



WELLNESS

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GEHA



GOOD NUTRITION AND WEIGHT MANAGEMENT

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If you're struggling with your weight, here are some tips for smart food choices:

- Include fruits, vegetables, whole grains and fat-free or low-fat milk and dairy products.
- Include protein: lean meats, poultry, seafood, dry beans or peas, eggs and nuts.
- Low saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

If “healthy eating” makes you think about the foods you cannot have, try focusing on all the foods you can eat. Variety is the key! Here are several healthy options:

- Fresh, frozen or canned fruits and vegetables. Choose canned fruit that is in water instead of syrup with added sugars. Look for canned vegetables without added salt, butter or cream sauces.
- Try new ways to cook such as grilling or baking instead of frying.
- Comfort foods are okay but eat them less often, including fast food, processed food and desserts. Cut back to once a week or once a month. Eat smaller amounts or try a lower-calorie version.
- Add a slice of lemon, lime, cucumber or watermelon to your water for added flavor.

In addition to eating healthy, there are several other ways to effectively manage weight.

Some of these methods include:

- Stay within your daily calorie needs.
- Enjoy your food but eat less. Don't eat too fast or if your attention is elsewhere.
- Watch your portion sizes. Use smaller plates at home. When dining out select the small size instead of the large size.
- Be physically active. Adults should be active at least 30 minutes or 8,500 steps a day. Youth (6-17 years old) should be active at least 60 minutes or 12,000 steps a day.

Good nutrition and healthy eating habits are essential to managing your weight. Start out small – adopt one change in your eating habits and physical activity each week. Small changes can make a big difference in your health. It's easier than you think.

Explore more at the [Chiefs Wellness Program homepage](#) »