The American Cancer Society and Kohl’s have partnered to create the *Kohl’s Healthy Families* program which supports healthy eating and active living to reduce cancer risk. The Healthy Families Guidebook provides tips to help you make small changes that will have a big impact on you and your family.

**Did You Know?**

The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the United States are related to body fatness, physical inactivity, excess alcohol consumption and/or poor nutrition.
Living Smart QUIZ

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. The Living Smart Quiz can help you to identify areas of your health you would like to improve.

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.

YES NO

I eat at least 2½ cups of vegetables and fruits every day.

I eat whole-grain bread, pasta, and cereal instead of refined grain products.

I try to choose foods low in calories and fat.

I rarely eat red meat or processed meat like bacon, hot dogs and sausage.

I take it easy on high-calorie baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts.

I rarely add butter, margarine, oil, sour cream, or mayonnaise to foods when I’m cooking or at the table.

I rarely (less than twice a week) eat fried foods.

I try to stay at a healthy weight.

I get at least 150 minutes (2.5 hours) of moderate or 75 minutes (1 hour, 15 minutes) of vigorous physical activity throughout each week.

I usually take the stairs instead of waiting for an elevator.

I try to spend most of my free time being active, instead of watching television or sitting at the computer.

I never, or only occasionally, drink alcohol.
The American Cancer Society recommends the following for a healthy diet:

**Eat a healthy diet, with an emphasis on plant foods.**
Eating well is an important part of improving your health and reducing your cancer risk. Take a look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family.

- 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.

**Choose foods and drinks in amounts that help you get to and stay at a healthy weight.**

Fat, along with protein and carbohydrates, provides energy to the body in the form of calories. Fat also works to store extra calories, maintain healthy skin and hair, and insulate the body. However, eating too much fat can lead to obesity and raise your risk of heart disease, stroke, diabetes, and some cancers.

Although we need fat in our diet, we should eat fats in moderation and choose them wisely. Some fats are considered “good,” while others are “bad.” Here’s what you need to know:

**The “Good” Fats**

- **Monounsaturated fats:** found in canola, peanut, and olive oils; avocados; nuts such as almonds, hazelnuts, and pecans; and pumpkin or sesame seeds.
- **Polyunsaturated fats:** found in corn, sunflower, flaxseed, and safflower oils; walnuts; seafoods such as salmon, tuna, and mackerel (which contain omega-3 fatty acids).

**The “Bad” Fats**

- **Saturated fats:** found in animal foods, such as meat and dairy products, and in coconut palm and palm kernel oils. Also called solid fats, saturated fats are not believed to be as harmful as trans fats.

- **Trans fats:** found primarily in processed foods that contain partially hydrogenated oils, which are added to foods to improve shelf life, flavor stability, and texture. Trans fats are found in red meats, butter and milk, in small, naturally occurring amounts, but those are not thought to have the same harmful effects as the trans fats in processed food.

Cholesterol is a waxy substance found in all cells of the body. Your doctor can measure your cholesterol level by taking a sample of your blood. The biggest dietary influence on blood cholesterol levels is actually the mix of fats and carbohydrates in your diet. Saturated fats and trans fats both raise levels of bad cholesterol (LDL), and trans fats also lower levels of good cholesterol (HDL).

**The American Heart Association recommends cutting back on trans fats and making saturated fat only 5% to 6% of total daily calories.**

For example, if you eat about 2,000 calories a day, no more than 120 of these calories should come from saturated fat. That’s about 13 grams of saturated fat per day. For some people, high blood cholesterol is simply a case of genetics. For other people, dietary cholesterol has a strong influence on overall blood cholesterol.
Making healthier protein choices

Limit how much processed meat and red meat you eat.

The cancer arm of the World Health Organization has some serious concerns about some of Americans’ favorite foods. The International Agency for Research on Cancer classifies processed meat as a carcinogen, something that causes cancer. It also classifies red meat as a probable carcinogen, something that probably causes cancer.

In 2015, twenty-two experts from 10 countries reviewed more than 800 studies to reach their conclusions. They found that eating 50 grams of processed meat every day increased the risk of colorectal cancer by 18%. That’s the equivalent of about 4 strips of bacon or 1 hot dog. For red meat, there was evidence of increased risk of colorectal, pancreatic, and prostate cancer.

Processed meat includes hot dogs, ham, bacon, sausage, and some deli meats. This refers to meat that has been treated in some way to preserve or flavor it. Processes include salting, curing, fermenting, and smoking.

Red meat includes beef, pork, lamb, and goat.

Protein helps build and repair cells and keeps the immune system healthy. It can help you feel full longer and maintain a more balanced energy level. Protein is found in virtually every part of our body.

Proteins can be meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds. Most Americans get plenty of protein in their diet, but don’t always make the healthiest choices.

Even though we need protein, not all protein-rich foods are healthy for us. Some foods that are high in protein are also high in saturated fat, salt, calories, or other things that aren’t good for us.

Follow these tips for choosing healthy proteins:

- Eat lean or low-fat meat such as turkey and poultry.
- Avoid cooking with butter, shortening, or other solid fat.
- Eat seafood that’s rich in omega-3 fatty acids about twice a week. This includes salmon, mackerel, herring, lake trout, sardines, and albacore tuna.

If you are following a vegetarian diet, an ounce of meat, poultry, or fish is the same as an ounce equivalent of one of the following.

- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon peanut butter
- 1/2 ounce of nuts or seeds
- 2 tablespoons hummus

In the United States, the recommended daily allowance of protein is 46 grams per day for women over 19 years of age, and 56 grams per day for men over 19 years of age.
Eat at least 2½ cups of vegetables and fruits each day.

Eating lots of fruits and vegetables can help reduce your cancer risk. That’s one reason the American Cancer Society recommends eating at least 2½ cups of these foods every day. These foods contain important vitamins and minerals which help the body work as it should — helping cells and organs function, supporting growth and development, and strengthening the immune system.

Below are some ways to ensure that you can eat the recommended amount of vegetables and fruits each day.

**Breakfast**
- Add half of a banana into your cereal
- Pour half a cup of frozen berries into a cup of plain low-fat yogurt or on your oatmeal
- Sprinkle fruit on top of a whole grain waffle
- Add spinach and tomato to your morning omelet
- Slice red, orange, or yellow peppers with a hard-boiled egg

**Lunch or Dinner**
- Try a pita sandwich or wrap loaded with vegetables
- Enjoy a cup of hearty vegetable soup
- Select a side salad with low-fat dressing
- Steam veggies as a quick side dish

**Dessert**
- Dish up a variety of berries
- Savor a frozen treat made from 100% juice
- Cut up some watermelon

**Other tips to help you reach your goal:**
- At each meal, fill at least half your plate with fruits and vegetables
- Layer lettuce, tomatoes, beans, onions, and other vegetables on sandwiches and wraps
- Add tomato sauce and extra vegetables to pastas and vegetable soups
- Challenge yourself to try new vegetables from the produce aisle, frozen foods section, or your local farmer’s market
- Keep dried fruits in your desk drawer and glove compartment (but watch the sugar content)
- Keep a bowl full of fresh veggies and fruits on your kitchen counter for quick snacking
Choose whole grains instead of refined grain products.

The American Cancer Society recommends you choose whole grains instead of refined grain products.

**Whole grains** include the entire grain seed (usually called the “kernel”) which consists of the bran, germ, and endosperm. Whole grains contain dietary fiber and other carbohydrates, protein, vitamins, minerals, and beneficial fats. Whole grains are consumed either as a single food such as brown rice, oatmeal or popcorn. Whole grains can also be found as an ingredient in foods such as breads, cereals, crackers, and pasta.

**Refined grains** have been processed (also called milled) to remove the bran and germ from the grain. This is done to give the grains a finer texture, lighter color, and longer shelf life. However, this processing also removes dietary fiber, iron, vitamins, and other nutrients.

**Enriched grains** have the key nutrients that were lost during processing restored. Examples of enriched grain products include enriched white rice and enriched white bread.

**Improve your intake of whole grains**

- Switch from refined to whole grain versions of common foods such as bread, rice, and pasta. If your family is resistant to change, start by mixing half of your refined pasta with half whole grain pasta.
- Limit refined grains and products made with refined grains such as cakes, chips, cookies, and crackers.
- Look for whole grains in the ingredient list when reading food labels.

**Examples of whole grains are:**

- Barley
- Brown Rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal
- Quinoa
- Rolled Oats
- Whole Wheat
- Whole Rye
- Whole Oats
- Whole Grain Sorghum

Source: FDA
**Fiber**

Many whole grains are good sources of dietary fiber, which we all need. Fiber is a type of carbohydrate the body can’t digest. It’s not broken down into sugar like other carbohydrates, so it passes through the body undigested. Fiber slows the breakdown of starch into glucose, helping to maintain steadier blood sugar levels. This slow breakdown allows you to feel full longer which may help some in controlling their weight.

**There are two types of dietary fiber, and most plants contain some of each kind:**

**Soluble fiber** dissolves in water to form a thick gel-like substance in the stomach. It is broken down in the large intestine and provides some calories.

Foods that contain soluble fiber are: beans, peas, apples, blueberries, oatmeal, nuts, seeds, and lentils.

Soluble fiber interferes with the absorption of dietary fat and can help lower the bad cholesterol (LDL) in the blood. Soluble fiber also slows digestion and can aid in controlling blood sugar.

**Insoluble fiber** does not dissolve in water and passes through the intestines intact and is not a source of calories.

Foods that contain insoluble fiber are: nuts and seeds, legumes, tomatoes, carrots, cucumbers, wheat bran, and whole grain foods.

Insoluble fiber provides “bulk” for stool formation and speeds up movement of food and waste through the digestive system, which can help prevent constipation.

Both soluble and insoluble fiber make you feel full, which may help you eat less and stay satisfied longer. Diets higher in dietary fiber promote intestinal regularity and can reduce the risk of developing cardiovascular disease.

**The Recommended Daily Value (DV) for fiber is 25 grams per day based on a 2,000 calorie diet.**

Your DV may be higher or lower depending on your calorie needs.

When comparing food labels, choose foods with a higher % DV of dietary fiber. The goal is to get 100% of the DV for dietary fiber on most days. Remember that 5% DV or less of dietary fiber per serving is low. 20% DV or more of dietary fiber per serving is high.

Source: FDA

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**Alcohol**

If you drink alcohol, limit your intake.

The American Cancer Society recommends that people who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink per day for women. The recommended limit is lower for women because of their smaller body size and slower breakdown of alcohol.

A drink of alcohol is defined as 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits (hard liquor). In terms of cancer risk, it is the amount of alcohol consumed that is important, not the type of alcoholic drink.

These daily limits do not mean you can drink larger amounts on fewer days of the week since this can lead to health, social, and other problems.

Alcohol is a known cause of cancers of the:

- Mouth
- Throat (pharynx)
- Voice box (larynx)
- Esophagus
- Liver
- Colon and rectum
- Breast

Alcohol may also increase the risk of cancer of the pancreas.
Reading Food Labels

The food label helps you figure out the amounts of nutrients you’re getting and compare one product to another. Reading and understanding food labels is a good step toward healthy eating.

New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a fresh design that will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Explore it today!

What’s New: Servings per container and serving size are now in larger and/or bolder type.

Serving Size

*Serving Size* is based on the amount of food that is eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

Servings Per Container

*Servings Per Container* shows the total number of servings in the entire food package or container.

- One package of food may contain more than one serving. Some containers may also have a label with two columns – one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Consider the Calories

*Calories* refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- As a general rule: **100 calories per serving of an individual food** is considered a moderate amount, and **400 calories or more per serving of an individual food** is considered high in calories.

- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. **2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower** and vary depending on your age, sex, height, weight, and physical activity level.

Source: http://www.fda.gov/educationresourcelibrary

![Nutrition Facts]

To learn more about the new Nutrition Facts label, visit: http://go.usa.gov/xkHru
Use % Daily Value as a Guide

What’s New: The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 years of age and older) and are used to calculate the % Daily Value.

% Daily Value (% DV)
The % Daily Value shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the % DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (check to make sure the serving size is the same).

As a general guide:
5% DV or less of a nutrient per serving is considered low, and 20% DV or more of a nutrient per serving is considered high.

Choose Nutrients Wisely

What’s New: The nutrients that are required on the label have been updated. Added Sugars is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Aim for less than 10% of your total daily calories from added sugars. Vitamin D and potassium are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Use the label to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

• Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat. Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to get less than 100% DV of these nutrients each day. (Note: Trans fat has no % DV. Use the amount of grams for comparison and keep the intake of trans fat as low as possible).

• Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to get 100% DV of these nutrients on most days.

The Ingredient List

Although the ingredient list is not part of the Nutrition Facts label, it is also a helpful tool. The Ingredient List shows each ingredient in a food by its common or usual name. Ingredients are listed in descending order by weight, so the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.
Understanding the Marketing Terms used on Food Labels

The U.S. Food and Drug Administration (FDA) has rules that define the terms food companies can use to describe the nutrients your body takes in from that food. Here’s what the terms used on food packages are really telling you:

**Free**

**How you might see it on a label:** fat-free, sugar-free, calorie-free

**What it means:** This means that a product does not have any of that nutrient, or so little that it’s unlikely to make any difference to your body. For example, “calorie-free” means less than 5 calories per serving. “Sugar-free” and “fat-free” both mean less than 0.5 g (grams) per serving. These nutrients can be described using the term “free:”

- Fat
- Saturated fat
- Cholesterol
- Sodium (salt)
- Calories

**Other terms that may be used:** Without, no, zero and (for fat-free milk) skim.

(Note that this only refers to nutrients in food. The word “free” may be used differently for things people may be allergic to or intolerant of, such as lactose and gluten.)

**Low**

**How you might see it on a label:** low-fat, low-sodium, low-cholesterol, low-calorie

**What it means:** This term can be used on foods that can be eaten often and you still won’t get more than the recommended amount of that nutrient. The nutrients that can be described with this label are:

- Fat
- Saturated fat
- Cholesterol
- Sodium (salt)
- Calories

**Reduced**

**How you might see it on a label:** reduced fat, reduced calorie, reduced sodium

**What it means:** This term is used when a food has been altered to take out at least 25% of a certain component – like fat, salt, or calories. Companies may not use the term “reduced” on a product if the original version already meets the requirement for a “low” claim (see above).

**Light or Lite**

**How you might see it on a label:** light or lite cream cheese

**What it means:** This term can mean lower calories, fat, or sodium: If less than 50% of the calories in the food are from fat, it can mean that a food has been changed so it contains either one-third fewer calories or no more than half the fat of the regular version of this food. If the food gets 50% or more of its calories from fat, then the product must have half the fat of the regular version in order to use “light.”

The term “light” can also be used when the sodium (salt) content of a low-calorie, low-fat food has been reduced by 50%. “Light in sodium” may also be used on food in which the sodium content has been reduced by at least 50% even if it isn’t low-fat or low-calorie. “Lightly salted” means there’s half as much sodium than is normally added to the food. It may not be low enough to qualify as “low sodium.”

The term “light” still can be used to describe such properties as texture and color, as long as the label explains the intent – for example, “light brown sugar” and “light and fluffy.”

**Low-Fat Foods**

A good rule of thumb when you’re reading food labels: For every 100 calories, if the product has 3 grams of fat or less, it’s a low-fat product. This means 30% or less of the calories come from fat. Foods like margarine, mayonnaise, and some salad dressings that get most of their calories from fat must have half or less than half the fat of the regular version of the food to be called “light.” These foods don’t have to meet the 30% cutoff for number of calories from fat to be considered low-fat.
Almost 90% of Americans consume too much sodium. Eating too much sodium is associated with an increased risk of stroke, heart disease, osteoporosis, stomach cancer, and kidney disease. The Food and Drug Administration publishes “Dietary Guidelines for Americans” which recommends limiting daily sodium intake to 2,300 milligrams (one teaspoon). However, the American Heart Association recommends a limit of 1,500 milligrams for the following at-risk individuals:
- People over the age of 50
- People who have elevated blood pressure
- People who have diabetes
- African Americans

About 75% of dietary sodium comes from eating packaged and restaurant foods. Some of the most common sources may surprise you:
- Deli meats
- Canned soups and vegetables
- Condiments
- Breakfast cereals
- Frozen meals
- Bread and tortillas
- Dairy products, especially cheese

Natural sugar can be found in foods that play an important role in a balanced diet. For instance, fruit contains natural sugar but is also a good source of vitamins, minerals, and fiber.

Added sugars are usually found in foods that have no nutritional value, such as sweetened drinks, donuts, cookies, and cakes. Added sugars can lead to unhealthy weight gain, which increases your risk for cancer, diabetes, and heart disease.

Added sugar increases calorie intake without providing any of the nutrients that reduce cancer risk. High sugar intake may indirectly increase cancer risk because it increases the risk of obesity.

The Federal Dietary Guidelines recommend to limit sugar consumption to 10% or less of daily calories OR 12 teaspoons per day for an adult. Here are some 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)

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

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<th>Calories in 12 ounces</th>
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<td>Fruit punch</td>
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<td>100% apple juice</td>
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<td>100% orange juice</td>
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<td>Lemonade</td>
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Source: CDC
It is recommended that individuals drink 64 ounces 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.

**Take the 30-Day Water Challenge**

Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda. Water helps your body by keeping your temperature normal, lubricating and cushioning joints, protecting your spinal cord and other tissues, and getting rid of wastes through urination, perspiration, and bowel movements.

In 2005-2010, U.S. youth drank an average of 15 ounces of water and U.S. adults drank an average of 39 ounces of water on a given day.

Below is a tracker for you and your family to use to evaluate your water consumption.

### 30 Day Water Challenge: 64 OZ PER DAY

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</table>

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, 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.
- 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.

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

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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>To burn the calories in this:</th>
<th>You’d need to walk about:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5-ounce red wine</td>
<td>1 mile</td>
</tr>
<tr>
<td>20-ounce soda</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>1 20-ounce latte with whole milk</td>
<td>3.5 miles</td>
</tr>
<tr>
<td>1 glazed donut</td>
<td>2 miles</td>
</tr>
<tr>
<td>1 cup of vanilla ice cream</td>
<td>2.5 miles</td>
</tr>
<tr>
<td>1 ounce potato chips</td>
<td>1.5 miles</td>
</tr>
<tr>
<td>1 small movie popcorn</td>
<td>5 miles</td>
</tr>
<tr>
<td>2 slices of thin-crust pepperoni pizza</td>
<td>5 miles</td>
</tr>
<tr>
<td>1 extra large cheeseburger with sauce, 1 extra large french fry and 1 extra large soda</td>
<td>15 miles</td>
</tr>
</tbody>
</table>
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.

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

- 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.
- Look for plant-based entrees on the menu, like a veggie plate or a salad with lean protein, like chicken, tofu, or fish on top.
- 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.)
- 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.
- Avoid buffets.
- If you do splurge, cut back on calories the next day and add some more activity to your day.

Portion Distortion

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.
Serve up these delicious and healthy recipes, taken from the American Cancer Society’s *Healthy Eating* cookbook. Visit cancer.org for more recipes.

**Turkey-Mushroom Meatloaf**

**Topping:**
- ⅛ cup ketchup
- 1 Tbsp. light brown sugar
- ½ tsp. dry mustard

**Meatloaf:**
- 1 egg
- 1 cup fresh bread crumbs (from 2 slices firm white sandwich bread, torn into small pieces)
- ½ cup low-fat milk
- 1 Tbsp. canola oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 8 ounces white or cremini mushrooms, finely chopped
- 3 Tbsp. ketchup
- 1 Tbsp. Worcestershire sauce
- 1 to 1-¼ pounds ground turkey breast
- Salt and freshly ground black pepper

- **For the Topping:** In a bowl, combine the ketchup, brown sugar, and mustard. Set aside.
- **For the Meatloaf:** Preheat the oven to 400 degrees. Cut a piece of parchment paper into a 9-by-5-inch rectangle and place on a cooling rack on top of a foil-lined, rimmed baking sheet.
  - In a bowl, beat the egg. Add the bread crumbs and milk. Set aside to soften.
  - Meanwhile, in a large skillet over medium heat, add the oil. Sauté the onion for 5 to 8 minutes, or until softened. Add the garlic and sauté for 1 minute. Add the mushrooms and sauté for 5 to 8 minutes, or until they have softened and released all of their liquid. Set aside to cool briefly.
  - In a bowl, combine the bread crumb mixture, ketchup, and Worcestershire sauce. Add the vegetable mixture and stir to combine. Add the turkey and stir gently to combine. Sprinkle with salt and pepper.
  - Form the turkey mixture into a loaf on top of the parchment and spread with the topping. Bake for 60 to 70 minutes, or until an instant-read thermometer inserted into the meatloaf registers 165 degrees. Let rest for 5 to 10 minutes before slicing.

**Calories per serving:** 310  **Servings:** 4-6

**Chicken Fajitas with Tricolored Peppers**

- Juice of 2 limes
- 2 Tbsp. canola oil, divided use
- 3 garlic cloves, smashed
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. dried oregano
- ½ tsp. salt
- Pinch cayenne pepper
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 1 large onion, sliced
- 1 large red onion, sliced
- 1 red bell pepper, seeded and sliced into strips
- 1 green bell pepper, seeded and sliced into strips
- 1 yellow or orange bell pepper, seeded and sliced into strips
- 8 (5- to 6-inch) whole wheat, flour, or corn tortillas
- 1 avocado, sliced into eighths
- Salsa, sour cream, or shredded cheese, optional

- In a zip-top bag or bowl, combine the lime juice, 1 Tbsp. of the oil, garlic, chili powder, cumin, paprika, oregano, salt, and cayenne pepper. Add the chicken and stir to coat. Refrigerate for 30 minutes or more, turning occasionally if possible.
- Preheat the oven to 350 degrees.
- In a large skillet over medium-high heat, add the remaining 1 Tbsp. of oil. Sauté the onions for 5 to 8 minutes, or until softened. Add the bell peppers and cook for 3 to 5 minutes. Remove the vegetables and set aside. Remove the chicken from the marinade, letting excess drip off, and sauté for 3 to 5 minutes. Reduce the heat to medium-low, return the vegetables to the skillet, and sauté for 1 to 2 minutes, or until the vegetables are heated through.
- Meanwhile, wrap the tortillas in aluminum foil and bake for 10 minutes. (Tortillas can also be wrapped in a damp towel and warmed in the microwave on high for 15 to 30 seconds.)
- Spoon the chicken mixture onto the tortillas and top with sliced avocado.
- Serve with salsa, sour cream or cheese, if desired.

**Calories per serving:** 470  **Servings:** 4
Salmon Bowl with Asian Dipping Sauce

- Prepare the rice according to the package directions.
- Meanwhile, lightly coat a steamer basket with nonstick cooking spray and place the salmon inside. Set the basket in a large saucepan filled with 1 to 2 inches of water (the water shouldn’t reach the steamer). Place over medium-high heat, cover, and cook for 6 to 9 minutes, or until almost cooked through. Add the broccoli to the steamer and cook for 1 minute. Add the snow peas, snap peas, and mushrooms and cook for 1 minute, or until just cooked through.
- In a bowl, combine the soy sauce, vinegar, mirin, and sesame oil and microwave on high for 30 seconds to warm. Add the scallion.
- Divide the rice, salmon, and vegetables between two bowls. Drizzle with the sauce and serve remaining sauce on the side for dipping, if desired.

Calories per serving: 380   Servings: 2

Penne with Broccoli Rabe and White Beans

- Prepare the penne according to the package directions for al dente (just firm). About 2 minutes before the pasta is ready, add the broccoli rabe. Reserve ¼ cup of the pasta water before draining.
- Meanwhile, in a large skillet over medium heat, add the olive oil. Sauté the garlic and red pepper flakes for 1 minute. Add the broth and boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Reduce the heat to medium, add the beans, and cook for 2 to 3 minutes, or until heated through. Add the pasta and broccoli rabe and stir until coated with sauce. Transfer to a bowl. Drizzle with the extra-virgin olive oil (if dry, also add a Tbsp. or so of reserved cooking liquid).
- Top with the cheese and season generously with salt and pepper and additional red pepper flakes, if desired.

Calories per serving: 520   Servings: 4

Easy One-Pot Chicken and Vegetables

- Sprinkle the chicken with salt and pepper.
- In a large skillet over medium-high heat, add 1 Tbsp. of the oil. Cook the chicken for 3 to 4 minutes per side, or until just cooked through and golden brown. Remove the chicken and set aside. Add the remaining 1 Tbsp. of oil, mushrooms, carrots, leeks, celery, garlic, and thyme and sauté for 5 to 8 minutes, or until softened. Add the broth and bring to a boil, stirring to dislodge any bits of food that might have stuck to the bottom of the skillet. Reduce the heat, cover, and simmer for 15 minutes, stirring occasionally. Return the chicken and any accumulated juices to the skillet, cover, and cook for 1 to 2 minutes, or until the chicken is heated through. Remove the thyme sprigs before serving.

Calories per serving: 310   Servings: 4
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.
- **Doing some physical activity** above usual activities, no matter what one’s activity level, can have many health benefits.

**Physical activity may reduce the risk of several types of cancer:**

- Breast
- Colon
- Endometrium (lining of the uterus)
- Prostate (advanced cancers)

The risk of other cancers may be lowered as well, although the evidence is limited.

A physically active lifestyle may also lower a person’s risk of other health problems such as heart disease, high blood pressure, diabetes, and osteoporosis (bone thinning).

Being active may also help to prevent weight gain and obesity, which may in turn reduce the risk of developing cancers that have been linked to excess body weight.

**Types of Activity**

**Usual activities** are those that are done on a regular basis as part of one’s daily routine. These activities include those done at work (such as walking from the parking garage to the office), at home (such as climbing a flight of stairs), and those that are part of daily living (such as dressing and bathing). Usual activities are typically brief and of low intensity.

**Intentional activities** are those that are done in addition to these usual activities. These activities are often planned and done at leisure, as regularly scheduled physical activity or fitness sessions (exercise), such as a bike ride or a run. Other intentional activities may involve adding more purposeful physical activity into the day and making lifestyle choices to add to or replace other routine activities, such as walking to use public transportation or commuting by bicycle instead of driving.

**Usual and intentional activities can also be grouped by intensity:**

- **Light** intensity activities include activities such as housework, shopping, or gardening.
- **Moderate** intensity activities are those that require effort equal to a brisk walk.
- **Vigorous** intensity activities generally use large muscle groups and result in a faster heart rate, deeper and faster breathing, and sweating.
Adults should get at least 150 minutes per week of moderate-intensity activity or 75 minutes per week of vigorous-intensity activity, or an equal combination, in addition to normal activities of daily living.

When combining different types of activity, 1 minute of vigorous activity can take the place of 2 minutes of moderate activity. For example, 150 minutes of moderate activity, 75 minutes of vigorous activity, and a combination of 100 minutes of moderate activity plus 25 minutes of vigorous activity all count as the same amount.

This level of activity has been shown to have clear health benefits, including lowering the risk of dying at an early age and lowering the chance of getting or dying from certain types of cancer. Higher amounts of physical activity may be even better for lowering cancer risk.

It is not clear if daily activity provides the most benefit if done all at once or in smaller blocks of time throughout the day, but it is reasonable to get your activity in separate sessions of at least 20 to 30 minutes each.

For people who are not active or just starting a physical activity program, activity levels below the recommended levels can still help your health, especially your heart. The amount and intensity of activity can then be increased slowly over time. Most children and young adults can safely do moderate and/or vigorous activities without checking with their doctors. But men older than 40 years, women older than 50 years, and people with chronic illnesses or risk factors for heart disease should check with their doctors before starting a vigorous activity program.

Children and teens should be encouraged to be active at moderate to vigorous intensities for at least an hour a day, every day. Activities should be age appropriate, enjoyable, and varied, including sports and fitness activities in school, at home, and in the community. To help reach activity goals, daily physical education programs and activity breaks should be provided for children at school, and “screen time” (TV viewing, playing video games, or social networking on the computer and similar activities) should be limited at home.
### Moderate- and Vigorous-Intensity Activities

<table>
<thead>
<tr>
<th>Exercise and Leisure</th>
<th>Moderate-Intensity Activities</th>
<th>Vigorous-Intensity Activities</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Walking, dancing, leisurely bicycling, ice skating, roller skating, horseback riding, canoeing, yoga</td>
<td>Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming</td>
</tr>
<tr>
<td>Sports</td>
<td>Volleyball, golfing, softball, badminton, doubles tennis, downhill skiing</td>
<td>Soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing</td>
</tr>
<tr>
<td>Home Activities</td>
<td>Mowing the lawn (push mower), general lawn and garden maintenance</td>
<td>Digging, carrying, hauling, masonry, carpentry</td>
</tr>
<tr>
<td>Occupational Activities</td>
<td>Walking and lifting as part of the job (custodial work, farming, auto or machine repair)</td>
<td>Heavy manual labor (forestry, construction work, firefighting)</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.
Fitbits and other electronic activity trackers can be great for making sure you are moving enough throughout the day. 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!

Limit sedentary behavior such as sitting, lying down, watching TV, or other forms of screen-based entertainment.

There is growing evidence that the amount of time spent sitting is important, regardless of your activity level. Sitting time raises the risks of obesity, type 2 diabetes, heart disease, and some types of cancer, as well as of dying at a younger age.

Lifestyle changes and advances in technology have led to people being less active and spending more time sitting each day. This is true both in the workplace and at home, due to increased TV, computer, and other screen time. Limiting the amount of time spent sitting, as suggested in the following table, may help maintain a healthy body weight and reduce the risk of certain cancers.

<table>
<thead>
<tr>
<th>Step in the Right Direction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tips to Reduce Sitting Time</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Here are ways to replace sitting with moving:</td>
</tr>
<tr>
<td>■ Use the stairs instead of the elevator.</td>
</tr>
<tr>
<td>■ Walk or bike to your destination.</td>
</tr>
<tr>
<td>■ Be active at lunch with your co-workers, family, or friends.</td>
</tr>
<tr>
<td>■ Take a 10-minute activity break at work to stretch, or take a quick walk.</td>
</tr>
<tr>
<td>■ Walk to visit a co-worker instead of sending an email message.</td>
</tr>
<tr>
<td>■ Go dancing with your spouse or friends.</td>
</tr>
<tr>
<td>■ Plan active vacations rather than driving trips.</td>
</tr>
<tr>
<td>■ Wear a Fitbit or other electronic tracker every day to see how you can increase your steps.</td>
</tr>
<tr>
<td>■ Join a sports or recreation team.</td>
</tr>
<tr>
<td>■ Use a stationary bicycle or treadmill while watching TV.</td>
</tr>
<tr>
<td>■ Plan your activity routine to gradually increase the days per week and minutes per session.</td>
</tr>
</tbody>
</table>
Achieve and maintain a healthy weight throughout life.

Be as lean as possible throughout life without being underweight.

Being overweight or obese is clearly linked with an increased risk of several types of cancer:
- Breast (among women who have gone through menopause)
- Colon and rectum
- Endometrium (lining of the uterus)
- Esophagus
- Kidney
- Pancreas

Being overweight or obese also likely raises the risk of other cancers:
- Gallbladder
- Liver
- Non-Hodgkins lymphoma
- Multiple myeloma
- Ovarian
- Aggressive forms of prostate cancer

Avoid excessive weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.

About 2 out of 3 Americans are overweight or obese. Many Americans are also less physically active than they should be. Obesity increases the risk of many types of cancer. It also increases the risk of heart disease, stroke, and diabetes.

How does body weight affect cancer risk?

The links between body weight and cancer are complex and not fully understood. Excess body weight may affect cancer risk through a number of mechanisms, some of which might be specific to certain cancer types. Excess body fat might affect:
- Immune system function and inflammation
- Levels of certain hormones, such as insulin and estrogen
- Factors that regulate cell growth, such as insulin-like growth factor-1 (IGF-1)
- Proteins that influence how the body uses certain hormones, such as sex hormone-binding globulin

Does losing weight reduce cancer risk?

Research on how losing weight might lower the risk of developing cancer is limited. Still, there’s growing evidence that weight loss might reduce the risk of breast cancer (after menopause), more aggressive forms of prostate cancer, and possible other cancers, too.

Some body changes that occur as a result of weight loss suggest it may, indeed, reduce cancer risk. For example, overweight or obese people who intentionally lose weight have reduced levels of certain hormones that are related to cancer risk, such as insulin, estrogens, and androgens.

While we still have much to learn about the link between weight loss and cancer risk, people who are overweight or obese should be encouraged and supported if they try to lose weight. Aside from possibly reducing cancer risk, losing weight can have many other health benefits, such as lowering the risk of heart disease and diabetes. Losing even a small amount of weight has health benefits and is a good place to start.

Waist Measurement

Excess abdominal fat is an independent risk factor for disease. Research supports the use of waist circumference to assess the health risks associated with obesity or overweight individuals.

Waist circumference measurements are particularly useful in patients who are not obese. A waist circumference of over 40 inches for men or 35 inches for women indicates a higher risk for diabetes, hypertension, and heart disease because of excess abdominal fat.

Source: National Institute of Health
**Body Mass Index**

### Normal Weight Ranges

A healthy weight depends on a person’s height, so recommendations for a healthy weight are often expressed in terms of body mass index (BMI). BMI is a number that is calculated using your weight and height. In general, the higher the number, the more body fat a person has (although there are exceptions).

BMI is often used as a screening tool to help decide if your weight might be putting you at risk for health problems, such as heart disease, diabetes, and cancer. People should strive to maintain a healthy weight, as seen in the table below.

BMI is used broadly to define different weight groups in adults. The same groups apply to both men and women.

**Underweight:** BMI is less than 18.5  
**Normal weight:** BMI is 18.5 to 24.9  
**Overweight:** BMI is 25 to 29.9  
**Obese:** BMI is 30 or more

Charts and tables, such as the one below, are one easy way to figure out your BMI.

**BMI in children and teens**  
BMI can be calculated the same way for children and teens as it is for adults, but the numbers don’t have the same meaning. This is because the normal amount of fat changes with age in children and teens, and is different between boys and girls. So for kids, BMI levels that define being normal weight or overweight are based on the child’s age and gender.

To account for this, the U.S. Centers for Disease Control and Prevention has developed age- and gender-specific growth charts. These charts are used to translate a BMI number are available at [https://www.cdc.gov/healthyweight/bmi/calculator.html](https://www.cdc.gov/healthyweight/bmi/calculator.html)

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>91 100 110 119 128 137 146 155 164 173 182 191 200 209 218 227 236 245 254</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>94 100 106 111 116 122 127 132 137 143 148 153 158 163 168 173 179 184</td>
</tr>
<tr>
<td>5'</td>
<td>97 102 107 112 118 123 128 133 138 143 148 153 158 163 168 174 180 185</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>100 106 111 116 122 127 132 137 143 148 153 158 164 169 174 180 186 191</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>104 109 115 120 126 131 136 142 147 153 158 164 169 175 180 186 192 197</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>107 113 118 124 130 135 141 146 152 158 163 169 175 180 186 192 198 204</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>110 116 122 128 134 140 145 151 157 163 169 174 180 186 192 198 204 210</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>114 120 126 132 138 144 150 156 162 168 174 180 186 192 198 204 210 216</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>118 124 130 136 142 148 155 161 167 173 179 185 191 197 203 209 215 221</td>
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<tr>
<td>5'7&quot;</td>
<td>121 127 134 140 146 153 159 166 172 178 185 191 198 204 211 217 223 229</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>125 131 138 144 151 158 164 171 177 184 190 197 203 210 216 223 230 236</td>
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<tr>
<td>5'9&quot;</td>
<td>128 135 142 149 155 162 169 176 182 189 196 203 209 216 223 230 236 243</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>132 139 146 153 160 167 174 181 188 195 202 209 216 223 230 237 244 251</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>136 143 150 157 165 172 179 186 193 200 208 215 222 229 236 243 250 257</td>
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<tr>
<td>6'</td>
<td>140 147 154 162 169 177 184 191 199 206 213 221 228 235 242 249 256 264</td>
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<tr>
<td>6'1&quot;</td>
<td>144 151 159 166 174 182 189 197 204 211 219 227 235 242 250 257 265 272</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>148 155 163 171 179 186 194 202 210 218 225 233 241 249 256 264 272 279</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>152 160 168 176 184 192 200 208 216 224 232 240 248 256 264 272 279 287</td>
</tr>
</tbody>
</table>

**Healthy Weight**  
**Overweight**  
**Obese**

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).

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>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 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>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 75-pound child 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>

Numbers are estimated and vary depending on weight, body composition, and level of intensity.
Recommended cancer screening can help save your life. Ask your doctor about the screening plan that is right for you.

## Colon Cancer Screening Recommendations for Men and Women at Average Risk

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>21-29 Years</td>
<td><strong>Colorectal Cancer Testing</strong>*&lt;br&gt;Find out if you are at high risk for colon or rectal cancer. If not, then no test is needed at this time.</td>
</tr>
<tr>
<td>30-39 Years</td>
<td><strong>Colorectal Cancer Testing</strong>*&lt;br&gt;Start testing at age 45. Several types of tests can be used. Talk with a health care provider about which tests are best for you. No matter which test you choose, the most important thing is to get tested.</td>
</tr>
<tr>
<td>40-49 Years</td>
<td><strong>Colorectal Cancer Testing</strong>*&lt;br&gt;If you are in good health, you should continue regular screening through age 75. For people ages 76 and older, talk with your health care provider about whether continuing to get screened is right for you.</td>
</tr>
<tr>
<td>50+ Years</td>
<td><strong>Colorectal Cancer Testing</strong>&lt;br&gt;These tests can help prevent colorectal cancer or find it early when it’s easier to treat. Colorectal cancer can be prevented by finding and removing a polyp before it becomes cancer.</td>
</tr>
</tbody>
</table>

## Lung Cancer Screening Recommendations for Men and Women at High Risk

<table>
<thead>
<tr>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lung Cancer Testing</strong>&lt;br&gt;If you are a current or former smoker ages 55-74 and in fairly good health, you might benefit from screening for lung cancer with a yearly low-dose CT Scan.</td>
</tr>
<tr>
<td><strong>Lung Cancer Testing</strong>&lt;br&gt;People who smoke or used to smoke are at higher risk for lung cancer. Talk to a health care provider about your risk for lung cancer, and the possible benefits, limitations and harms of getting tested for early lung cancer.</td>
</tr>
</tbody>
</table>

* You may need to begin testing for colorectal cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.
Prostate Cancer Testing

Starting at age 45, African American men and men with close family members who had prostate cancer before age 65 should discuss the pros and cons of testing with a health care provider. They should then decide if they want to be tested with a PSA blood test with or without a digital rectal exam.

Levels of prostate-specific antigen (PSA) in the blood may be higher in men with prostate cancer, as well as other conditions. With a digital rectal exam, a health care provider checks the prostate for lumps or abnormal size.

Breast Cancer Testing*

Women ages 40-44 should have the choice to start breast cancer screening with yearly mammograms if they wish to do so. Starting at age 45, get a mammogram every year.

Mammogram

A screening mammogram is an x-ray that is used to help look for signs of breast cancer in women who don’t have any breast symptoms or problems.

*Cervical Cancer Testing

Women ages 30-65 should get a Pap test and an HPV test every 5 years, or get a Pap test every 3 years. Women 66 and older who have had normal Pap tests on a regular basis can stop testing. Women who have had a serious cervical pre-cancer should be tested for at least 20 years after the diagnosis.

Pap Test (Cervical Cancer Testing)

The Pap test checks for cell changes or abnormal cells in the cervix.

HPV Test (Cervical Cancer Testing)

The human papillomavirus (HPV) test checks for the virus and can be done at the same time as the Pap test.

* You may need to begin testing for colorectal cancer or breast cancer earlier or be tested more often if you are more likely than other people to have these cancers. Talk to your doctor about this.

Insurance typically covers prevention and screening services.

Please check to confirm your specific health care benefits. Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

To learn more about other types of cancer visit cancer.org or call 1-800-227-2345.
The best way to reduce your risk of lung cancer is to not smoke and to avoid breathing in other people’s smoke.

 Quitting tobacco is not easy, but it can be done. If you stop smoking before cancer develops, your damaged lung tissue starts to repair itself over time. No matter 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 go to cancer.org for resources to help you quit.

**Keeping Your Kids Tobacco Free**

Research has shown that teens whose parents often talk with them about the dangers of smoking are about half as likely to smoke as those who don’t have these discussions with their parents. This holds true whether or not the parents are smokers themselves.

Here are some tips from the U.S. Centers for Disease Control and Prevention (CDC) for parents to help keep their kids tobacco-free:

- Remember that despite the impact of movies, music, the internet, and peers, parents can be the greatest influence in their kids’ lives.
- Talk with your children about the risks of tobacco use. If loved ones have died from tobacco-related illnesses, let your kids know. Let them know that using tobacco strains the heart, damages the lungs, and can cause a lot of other health problems, including cancer. Also mention what it can do to the way a person looks and smells: smoking makes hair and clothes stink, causes bad breath, and stains teeth and fingernails. Spit and smokeless tobacco can cause bad breath, stained teeth, tooth decay, tooth loss, and bone loss in the jaw.
- Start talking about tobacco use when your children are 5 or 6 years old and continue through their high school years. Many kids start using tobacco by age 11. And many are addicted by age 14.
- Know if your kids’ friends use tobacco. Talk about ways to say “no” to tobacco.
- Talk to your kids about the false glamorization of tobacco in the media, such as ads, movies, and magazines.

The children of parents who smoke are much more likely to smoke themselves. But even if you use tobacco, you can still influence your kids’ decisions. You might even have 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. You can speak to your child firsthand about:

- How you got started and what you thought about it at the time
- How hard it is to quit
- How it has affected your health
- What it costs you, financially and socially

If you can, keep your home smoke-free. Don’t smoke indoors and don’t let anyone else do it either. If you have a car or vehicle, make it smoke-free too.
Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the U.S. each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades.

Although the statistics are sobering, skin cancer actually is one of the most preventable forms of cancer. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps.

The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively.

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
Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, “Slip! Slop! Slap!® and Wrap” is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- 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.
- Wrap on sunglasses to protect the eyes and skin around them.

Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin only if adequate clothing and shade are not available.
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. 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.”
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 your goals for a healthier lifestyle.

### My Goals Chart

<table>
<thead>
<tr>
<th>Short-term Goals</th>
<th>Long-term Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE:</td>
<td>EXAMPLE:</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>
<tr>
<td>1. Goal:</td>
<td>1. Goal:</td>
</tr>
<tr>
<td>Progress:</td>
<td>Progress:</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Goal:</td>
<td>2. Goal:</td>
</tr>
<tr>
<td>Progress:</td>
<td>Progress:</td>
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<td></td>
<td></td>
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<tr>
<td>3. Goal:</td>
<td>3. Goal:</td>
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<tr>
<td>Progress:</td>
<td>Progress:</td>
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<td></td>
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<tr>
<td>4. Goal:</td>
<td>4. Goal:</td>
</tr>
<tr>
<td>Progress:</td>
<td>Progress:</td>
</tr>
</tbody>
</table>
Keeping a Food Journal

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.

If one of your goals is to eat healthier, 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 the template on the next page to become aware of your eating and drinking patterns. Once you are aware of your bad habits, you can start to take steps to make positive changes to a healthier you.
## Journal

<table>
<thead>
<tr>
<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>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
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>Example:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am feeling:</td>
<td>Angry at myself for sleeping 10 minutes later than usual</td>
</tr>
<tr>
<td>I respond to the stress by:</td>
<td>Going straight to the vending machine and getting some chocolate-covered donuts</td>
</tr>
<tr>
<td>I want to respond differently by:</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>

Some quick and easy stress relievers you can do almost anywhere can be remembered as 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.**
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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**Ideas to Reduce Family Stress**

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**Sleep Recommendations**

from the Centers for Disease Control and Prevention

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Hours</th>
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<tbody>
<tr>
<td>Newborns (0-3 months)</td>
<td>14 - 17 hours</td>
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<tr>
<td>Infant (4-12 months)</td>
<td>12 - 16 hours per 24 hours (including naps)</td>
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<td>Toddler (1-2 years)</td>
<td>11 - 14 hours per 24 hours (including naps)</td>
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<tr>
<td>Preschool (3-5 years)</td>
<td>10 - 13 hours per 24 hours (including naps)</td>
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<tr>
<td>School-age (6-12 years)</td>
<td>9 - 12 hours a day</td>
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<tr>
<td>Teens (13-17 years)</td>
<td>8 - 10 hours a day</td>
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<tr>
<td>Adults (18-60 years)</td>
<td>7 or more hours per night</td>
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<td>Adults (61-64 years)</td>
<td>7 - 9 hours</td>
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<tr>
<td>Adults (65+ years)</td>
<td>7 - 8 hours</td>
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Information derived from various sources including Psychology Today, Kidshealth.org and the Centers for Disease Control and Prevention.
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! 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.

A 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.

**Comeback Tips**

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!
- Maintain a positive attitude.
- 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.
- Reflect on the great progress you have made thus far and use it as inspiration to get back on track.

**Reward Yourself**

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:

- A manicure or pedicure
- New clothes or shoes
- A piece of jewelry
- A bubble bath
- Membership to a local gym
- Unwind with a movie
- Schedule a night out with a friend
- Download new workout music
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 may 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>
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| 1. You got some good news and you want to celebrate with a great meal at your favorite restaurant.  
2. You feel like things in your life are getting out of control. | 1. Your new promotion requires a change in your typical work hours.  
2. You haven’t made it to the store in a long time, and you don’t have access to your typical food choices. |
| Others: | Others: |
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<tr>
<th>High-risk Social Situations</th>
<th>Other Risk Situations</th>
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</table>
| 1. You are at a party and want to enjoy the desserts.  
2. Your family is reluctant to eat the low-calorie food you make. | 1. You feel tired or stressed.  
2. You are not sleeping well or are sick. |
| Others: | Others: |
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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 may apply to you. Remember both positive and negative situations can result in a lapse. What other high-risk situations did you find yourself in?
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>
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<table>
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<tr>
<th>I am at risk for decreasing my physical activity level when …</th>
<th>My plan to avoid a lapse is …</th>
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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.
The American Cancer Society and Kohl’s have partnered to create the Kohl’s Healthy Families program which supports healthy eating and active living to reduce cancer risk.

Visit acskohls.org for more information.