

## Tip the Scale Toward Better Health

Lately we've been hearing a lot about overweight and obesity in the news. According to a recent report, about two of three people are overweight or obese. Being overweight places people at greater risk for diabetes, high blood pressure, heart disease, joint problems and other health issues.

Advertisements for weight-loss programs, supplements and books promise to make the pounds magically melt away. As tempting as the ads are, don't believe everything you read or hear.

### Calculate Your BMI

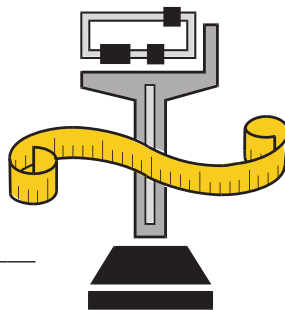
The first step in taking control of your weight and health is finding out where you are. Then set small, doable goals on your way to better health. All you need is a scale and a calculator to determine your body mass index or BMI.

1. Weigh yourself and record here: \_\_\_\_\_ pounds
2. Multiply your weight in pounds by 703.
3. Divide the total by your height in inches.
4. Divide this total by your height in inches (again).  
This number is your BMI.
5. BMI: \_\_\_\_\_ Date: \_\_\_\_\_

#### ■ BMI range

- 18.5 to 24.9 Healthy range
- 25 to 29.9 Overweight
- 30 or more Obese

My Goal \_\_\_\_\_



### Try These Weight Management Tips

These nutrition tips are from the Weight Information Network of the National Institutes of Health.

Mark (X) the ones that will work for you.

- Serve yourself the amount of food that is equal to one serving, according to the Nutrition Facts. Eat it off a plate instead of eating straight out of a large box or bag.
- Avoid eating in front of the TV or while busy with other activities. Pay attention to what you are eating, chew your food well, and fully enjoy the smell and taste of your foods.
- Eat slowly so your brain can get the message that your stomach is full.
- Try using smaller dishes, bowls and glasses. When you fill your plate or glass, you will be eating and drinking less.
- Have seconds of vegetables and salads (watch the toppings) instead of desserts and dishes with heavy sauces.
- Try to eat meals at regular intervals. Skipping meals may lead you to eat larger amounts of food the next time you eat.

Weight management doesn't have to cost a lot of money. Free information about nutrition and fitness is available at [www.win.niddk.nih.gov/](http://www.win.niddk.nih.gov/) and [www.mypyramid.gov](http://www.mypyramid.gov) and from your local Extension office.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Try something different with the fresh vegetables of summer. Prepare gazpacho, pronounced *guh-spah-choh*. You can adjust the spiciness by adding more or less pepper sauce, cayenne and/or black pepper.

# Gazpacho (Chilled Tomato Soup)

- 4 c. tomato juice
- ½ medium onion, peeled and coarsely chopped
- 1 small cucumber, peeled, pared, seeded and coarsely chopped
- ½ tsp. Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- ⅛ tsp. cayenne pepper
- ¼ tsp. black pepper
- 2 Tbsp. olive oil
- 1 large tomato, finely diced
- 2 Tbsp. minced chives (optional)
- 1 lemon, cut in six wedges (optional)



1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives and lemon wedges in a blender or food processor. Puree.
2. Slowly add the remaining 2 cups of tomato juice to pureed mixture. Add chopped tomato and chill until serving time.
3. Serve ice cold in bowls. Sprinkle with chopped chives and garnish with lemon wedges.

*Makes six servings. Each serving has 90 calories, 5 grams (g) fat, 11 g carbohydrate, 2 g protein and 440 milligrams sodium.*



## JUST FOR FUN!

Why don't chickens play sports?  
Because they hit fowl balls.

I'm trying to manage my weight, but I have such a hard time with serving sizes. Do you have any ways I can estimate my portions when I am not around measuring cups or scales?

**Consider these visual ways to size up a serving:**

- 1 cup of cereal = a fist
- ½ cup of cooked rice, pasta or potato = ½ baseball
- 1 medium fruit = a baseball
- ½ cup of fresh fruit = ½ baseball
- ½ cup of ice cream = ½ baseball
- 2 tablespoons of peanut butter = a ping-pong ball
- 3 ounces of meat = a deck of cards

Whenever I go out to eat, I'm offered extra-large portions of fries or pop for just a little extra money. Is this a good value?


Think about your health as well as your wallet. Resist the "super-size" deals because the extra fries and pop add calories that can promote weight gain. If you are very thirsty, order a large ice water instead of a soda pop. Water usually is free with your meal, and it's naturally calorie-free.

According to some research, people who eat out more often tend to have more body fat than those who eat out less. Most of the time, you can save money and prepare healthier meals at home.

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**McKenzie and Williams Counties Family Nutrition Program**

*Please call for more information on nutrition, food purchasing or food safety.*



**FAMILY NUTRITION PROGRAM**

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