&lt;/sup&gt;</td>
<td>1,000 - 1,400&lt;sup&gt;c&lt;/sup&gt;</td>
</tr>
<tr>
<td>Female&lt;sup&gt;d&lt;/sup&gt;</td>
<td>4-8</td>
<td>1,200 - 1,400</td>
<td>1,400 - 1,600</td>
<td>1,400 - 1,800</td>
</tr>
<tr>
<td></td>
<td>9-13</td>
<td>1,400 - 1,600</td>
<td>1,600 - 2,000</td>
<td>1,800 - 2,200</td>
</tr>
<tr>
<td></td>
<td>14-18</td>
<td>1,800</td>
<td>2,000</td>
<td>2,400</td>
</tr>
<tr>
<td></td>
<td>19-30</td>
<td>1,800 - 2,000</td>
<td>2,000 - 2,200</td>
<td>2,400</td>
</tr>
<tr>
<td></td>
<td>31-50</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td></td>
<td>51+</td>
<td>1,600</td>
<td>1,800</td>
<td>2,000 - 2,200</td>
</tr>
<tr>
<td>Male</td>
<td>4-8</td>
<td>1,200 - 1,400</td>
<td>1,400 - 1,600</td>
<td>1,600 - 2,000</td>
</tr>
<tr>
<td></td>
<td>9-13</td>
<td>1,600 - 2,000</td>
<td>1,800 - 2,200</td>
<td>2,000 - 2,600</td>
</tr>
<tr>
<td></td>
<td>14-18</td>
<td>2,000 - 2,400</td>
<td>2,400 - 2,800</td>
<td>2,800 - 3,200</td>
</tr>
<tr>
<td></td>
<td>19-30</td>
<td>2,400 - 2,600</td>
<td>2,600 - 2,800</td>
<td>3,000</td>
</tr>
<tr>
<td></td>
<td>31-50</td>
<td>2,200 - 2,400</td>
<td>2,400 - 2,600</td>
<td>2,800 - 3,000</td>
</tr>
<tr>
<td></td>
<td>51+</td>
<td>2,000 - 2,200</td>
<td>2,200 - 2,400</td>
<td>2,400 - 2,800</td>
</tr>
</tbody>
</table>

a. Based on Estimated Energy Requirements (EER) equations, using reference heights (average) and reference weights (healthy) for each age/gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine, Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids. Washington (DC): The National Academies Press; 2002.

b. Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

c. The caloric ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages.

d. Estimates for females do not include women who are pregnant or breastfeeding.

Setting SMART Goals

Now that you’ve got the facts and assessed your current lifestyle, it’s time to set your goals. You have to know where you’re going, to end up where you want to be. This is true whether you are driving across town or working to make healthy changes in your life. There’s no doubt about it: when you are trying to make lifestyle changes, goal-setting is critical. And the smarter your goal, the more likely you are to be successful.

**SPECIFIC:** The more specific you are in setting your goal, the more successful you’ll be in developing an effective plan of action to achieve it. Instead of “I want to eat more fiber,” you might start with “I will add two servings of vegetables and fruits to my diet each day.” Rather than “I’m going to walk more,” try “I will walk one more mile each day.”

**MEASURABLE:** A goal won’t do you any good if it can’t be measured – if you have no way of knowing whether you’ve achieved it. “I want to have more energy” isn’t especially helpful to you. “I want to walk for at least 30 minutes each day” is a better goal because it’s specific and measurable.

**ACTION-ORIENTED:** When defining a specific goal, state just what actions you need to take to achieve the goal. “I will add a serving of fruit to my breakfast and add one more vegetable serving at dinner.” “I will add 10 minutes to my morning walk and 10 minutes to my after-dinner walk.”

**REALISTIC:** Be realistic in your expectations of yourself and what you expect to achieve. Take large or long-term goals and break them down into smaller, more manageable goals. Running a marathon may not be a realistic goal, but training for a 5K and building up to a 10K might be.

**TIMED:** Setting timelines provides direction in planning short-term goals and actions to achieve longer-term goals. You might set a goal like the following: “Starting on Monday, I will begin to add 20 minutes of activity to my daily routine. After three weeks, I will increase the amount to 30 minutes daily.”

Help lower your risk of cancer by eating right, being active, staying at a healthy weight, limiting alcohol intake, and not smoking.
A Step in the Right Direction!

Pedometers can be great for tracking progress toward your physical activity goals and for motivating you and your family to keep stepping in the right direction toward better health. You may have heard that 10,000 steps per day is a good goal. This is equal to walking about five miles. Most people will achieve between 4,000 and 6,000 steps just doing the things they typically do in a day.

Achieving 10,000 steps requires a little more effort! To get those additional steps, work up to walking at least two miles per day. If you haven’t been very active, set a goal to increase your steps by about 2,000 per day. Gradually increase your steps until you reach 10,000 – or even more!
Now it is your turn to set goals using the SMART tips to decide what changes you want to make to improve your health. Use the space below to identify two goals related to nutrition and two goals related to physical activity to get started.

### My Goals Chart

<table>
<thead>
<tr>
<th>Short-term Goals</th>
<th>Long-term Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXAMPLE:</strong></td>
<td><strong>EXAMPLE:</strong></td>
</tr>
<tr>
<td><em>Eat one more serving of vegetables each day.</em></td>
<td><em>Achieve 10,000 steps a day.</em></td>
</tr>
</tbody>
</table>

1.

2.

3.

4.

1.

2.

3.

4.
Keeping a Food Journal

Keeping track of what you eat and drink each day is a great way to begin to make changes in your diet. Writing things down will not only give you insight into what and how much you eat and drink, but can also help you uncover why, what, and when you are eating. You’ll figure out if particular times of the day are challenging for you and if certain circumstances (or people) cause you to overeat and drink.

You will also be able to see at a glance if you need to add more vegetables to your days, less sugar to your nights, and whether you need to walk past the vending machine on your way to meetings.

Keeping a journal is easy.

Use a notebook to write down:
- Anything you eat and drink, with amounts
  Estimate the size, volume, weight, and/or number of items and calories.
- Time of day you eat or drink
- Where you are
  In your office? Car? Kitchen? Restaurant?
- Other things you may be doing while eating and/or drinking
- Who’s with you
- Your emotions
- Are you hungry
  Yes? No? A little?

A Few Pointers

Write down everything.

Keep your notebook with you, and write down everything you eat or drink. Above all – be honest with yourself.

Don’t wait.

Don’t wait until the end of the day to fill in your journal. Write it down as you eat or drink.

Be specific.

If you ate cereal for breakfast, what kind was it? Add sugar or cream to your coffee? Did you dip French fries in ketchup?

Keeping your journal for at least a week will help you identify triggers that may cause you to overeat, or eat when you’re not even hungry. You may start to see, for example, that every day in the office at 10 a.m., you take a break with co-workers and have a muffin with your mid-morning coffee, but you’re not even hungry. You may find out that a stressful day with your kids causes you to reach for the refrigerator; that you tend to snack mindlessly while you watch TV; or that you turn to food when you are bored.

When you become aware of your eating and drinking patterns, you can start to change them. And that’s the beauty and benefit of keeping a food journal!
<table>
<thead>
<tr>
<th>Date</th>
<th>Physical activity</th>
<th>Minutes of physical activity</th>
<th>Food/Drink</th>
<th>Amount/Calories</th>
<th>Time of Day</th>
<th>Place</th>
<th>Other activities while eating</th>
<th>Who was with me?</th>
<th>Emotions</th>
<th>Was I hungry?</th>
</tr>
</thead>
</table>
18 Take Control of Your Choices!

3 Take Control of Your Choices!
1. **Serving Size/Servings per Container:** The serving size is the amount of the food you would need to eat to get the amount of listed nutrients. Serving sizes are not recommended amounts. *Servings per Container* refers to the number of servings in the entire package.

2. **Calories:** Keep in mind that this is the number of calories per serving, not necessarily of the entire package. A 20-ounce soda doesn’t have 100 calories; it has 250. That’s 2.5 servings times 100 calories per serving.

3. **% Daily Value:** This lets you know how many nutrients one serving of the product contains, compared to the amount recommended in a 2,000-calorie-a-day diet.

4. **Total Fat:** Fat intake should account for approximately 25 to 35% of your total calories.

5. **Specific Fats:** Monounsaturated and polyunsaturated fats are considered good fats. You should consume as few trans fats as possible.

6. **Sodium:** Sodium is a major contributor to hypertension, or high blood pressure, in many people.

7. **Potassium:** This mineral helps balance sodium levels in your bloodstream. The best sources of potassium are fruits, vegetables, whole grains, beans, and milk.

8. **Dietary Fiber:** Fiber helps you feel full and may help control your weight. It’s recommended that you consume 25 to 35 grams of fiber daily. Products that have at least 2.5 grams of fiber per serving are considered good sources of fiber.

9. **Sugars:** Simple sugars, found in most candy, cookies, and soda, should be consumed only in moderation, because they can lead to weight gain if eaten too often.

10. **Protein:** Protein is important for proper growth and development because it supports your body’s cells and builds and repairs your muscles and other tissues. Since many foods that are high in protein are also high in fat and cholesterol, you should choose lean cuts of meat and lower-fat dairy products whenever possible.

11. **Vitamin A:** Vitamin A is important for good eyesight and helps maintain healthy skin. It’s found in orange vegetables, such as carrots and squash, and in dark green, leafy vegetables.

12. **Vitamin C:** Vitamin C is found in citrus fruits, other fruits, and some vegetables. The body uses vitamin C to build and maintain connective tissues, heal wounds, and fight infections.

13. **Ingredients:** These are listed in order, starting with the ingredient found in the largest amount, by weight, and progressing to the ingredient present in the smallest amount.

**No time to eat well?** Planning healthy meals and snacks for you and your family doesn’t have to take a lot of time. The first step is to make a commitment to eat better. It’s easier than you think.
According to a 2014 study by the Centers for Disease Control and Prevention, nearly 1 out of 4 U.S. adults consume sugary drinks on any given day. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to change what you drink.

Many people do not realize how calories in beverages contribute to their daily intake. For example:

<table>
<thead>
<tr>
<th>Type of Beverage</th>
<th>Calories in 12 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latte with whole milk</td>
<td>199</td>
</tr>
<tr>
<td>Fruit punch</td>
<td>192</td>
</tr>
<tr>
<td>100% apple juice</td>
<td>192</td>
</tr>
<tr>
<td>100% orange juice</td>
<td>168</td>
</tr>
<tr>
<td>Lemonade</td>
<td>168</td>
</tr>
<tr>
<td>Regular cola</td>
<td>136</td>
</tr>
<tr>
<td>Sports drink</td>
<td>99</td>
</tr>
</tbody>
</table>


Other names that identify sugar or sugar substitutes on food and drink labels
- High-fructose corn syrup or corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Sucrose
- Dextrose
- Lactose
- Nectars (i.e., peach nectar, pear nectar)

Encourage your family to drink more water.
It is recommended that individuals drink eight 8-ounce glasses of water a day. Here are some suggestions to encourage your family to drink more water:
- Provide a reusable bottle that they can fill up and take on the go.
- Make water more exciting by adding slices of lemon, lime, or cucumber; create a bar of sliced fruits so kids can choose a flavor they like.
- Add a splash of juice to plain water.
- Give the kids a special water glass or straw to make it more fun.
- Be a good role model by drinking water yourself.
- Limit children’s options by not purchasing sugary beverages.
- Freeze slices of fruit to add to glasses of water.
- Freeze ice cubes in fun shapes.
- Demonstrate the importance of water by showing a droopy plant and then giving it water.
- Choose snacks that have high-water content such as cantaloupe, watermelon, and strawberries.
An important way to start to watch your calories – without feeling deprived of your favorite food – is to pay attention to serving sizes. Many portions, in both restaurants and home-cooked meals, are too big and can quickly add up to extra calories.

Use these visuals to help you judge the size of a standard serving.

A half cup of vegetables or fruit is about the size of your fist.

A medium apple is the size of a baseball.

A 3-ounce portion of meat, fish, or poultry is about the size of a deck of cards.

A single-serving bagel is the size of a hockey puck.

An ounce and a half of low-fat or fat-free cheese is the size of a pair of dice.

One tablespoon of peanut butter is about the size of the tip of your thumb.

Quick Healthy Snacks

Try these suggestions for quick, healthy snacks that you can keep on hand:

- Breakfast cereal, dry or with milk, and fruit
- No-sugar-added applesauce
- Fresh fruit, such as pears, apples, oranges, nectarines, peaches, kiwi, grapes, strawberries, and bananas
- Mixed nuts
- Dried apricots, apples, nectarines, etc.
- Popcorn
- Saltine crackers and string cheese
- Turkey and cheese cubes with pretzel sticks
- Packaged, ready-to-eat vegetables such as baby carrots, broccoli florets, and cauliflower pieces with a low-fat dip
- Chopped vegetables such as red and green bell peppers, carrot and celery sticks, snow peas, button mushrooms, and broccoli
Do you know what a half cup of pasta looks like on your plate? How much does one cup of milk fill your glass? How much cereal do you typically pour into your bowl? Take out your measuring cups, spoons, and scales, and get a handle on what a serving size looks like in your own plates, bowls, and glasses.

- Serve appropriate portion sizes, and store the rest for leftovers.
- Rather than putting serving dishes on your table throughout the meal (tempting you to eat more), serve from the kitchen.
- Trade in your dinner plate for your salad plate. Serving your meals on the smaller plate will give you the illusion of larger portions.
- Do not eat right out of a bag or carton. Think about buying foods packaged in individual serving sizes to help you control servings.

Tips and Strategies to Help Your Children Eat Healthy

- Set a good example by eating healthy yourself.
- Offer a variety of food so your child is exposed to different options. Try offering each new option multiple times and in different ways.
- Encourage your children to eat slowly. Children can detect hunger and fullness better when they eat slowly. Before serving a second helping or serving, wait 15 minutes to see if they are still truly hungry. This will give the brain time to register fullness. Also, the second helping should be smaller than the first.
- Leave unhealthy choices like chips and soda at the store.
- Eat meals together.
- Involve your children in the shopping and preparing of meals.
- Plan healthy snacks.
- Discourage eating while watching TV.
- Encourage your child to drink more water.
- Teach your children about portion size and about reading labels together.
- Prepare healthy meals ahead.
- Don’t become a short order cook.
- Introduce new foods slowly and in smaller portion sizes.
- Allow treats periodically. If you forbid them, it makes them even more appealing.
- Have a positive attitude about eating healthy.
- Sneak extra servings of fruit or vegetables into the meal by pureeing them.
Fool Your Taste Buds

Try making a few simple ingredient changes to cut the extra sugar, fat, and calories in many recipes without changing the taste you love. These substitutions allow you to enjoy great flavor and eat healthier. Visit [cancer.org](http://cancer.org) for more information.

<table>
<thead>
<tr>
<th>Instead of…</th>
<th>Try…</th>
<th>And Save…</th>
</tr>
</thead>
</table>
| 1 cup whipping cream                  | 1 cup half and half
1 cup evaporated whole milk
1 cup evaporated skim milk            | 48 grams fat
53 grams fat
72 grams fat                          |
| 1 cup sour cream                      | 1 cup reduced-fat sour cream
1 cup fat-free sour cream             | 12 grams fat
40 grams fat                          |
| 1 cup low-fat flavored yogurt         | 1 cup yogurt, unflavored or with non-sugar sweetener                 | 22 grams sugar                   |
| 1 pound lean ground beef              | 1 pound ground turkey breast                                         | 78 grams fat                     |
| 1 cup nuts                            | ½ cup toasted nuts                                                   | 21 grams fat                     |
| 2 slices bacon                        | 1 slice Canadian bacon                                               | 4 grams fat                      |
| 1 ounce hard cheese (such as Cheddar)| 1 ounce reduced-fat cheese
2 tablespoons Parmesan cheese         | 4 grams fat
6 grams fat                           |
| Whole milk                            | 1% milk (low fat)                                                    | 5 grams fat per cup              |
| 2% milk                              | Skim milk (non-fat)                                                  | 5 grams fat per cup              |
| Ice cream                             | Frozen yogurt                                                       | 4.5 grams fat per ½ cup          |
| Potato chips                          | Baked potato chips                                                   | 10 grams fat per ounce           |
| Buttered popcorn                      | Light popcorn                                                        | 7 grams fat per serving           |
| Pepperoni pizza                       | Vegetable pizza                                                      | 7 grams fat per slice             |
STEP BY STEP

Most of your favorite recipes can be easily changed to include more vegetables, fruits, and whole grains, and less fat and calories. Use the following steps when changing recipes.

STEP 1: Increase the vegetables, fruits, and whole grains.
- Add frozen pre-cut vegetables.
- Add frozen fruits.
- Use whole grains for all or part of the recipe.
- Add fruits and berries to cereal instead of added sugar.
- Where possible, leave skins on fruits or vegetables.
- Add beans to soups and salad.

STEP 2: Lower the amount of calories.
The best way to do this is to look for ways to cut down on fat and sugar. Ask yourself: “Can I reduce or replace oil? Can I use low-fat milk instead of cream?” To reduce fat, try the following ideas:
- Cut fats, like oil, butter, or margarines, by one-third to one-half in recipes. (Try a small cutback at first, then increasingly cut back little by little.)
- To replace some moisture and flavor loss when fat is reduced, make up the difference with broth, non-fat milk, fruit juice, and extra herbs, spices, and vegetables.
- For a moist, baked product when fat is reduced, add dried fruits or applesauce.
- Remember to use measuring spoons and cups to avoid guessing the amount of oil to use. (An extra teaspoon of oil is 45 calories and five grams of fat.)
- Use only small amounts of high-fat foods, like avocados, coconuts, cheese, and nuts.

STEP 3: Cut back on high-fat meats.
- Replace your usual meat with leaner, lower-fat meat. (For example, if a recipe calls for ground beef, use extra-lean ground beef, ground round, or ground turkey breast mixed with lean ground beef.)
- Make the portion sizes smaller. (Aim for three ounces per serving.)
- Use a leaner cut of meat and a smaller portion size. Add herbs, spices, and flavorful vegetables to enhance the taste of your dish.

Recipes

Serve up these delicious and healthy recipes, taken from the American Cancer Society’s The Great American Eat-Right Cookbook. Visit cancer.org for more recipes.

Fruit Skewers with Yogurt Dipping Sauce

3 cups berries or fresh fruit, cut into 1-inch pieces
1 (6-ounce) container non-fat plain yogurt
1 tablespoon light brown sugar
1 tablespoon orange juice

Thread the fruits onto four 6-inch bamboo skewers, alternating types of fruit for better presentation. In a bowl, combine yogurt, sugar, and orange juice. Divide into four small cups and serve alongside fruit kebabs. For optimum flavor, use seasonal fruit. Choose berries and melon in the warmer months or apples and bananas during cooler months. Supplement with year-round favorites like pineapple and grapes. When using fruits that oxidize, like bananas, apples, or pears, brush their surface lightly with lemon juice after cutting to prevent discoloration. Makes 4 servings.

Approx. per serving: 80 calories; 0 grams of fat
**Mini Meatloaves**

- ¼ cup ketchup
- 1 tablespoon light brown sugar
- ½ teaspoon dry mustard
- ¾ pound ground turkey breast
- ¾ pound lean ground beef
- ½ cup Italian-style bread crumbs
- ½ (10-ounce) package frozen chopped spinach, thawed and drained

1 egg
- 1 (6-ounce) can Italian herb-seasoned tomato paste
- 2 tablespoons dried parsley
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon salt

Preheat the oven to 350 degrees. Lightly coat a rimmed baking sheet with nonstick cooking spray. In a bowl, combine ketchup, brown sugar, and mustard and set aside. In a bowl, combine turkey and beef. Add breadcrumbs, spinach, egg, tomato paste, parsley, Italian seasoning, garlic powder, and salt, and stir gently to incorporate. Form into 8 equal-sized small loaves and place on the baking sheet. Bake for 15 minutes, remove from the oven, and brush each loaf with ketchup mixture. Bake for 10-15 minutes, or until an instant-read thermometer registers 160 degrees. Makes 8 servings. Approx. per serving: 195 calories; 5 grams of fat

**Tasty Turkey Tacos**

- 1 tablespoon canola oil
- 2 small onions, finely chopped
- 2 garlic cloves, minced
- 1¼ pounds ground turkey breast
- ½ (10-ounce) can tomato sauce
- 2½ teaspoons chili powder
- 1½ teaspoons ground cumin
- ½ teaspoon paprika
- Hot sauce, such as Tabasco
- Salt and freshly ground black pepper

12 (6-inch) flour tortillas

**Optional toppings:**
- 2 cups shredded lettuce
- 1 cup chopped tomato
- ¼ cup “Mexican-Style” shredded cheese
- ½ cup reduced-fat or regular sour cream
- ¼ cup finely chopped red onion
- ¼ cup chopped jalapeños
- Taco sauce or salsa

In a large skillet over medium-high heat, add oil. Sauté the onion for 5 to 8 minutes, or until softened. Add garlic and sauté for 1 minute. Add turkey and cook for 6 to 8 minutes, stirring frequently to break it up. Add tomato sauce, chili powder, cumin, and paprika and stir well to combine. Reduce the heat to low and cook for 8 to 10 minutes, stirring occasionally. Season with hot sauce, salt and pepper. Meanwhile, wrap the tortillas in a damp paper towel and warm in the microwave on HIGH for 15 to 30 seconds. Layer about 1/3 cup of turkey in a tortilla and desired toppings. Makes 6 servings. Approx. per serving: 370 calories; 9 grams of fat

**Moo Shu Chicken Lettuce Wraps**

- 1 tablespoon canola oil
- 2 cups sliced mushrooms
- ¾ pound boneless, skinless chicken breasts cut into very thin strips
- 3 cups shredded cabbage or coleslaw mix
- ½ cup matchstick-cut carrots
- ½ cup thinly sliced red bell pepper
- 2 scallions, thinly sliced
- 3 tablespoons hoisin sauce, or to taste
- 1 small head Boston or Bibb lettuce leaves separated and core discarded

In a wok or large skillet over high heat, add oil. Sauté the mushrooms for 1 to 2 minutes. Add chicken, cabbage, carrots, bell pepper, and scallions and sauté for 5 to 7 minutes, or until tender. Add hoisin sauce and stir to combine. Cook for 1 to 2 minutes, or until vegetables and chicken are cooked through. If sauce is too thick, add 1 tablespoon water. Spoon moo shu into lettuce leaves. Top with a small dollop of hoisin, if desired. Makes 4 servings. Approx. per serving: 185 calories; 6 grams of fat

**Veggie Tortilla Pizza**

- 1 (8-inch) whole wheat or flour tortilla
- 2 tablespoons pizza sauce
- 2 tablespoons shredded part-skim mozzarella cheese
- 1 tablespoon freshly grated Parmesan cheese or a Parmesan blend
- ¼ cup chopped green or red bell pepper
- 3 sliced mushrooms
- 1 tablespoon chopped red onion

Pierce tortilla in several places with a fork. Place between two sheets of paper towels. Microwave on HIGH for 1 to 1½ minutes, or until barely crisp. Remove from paper towels and place on a microwave-safe plate. Spread with sauce and sprinkle with both cheeses. Top with bell pepper, mushrooms, and onion. Microwave on HIGH for 45 seconds, or until cheese melts. Makes 1 serving. Approximate per serving: 220 calories; 7 grams of fat
While You’re Out

Eating out can be tricky when you’re trying to cut back on portion sizes because restaurant portions tend to be two to three times larger than standard servings.

- Lunch portions tend to be smaller; ask for a lunch portion even if it’s dinnertime.
- Ask for sauces, gravies, dressings, or other toppings on the side, so you can control how much goes on.
- Request a to-go box as soon as your meal arrives, and pack away half your meal to enjoy for lunch the next day.
- Split an entrée with a friend.
- Consider ordering an appetizer and soup or salad as your meal.

Life in the Fast Lane

Use these tips to help keep your healthy eating plan on track when you’re eating on the run.

- Ask for a copy of the restaurant’s nutrition information.
- Say “No Thanks” to “Supersize,” “Monster,” “Big,” or “Double,” and opt for smaller portions of burgers and fries.
- Don’t hold the pickles and lettuce … hold the special sauces, mayonnaise, cheese, and bacon instead.
- Be salad-savvy. If there is a salad bar, load up on low-calorie, colorful vegetables and limit how much high-calorie cheese, nuts, and dressing you add.
- Break out of the burger habit and enjoy a baked potato instead. Ask for butter and sour cream on the side and use just a little.
- Go for grilled chicken or baked fish. Skip the breaded and fried version.
- At the pizza place, opt for thin crust with vegetable toppings rather than thick crust with pepperoni or sausage.
- Order skim milk or water instead of soda.
- Skip the milk shake. (There’s not much milk in it but plenty of sugar, fat, and calories.)

If you do splurge, cut back on calories the next day and add some more activity to your day.

Fast food can add lots of fat and calories to your diet – really fast! The good news is that more and more healthy choices are showing up on fast food menus throughout the country.
Look for healthy choices within each course of your meal. Here are some ideas to have a tasty and healthy dining experience.

**Appetizers:** Start off with appetizers, like vegetables with low-calorie dressing, fruits, or seafood. Avoid anything fried or breaded.

**Soup:** Broth-based soups are the way to go! Cream-based soups can pack on the calories even before you get to your main course.

**Bread:** Whole-grain bread is the best source of complex carbohydrates and fiber. Watch out for croissants, biscuits, corn bread, and muffins, which have added fat and/or sugar.

**Salads and vegetables:** Vegetables by nature are low in fat and calories and are packed with fiber and other disease-fighting nutrients. To keep calories low, choose vegetables seasoned with lemon, herbs, and spices rather than butter or margarine. Salad dressing can pack quite a caloric punch, so ask for dressings served on the side. Watch out for salad toppings that can quickly add fat and calories, such as cheese, eggs, and meat.

**Entrée:** Ask how and with what ingredients the dishes are prepared. Is the chicken or fish broiled with butter or other fat? Does it come with a sauce? How are the vegetables prepared and seasoned?

Choose mostly plant-based foods: vegetables, fruits, whole grains, and legumes. Ask for seafood, lean meats (look for “loin” in the name), or poultry to be prepared without added fat.

Choose dishes flavored with herbs and spices rather than rich cream sauces, gravies, or dressings. If that’s not an option, ask for those toppings to be served on the side.

**Dessert:** Fresh fruits make great desserts! Sherbet, sorbet, and low-fat frozen yogurt are also good choices. Just have to have that chocolate cake? Split it with a friend!

**Beverages:** It’s a good idea to consider what you’re drinking with your meals since many drinks are loaded with sugar and calories. (A large 32-ounce soda has 400 calories!) Opt for low- or no-calorie diet soda, water, unsweetened iced tea, sparkling water, or mineral water with a twist of lemon. Coffee or tea without sugar can help warm you up without adding calories. Watch out for alcoholic beverages; they can quickly add calories with essentially no nutrients and can increase your appetite.

Visit cancer.org for more information.

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**Do I Really Want It?**

Sometimes you do, and that’s OK. But if you’re on the fence about whether to give in to that craving, consider this:

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Distance to Burn</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5-ounce red wine</td>
<td>140</td>
<td>1 mile</td>
<td>1</td>
</tr>
<tr>
<td>20-ounce soda</td>
<td>250</td>
<td>2.5 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 20-ounce latte with whole milk</td>
<td>380</td>
<td>3.5 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 glazed doughnut</td>
<td>150</td>
<td>2 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 king-sized chocolate bar with almonds</td>
<td>450</td>
<td>4.5 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 cup of vanilla ice cream</td>
<td>150</td>
<td>2.5 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 ounce potato chips</td>
<td>120</td>
<td>1.5 miles</td>
<td>1</td>
</tr>
<tr>
<td>1 small movie popcorn</td>
<td>100</td>
<td>5 miles</td>
<td>1</td>
</tr>
<tr>
<td>2 slices of thin-crust pepperoni pizza</td>
<td>200</td>
<td>5 miles</td>
<td>2</td>
</tr>
<tr>
<td>1 extra large cheeseburger with sauce, 1 extra large French fry and 1 extra large soda</td>
<td>800</td>
<td>15 miles</td>
<td>1</td>
</tr>
</tbody>
</table>
BASIC INGREDIENTS FOR A HEALTHY KITCHEN

The first step to healthy cooking is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep some or all of these foods on hand for fast meals on busy nights.

In the Cupboard
- Whole-grain cereals, rolled oats
- Beans: black, pinto, kidney, chick peas, lentils, fat-free refried
- Rice: brown, long-grained, basmati, Arborio, rice mixes
- Pasta: whole-wheat spaghetti, fettuccini, penne, bowtie, orzo, couscous
- Grains: kasha, quinoa, bulgur, cornmeal, whole-wheat flour, bran, seasoned bread crumbs, panko, whole-wheat bread, crackers
- Low-sodium canned vegetables: mixed vegetables, green beans, mushrooms, no-salt-added tomatoes (diced, whole, seasoned, sauce, paste)
- Sauces: pasta, pizza, salsa
- Dried fruits: cranberries, raisins, apricots, other favorites
- No-sugar-added applesauce
- Sun-dried tomatoes (not packed in oil)
- Soups: low-fat and reduced-sodium canned soups, and stocks, bouillon, and dried soup mixes
- Seafood and poultry: packaged tuna (in a can or pouch), salmon, minced clams, chicken
- Peanut butter (no-sugar-added or all-natural)
- Low-fat evaporated milk
- Capers
- Sauces and condiments: Worcestershire, soy, teriyaki, chili, hot pepper, ketchup, mustard (spicy, Dijon, honey), barbecue
- Vinegars: distilled white, cider, red wine, sherry, balsamic, rice wine
- Herbs and spices, salt and pepper
- Vanilla
- Oils: olive, canola, peanut, and non-fat cooking spray
- Onions, shallots, garlic

In the Freezer
- Frozen vegetables, fruits and 100% juices
- Frozen chopped onion and chopped green pepper
- Breads: whole-grain breads, dinner rolls, English muffins, bagels
- Poultry: skinless chicken breast, ground turkey breast, Cornish hens
- Seafood: tilapia, red snapper, salmon, orange roughy, cod, flounder, sole, shrimp, scallops
- Meats: extra-lean hamburger, lean cuts of beef (round, sirloin, flank steak, tenderloin), pork tenderloin

In the Refrigerator
- Fresh vegetables and fruits
- 100% vegetable and fruit juices
- Non-fat or low-fat milk or buttermilk, and no-sugar-added yogurt
- Cheeses (reduced-fat, where possible): Cheddar, Mozzarella, Swiss, Monterey Jack, Parmesan, cottage cheese, Neufchatel (instead of cream cheese)
- Whole-wheat and corn tortillas
- Eggs and egg substitute
- Minced garlic
- Tofu
- Salad dressings, olives
- Reduced-fat sour cream, mayonnaise
- Fresh herbs

Keep some or all of these foods on hand for fast meals on busy nights.
Starting an Exercise Routine

Want to help reduce your risk of cancer, heart disease, and diabetes? Want to look good and feel better? Well, don’t just sit there. Grab your shoes and get moving!

It’s recommended that adults engage in moderate-intensity activity at least 150 minutes a week. Children and adolescents should get at least one hour of moderate or vigorous activity each day, with vigorous activity at least 3 days each week. This is over and above the usual things you do each day, like walking to and from your car.

Whether you set aside time to exercise or do short bursts of activity throughout the day, the most important thing is to get active!
Moderate activities include anything that makes you breathe as hard as you do during a brisk walk. During moderate activities, you’ll notice a slight increase in your heart rate and breathing, but you probably won’t break a sweat (for example, dancing, doubles tennis, or pushing a lawn mower).

Vigorous activities are performed at a higher intensity. They produce an increased heart rate, sweating, and breathing rate (for example, jogging, singles tennis, and digging or other heavy manual labor).

Other beneficial activities include those that improve strength and flexibility, such as weight lifting, stretching, or yoga.

<table>
<thead>
<tr>
<th>Exercise and Leisure</th>
<th>Moderate-intensity activities</th>
<th>Vigorous-intensity activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball, golfing, softball, badminton, doubles tennis, downhill skiing</td>
<td>Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming</td>
<td></td>
</tr>
<tr>
<td>Mowing the lawn (push mower), general lawn and garden maintenance</td>
<td>Soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing</td>
<td></td>
</tr>
<tr>
<td>Walking and lifting as part of the job (custodial work, farming, auto or machine repair)</td>
<td>Digging, carrying, hauling, masonry, carpentry</td>
<td></td>
</tr>
</tbody>
</table>

Tips for Parents

Look for chances to encourage your kids to be active, even if it’s just a quick game of hide-and-seek, or a pick-up basketball game. Kids develop habits early in life, and you can help give them a healthy start.

- Discuss the value of physical activity with your kids.
- Set limits on how much time they can watch TV and play video or computer games.
- Create new routines like taking a walk after dinner or playing in a park on the weekends.
- Plan physical activities for family events such as birthday parties, picnics, and vacations.
- Encourage your kids to take part in school and community sports programs.
- Advocate for quality physical education and school health programs in your kids’ school.
- Choose a doctor for your child who will encourage and explain the benefits of physical activity.
- Be a good role model, and join in the fun.

As your kids get older, it can become harder to find time to be active together. Post a list to remind the family of activities that can be enjoyed together, such as hiking, biking, gardening, skating, swimming, and canoeing.
It’s important to enjoy what you’re doing so you won’t get bored or think of physical activity as work. To help you choose activities that are right for you and your family, consider these questions:

Do you like to be social, or would you prefer time to yourself?
■ Social butterflies should try activities with other people. Try to walk with friends, join a team or recreation association, or go line dancing.
■ If you need time to yourself, walking, running, swimming, or gardening can give you time to reflect.

Do you need to get energized or wind down?
■ For an energy boost, try aerobic activities that get the heart pumping.
■ Reduce stress with activities like yoga or tai chi.

Are you goal-oriented, or do you like to stay flexible?
■ If you like to feel a sense of accomplishment, choose activities where you can chart and monitor your progress, like training for a run, or take up an activity with rising skill levels, like martial arts.
■ For a flexible routine, try walking or find an exercise DVD you can do at home.

Do you want to get away from it all or get involved?
■ If you want to get away, choose outdoor activities, like hiking, biking, or rollerblading.
■ To get involved in the community, consider building homes for the disadvantaged, participating in charity walks and runs, helping an elderly neighbor with yard work, or tidying up a local school.

Active Substitution
Don’t think you have time to add physical activity to your day? Consider simple substitutions. Think about how much time you spend sitting versus being active. Here are ways to replace sitting with moving:
■ Use the stairs instead of the elevator.
■ Walk or bike to your destination.
■ Be active at lunch with your co-workers, family, or friends.
■ Take a 10-minute activity break at work to stretch, or take a quick walk.
■ Walk to visit a co-worker instead of sending an email message.
■ Go dancing with your spouse or friends.
■ Plan active vacations rather than driving trips.
■ Wear a pedometer every day to see how you can increase your steps.
■ Join a sports or recreation team.
■ Use a stationary bicycle or treadmill while watching TV.
■ Plan your activity routine to gradually increase the days per week and minutes per session.
Advertisements for exercise equipment and special diets can make healthy living look complicated and expensive. But the truth is there’s no secret to achieving the weight you want. It is as simple as balancing the calories you eat with the calories you burn. When that doesn’t happen, you gain weight.

It helps to know that one pound of body fat equals 3,500 calories. That means in order to lose one pound per week, you need to create a caloric deficit of 500 per day. One way to do this is to eat 250 fewer calories a day, and burn an extra 250 calories through physical activity (e.g., walking 2.5 miles). Visit cancer.org for more information.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate walking</td>
<td>95</td>
</tr>
<tr>
<td>Scrubbing floors</td>
<td>89</td>
</tr>
<tr>
<td>Dancing</td>
<td>70</td>
</tr>
<tr>
<td>Bicycling</td>
<td>39</td>
</tr>
<tr>
<td>Running</td>
<td>28</td>
</tr>
</tbody>
</table>

Here’s an example of how much time it takes a 160-pound person to burn off a large order of fries (400 calories):

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories burned per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watching TV</td>
<td>72</td>
</tr>
<tr>
<td>Vacuuming or mopping</td>
<td>150</td>
</tr>
<tr>
<td>Strolling</td>
<td>206</td>
</tr>
<tr>
<td>Playing with kids</td>
<td>216</td>
</tr>
<tr>
<td>Golf without a cart</td>
<td>240</td>
</tr>
<tr>
<td>Brisk walking</td>
<td>297</td>
</tr>
<tr>
<td>Gardening</td>
<td>324</td>
</tr>
</tbody>
</table>

Here’s how many calories a 150-pound person burns per hour doing various activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories burned per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fishing</td>
<td>100</td>
</tr>
<tr>
<td>Riding a bike</td>
<td>135</td>
</tr>
<tr>
<td>Mowing the lawn</td>
<td>150</td>
</tr>
<tr>
<td>Swimming</td>
<td>200</td>
</tr>
<tr>
<td>Soccer</td>
<td>300</td>
</tr>
<tr>
<td>Basketball</td>
<td>400</td>
</tr>
</tbody>
</table>

Here’s how many calories a 75-pound child burns per hour doing various activities:

Numbers are estimated and vary depending on weight, body composition, and level of intensity.

Now that you have some ideas about making food and activity choices, what are you going to add or change to your routine? Making small changes little by little can add up to significant differences in your overall nutrition and physical fitness.
Support to Keep You on Track

Support from family and friends is important in making and sustaining healthy lifestyle changes. Begin to think of who is most supportive in your life and who can give you encouragement along the way. You might find your friend is better at keeping you motivated, and your co-worker might support you best by providing you with creative, healthy recipes. Listed below are tips to share with your family and friends on how to support you through your journey.

How Family and Friends Can Help You

- Respect that you have made a commitment to change. This is your lifestyle change and challenge, but you will need their emotional support to succeed.
- Ask how they can help you. Let you know that it’s OK to call them whenever encouraging words are needed.
- Keep a positive attitude. Making these changes can be a long-term process. Family and friends should keep encouraging you to focus on the successes along the way.
- Spend time exercising together. Staying active is easier and more fun with a partner, and it will do them good as well!
- Learn to overlook lapses. Everyone has a hard time learning new ways to do things.
- Do what they can to keep home and family relaxed. Stress causes old habits to return.
- Find new activities and interests to share. Everyone can benefit from finding new ways to enjoy life.
- Don’t take your grumpiness personally during this change.
- Don’t threaten, pressure, or criticize.
- Don’t hide food or nag about exercise.
- Don’t offer (or have available) high-calorie foods that could tempt you.
Make It Last a Lifetime!
Believe it or not, rewarding yourself can help you keep your commitment to eat better and be more active. It’s important to choose a reward that helps you continue moving toward your goal to live healthier. So instead of treating yourself to some chocolate for meeting your physical activity goal for the week, try one of these rewards:

- New workout clothes
- A fun cooking class
- A relaxing massage
- Movie, theater, or sports tickets
- A new CD
- A new magazine or magazine subscription
- A manicure or pedicure
- New clothes or shoes
- A piece of jewelry
- A bubble bath
- Workout equipment – stretch band, exercise ball, or tennis racket
- Membership to a local gym

Keep yourself motivated and interested in working toward your goals. The key is to find what reward works best for YOU!

Life is like a roller coaster with constant ups and downs. Day-to-day stress affects you in many ways. Physically, it can make you sick, cause fatigue, disrupt sleep, reduce concentration, or aggravate existing health conditions like heart disease, indigestion, arthritis, and high blood pressure. Emotionally, it can make you feel defeated and apathetic.

You have the power to decide how you react to stress by the choices you make in your behavior. Becoming mindful of what causes you stress is the first step. Then think about how you feel when you are stressed. Next, identify how you deal with a high-pressure situation. Do you find yourself reaching for a cookie or a bag of chips? If that is a habit you want to change, then create a list of alternative ideas on how to soothe yourself. This simple process can help you make better choices which will in turn provide a healthier lifestyle and maybe even reduce your overall stress.

<table>
<thead>
<tr>
<th>I get stressed when:</th>
<th>I am feeling:</th>
<th>I respond to the stress by:</th>
<th>I want to respond differently by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: I am running late to work</td>
<td>Angry at myself for sleeping 10 minutes later than usual</td>
<td>Going straight to the vending machine and getting some chocolate-covered doughnuts</td>
<td>Taking some deep breaths and thinking about how I can prevent being late tomorrow; eating the healthy snack I have in my desk drawer so that I can feel good about doing something healthy for myself</td>
</tr>
</tbody>
</table>
Tips to Reduce Stress for the Family

1. **Stop overscheduling your family.** It may seem impossible, but your family will thank you for the time to decompress. Perhaps you are committed to a tournament all weekend and can’t slow down. Could you have a picnic lunch in between games? Could you take turns exchanging five-minute back massages to recharge?

   Another possibility is to schedule relaxing activities such as doing yoga together, spending the day at the beach, or sledding for the afternoon.

2. **Get organized the night before.** Have your children pick out their clothes and pack their school bags in the evening. This will allow for a calmer morning when time seems like it is on fast-forward.

3. **Tell your children that it’s OK to be imperfect.** Our society is very performance driven, starting with grades and sports early on in life. We always want our children to strive to be their best but sometimes they fall short. It’s important to prepare your kids to deal with mistakes.

4. **Be a good role model.** Children will look to their parents to determine how to react to situations. If you are anxious, your children will pick up on that and it will increase their own anxiety. So when you want to reduce your child’s stress, you must first manage your own. You can demonstrate the power of positive thinking, as well as techniques to relax and manage stress. It may be as simple as practicing deep breathing exercises on the way to school before their big test.

5. **Listen to your child.** It’s easy to get overwhelmed by the to-do list for the day. Sometimes we need to stop, get at eye level, and be present in the moment when your child is trying to talk to you. Listening and sharing feelings are great ways to help kids feel supported by you, and that’s especially important in times of stress.

6. **Be patient.** Easier said than done. It hurts to see your children unhappy or stressed, but resist the temptation to fix every problem for them. Teaching them to take a deep breath and think through the solutions will help them to grow into good problem solvers.

7. **Just be there.** Sometimes your kids may not be ready to talk about what’s bothering them, and that’s OK. You can suggest going for a walk together, dancing in the living room or shooting some hoops. Spending time together may help ease their minds.

8. **Make sleep a priority.** A good night’s rest will give everyone the best chance for a better tomorrow. It helps to have a consistent routine of getting to bed at the same time every night. It is also helpful to transition away from stimulating activities such as watching TV or playing video games 30 minutes prior to bedtime.

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Information derived from various sources including Psychology Today, Kidshealth.org and the Centers for Disease Control and Prevention.

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<table>
<thead>
<tr>
<th>Age</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>16 - 18 hours a day</td>
</tr>
<tr>
<td>Preschool-aged children</td>
<td>11 - 12 hours a day</td>
</tr>
<tr>
<td>School-aged children</td>
<td>At least 10 hours a day</td>
</tr>
<tr>
<td>Teens</td>
<td>9 - 10 hours a day</td>
</tr>
<tr>
<td>Adults (including the elderly)</td>
<td>7 - 8 hours a day</td>
</tr>
</tbody>
</table>
Thinking about how to handle the pressures of life is also a good opportunity to think about how to add fun and pleasure to your life. What better way to combat a tough day than to have something to look forward to?

**Fun activities that relieve stress!**

- Jogging
- Listening to music
- Recycling old items
- Reading a book, newspaper, or magazine
- Soaking in the bathtub, taking a shower
- Preparing meals for the week
- Playing softball, baseball, soccer
- Spending time with a good friend
- Drinking tea or a soothing drink
- Practicing karate, judo, yoga, stretching
- Going swimming
- Keeping a journal or scrapbook
- Going on a bike ride
- Playing a board game
- Playing with your kids
- Meditating
- Going on a picnic
- Going bowling
- Singing
- Playing with pets
- Dancing
- Having family get-togethers
- Accomplishing something on your “to-do” list
- Going for a drive
- Listening to relaxation CDs
- Snacking on healthy treats
- Playing volleyball or basketball
- Playing musical instruments
- Going to museums
- Going hiking
- Writing (books, poems, articles)
- Sewing
- Fixing something around the house
- Gardening
- Playing pool, darts, dominos
- Going camping
- Cleaning out or organizing a closet
- Going to a garage sale or yard sale
- Joining a sports league; i.e., tennis or golf
- Working on the car/washing the car
- Doing arts and crafts

**Reduce Stress**

Here are some suggestions for ways to help prevent or limit stress in your life. What other ideas can you think of?

- Minimize responsibilities.
- Change negative thoughts into positive ones.
- Get help from others.
- Picture a positive outcome, and see yourself getting through it successfully.
- Set manageable goals.
- Prepare for busy days in advance (i.e., combine errands, pack a healthy lunch).
- Organize your time, and don’t schedule too much.
- Make realistic commitments.
- Be more active (Put your goals on your “must-do” list).
- Schedule time for yourself every day.
Exercise, Exercise, Exercise!

It’s widely accepted that exercise is an excellent stress reducer. Spending time outside or in an active environment can improve your mood, reduce anxiety, and even make you feel better about yourself. Not only that, but exercise also:

- Helps increase self-esteem and confidence
- Makes you feel stronger
- Allows you to sleep better
- Boosts energy
- Helps to decrease the risks of breast cancer, other cancers, and heart disease
- Improves breathing capacity and circulation
- Helps you lose weight and keep it off
- Strengthens bones
- Can help with back pain and pressure

Relaxation: What Does It Look Like?

Relaxation techniques, like visual imagery, hypnosis, or relaxation exercises, can have a very positive impact on anyone who is stressed. There are many types of relaxation techniques.

- Mental imagery uses mental exercises designed to enable the mind to influence the health and well-being of the body.
- Progressive muscle relaxation increases awareness of tension in the body and the ability to relax specific muscle groups throughout the body.
- Slow, rhythmic breathing begins with staring at an object or a peaceful scene, or closing the eyes and concentrating on breathing slowly and deeply.

It can be fun to explore new ways of relaxing! It will get your mind thinking of something new and will allow you to have some well-deserved time to yourself.

Sometimes no matter what you do to try to reduce your stress and relax, you find yourself feeling overwhelmed. You are not alone. There are resources available in your community to assist you in stress management. There might even be a support group available in your area that will allow you to share with others ways to handle everyday pressures. Check with your employer to see if you have an employee assistance program that can offer some stress-reduction or management resources. Finally, ask your health care provider about local resources that may meet your needs.

Think of things to do that can fit into most situations, at work or in social settings, so that you can be prepared for unexpected stress.

Some quick and easy stress relievers are things we call the 4 Ds:
1. Deep breathing
2. Drink water or sip some tea.
3. Do something else; remove yourself from the stress or trigger or take a walk.
4. Delay for 10 minutes; give yourself a small break.
Your Thoughts Can Be Powerful!

What you believe or tell yourself can lead to success or failure. When negative thoughts creep in – and they often do – how you handle them is something you can control. Think of some ways to combat negative thoughts when you’re challenged with sticking to your good choices. Keep practicing turning the negative thought into a positive one, and it will become easier and more natural with each day.

Also, recognize how negative thoughts can affect your choices and try to catch them before they take over!

<table>
<thead>
<tr>
<th>Negative Thought:</th>
<th>Positive Thought:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: I can’t do this. It is too tough.</td>
<td>I can do this. I have been doing it for six days, and I feel good about my success so far. I am strong and getting stronger each day.</td>
</tr>
</tbody>
</table>

[Blank lines for additional entries]
Lapse...Relapse...

What Can You Do?

Are you worried about keeping up with the new changes you’ve made in food and exercise choices, keeping off the weight you have lost? The old habits start to creep back in beginning with a lapse. A lapse is defined as a temporary and small slip in your efforts to improve your health. It could be over-eating at a meal for a day or two. It could be skipping your exercise routine during a vacation. Lapses are a natural part of life – it is OK!

At some point, you may have a lapse – a time when you may momentarily return to an old habit. By itself, a lapse will not result in going back to all of your previous habits or gaining back weight, so don’t get discouraged.

The problem arises if you fail to deal with the lapse, because it can grow into a relapse. A relapse is defined as a return to your earlier eating and physical activity habits and can be associated with significant weight regain. A relapse typically happens as a result of several small lapses that snowball into a full-blown relapse. The best way to prevent a relapse is to identify the lapses as they occur and deal with them before they turn into a relapse.
Prevent Relapse

Now that you’ve made some good changes to your daily routine, it’s a good time to think about the high-risk situations you face now that may cause you to relapse.

Think about the times over the past few weeks when you may have slipped into a lapse. What else was going on? What were the circumstances that resulted in your lapse? Take a look at the situations below that apply to you. Remember both positive and negative situations can result in a lapse. What other high-risk situations did you find yourself in?

<table>
<thead>
<tr>
<th>High-risk Emotional Situations</th>
<th>High-risk Breaks in Your Routine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <em>You got some good news and you want to celebrate with a great meal at your favorite restaurant.</em></td>
<td>1. <em>Your new promotion requires a change in your typical work hours.</em></td>
</tr>
<tr>
<td>2. <em>You feel like things in your life are getting out of control.</em></td>
<td>2. <em>You haven’t made it to the store in a long time, and you don’t have access to your typical food choices.</em></td>
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<tr>
<td>Others:</td>
<td>Others:</td>
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<td>Others:</td>
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<thead>
<tr>
<th>High-risk Social Situations</th>
<th>Other Risk Situations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <em>You are at a party and want to enjoy the desserts.</em></td>
<td>1. <em>You feel tired or stressed.</em></td>
</tr>
<tr>
<td>2. <em>Your family is reluctant to eat the low-calorie food you make.</em></td>
<td>2. <em>You are not sleeping well or are sick.</em></td>
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<tr>
<td>Others:</td>
<td>Others:</td>
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<td>Others:</td>
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</tbody>
</table>
Now that you have identified what high-risk situations may cause you to lapse, you should develop a plan. Write down your plan so you can refer to it when you find yourself in the midst of a lapse. Your plan should involve action to change the situation.

<table>
<thead>
<tr>
<th>I am at risk for not eating healthy when ...</th>
<th>My plan to avoid a lapse is ...</th>
</tr>
</thead>
<tbody>
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</table>

<table>
<thead>
<tr>
<th>I am at risk for decreasing my physical activity level when ...</th>
<th>My plan to avoid a lapse is ...</th>
</tr>
</thead>
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**Comeback Tips If You Lapse**

Remember, a lapse is a normal part of the long-term weight management process. It doesn’t mean that you have failed or that you’re going to regain the weight; lapses are a part of the learning process. The important part is to learn how to respond when you lapse. Below are some tips to help you when you lapse:

- Take action right away. (Get back into your routine immediately!)
- Give yourself positive reminders, and stay calm.
- Remind yourself that overeating or skipped physical activity over a short time period will not erase all the progress you have made.
- Learn from your lapse by identifying how you can avoid and manage the situation better next time.
- Don’t give up! (Use the lapse as a learning opportunity. Tell yourself you can succeed.)

**Action Tips after a Lapse**

- Keep a journal of everything you eat and drink – and be accurate on the portion sizes.
- Reduce the number of calories you eat over the next few days to make up for the extra calories you ate during your lapse.
- Increase your exercise routine by 10 to 15 minutes for several days to make up for the lapse.
- Plan out your meals for the next several days.
- Stay positive, and think about the great progress you have made thus far. (Renew your commitment to keep a healthy lifestyle.)
Create a Supportive Environment!

It’s easier to stay healthy when you live, work, go to school, or play in environments where healthy foods are available, and where you have opportunities to be physically active. Look for ways to make eating better and being more active easier for you and your family, your co-workers, and friends. Here are some ideas to get you started:

**At Home**

- **Make staying at a healthy weight a family affair.**
  - Substitute just a few lower-fat ingredients to make meals leaner and just as tasty.
  - Take family walks to be more active while catching up on everyone’s day.

**At Work or School**

- **Encourage co-workers and friends to eat well and be active.**
  - Help them understand what a healthy, active lifestyle will do for their overall health and well-being.
  - Support each other in making healthy choices.

- **Ask for healthier meal and snack choices.**
  - Advocate for a menu with freshly prepared entrées.
  - Offer suggestions for healthier vending machine options.

- **Encourage employers and educators to support fitness.**
  - Request places and the opportunity to walk or participate in physical activity during the day.
  - Participate in community walks and runs with your co-workers.

**In the Community**

- **Ask retailers and restaurants to serve healthy options.**
  - Ask for what you want, be it sauce on the side, a lower-fat preparation, a smaller portion, or a doggy bag.
  - Compliment stores and restaurants that make healthy options their priority – and tell your friends!

- **Encourage community leaders to support fitness.**
  - Request safe and enjoyable areas to walk, bike, and play.
  - Suggest programs and activities for the community.
You and your family understand the importance of making lifestyle changes to improve your overall health. Making these changes isn’t easy, but you have come this far and you feel good about your success. Because these are lifestyle choices, it’s important not to let down your guard too soon. There will always be situations or circumstances that will tempt you to go back to old habits. At the same time, remember how important your new choices are and what they mean to your future.
Now that you have read through the sections that make up Learn. Choose. Live: A Guide to Healthy Families, you can always review them to pick up new ideas for keeping your routine fun and exciting.

**SECTION 1: Your Family’s Health**
Read the screening guidelines recommended by the American Cancer Society. Getting these screening tests can help reduce your risk of cancer or find it at an early stage when treatment is more effective.

**SECTION 2: Get the Facts and Set Goals!**
Learn about the American Cancer Society’s guidelines for nutrition and physical activity. Review the simple steps you can make to reduce the cancer risk in your family.

**SECTION 3: Take Control of Your Choices!**
Get ideas on healthy food choices, recipes, and suggestions for getting physically active.

**SECTION 4: Make It Last a Lifetime!**
Explore options to manage or reduce stress. If you are falling back into bad habits, go back and read about ways to overcome lapse and create new rewards that will keep you on track with your goals.

**Kohl’s Healthy Families**
The American Cancer Society and Kohl’s has created the Kohl’s Healthy Families program to support you and your family to get active, eat healthy, and maintain an ideal body weight to help reduce your cancer risk. For information about the Kohl’s Healthy Families program, log on to acskohls.org.
The American Cancer Society and Kohl’s have partnered to bring you Kohl’s Healthy Families, a program supporting families through prevention, screening, diagnosis, and treatment of cancer.

Visit acskohls.org for more information.