

# Control Your Weight



Being overweight increases your risk for high blood pressure, high blood cholesterol, heart disease, stroke, diabetes, certain types of cancer, arthritis, and breathing problems.

Taking in more calories than you use up is like using a credit card and not paying off the balance. With excess calories, the “interest” is in the form of body fat! The more it collects, the harder it is to pay off. To tip the scales in your favor:

- Take in fewer calories than you use up.
- Expend more energy in activity.
- Eat less and exercise more.

## CONTROL PORTION SIZES



3 oz. meat  
= size of a  
computer  
mouse



1/2 cup rice,  
pasta, etc.  
= size of a  
tennis ball



1 cup cereal  
= size of  
two hands,  
cupped



1 oz.  
cheese =  
size of a  
domino



1 Tbsp. salad  
dressing or  
peanut butter  
= size of one  
thumb

## WAYS TO CONTROL YOUR WEIGHT

- Choose healthy foods for your calories. These include a variety of fruits, vegetables, whole grains, beans, lentils, lean meat, fish, and poultry, and low-fat dairy (or dairy replacement) foods.
- Focus on small amounts of healthy fats found in nuts, seeds, avocado, and plant oils, like olive and canola.
- Limit foods high in empty calories, such as cookies and other sweets, and high-fat processed foods.
- Read food labels to guide your choices.
- Choose water and unsweetened beverages over sweetened ones.
- Limit alcohol.
- Get a personalized plan of how much food you need to eat at **myplate.gov**.
- Eat at regular times and eat slowly.
- Eat when you are truly hungry, not as a response to emotions.

