



AUBURN PHARMACY

Nutrition Facts

Healthy Habits for a Healthier You

Did you know?

- Approximately 35% of Americans are obese
- Obesity can cause many complications including heart disease, stroke, type 2 diabetes and certain types of cancer
- The medical costs for obese individuals are approximately \$1,429 higher than those of normal weight
- Staying at a healthy weight contributes to good health now and as you age

Common prescription medications that can cause weight gain:

- Steroids such as prednisone
- Oral contraceptives
- Antidepressants
- Mood stabilizing drugs
- Drugs used to treat diabetes

Building a better plate:

- Fill half your plate with fruits and vegetables
- Eat whole grain products
- Switch to fat-free or low-fat (1%) milk
- Eat smaller portions
- Limit the amount of saturated fat, trans fat, cholesterol and sodium
- Use the following picture as a guide to help build a healthier plate

Exercise:

- Pick activities that you like to do and start by doing 10 minutes at a time
- Remember every minute adds up, and the health benefits will increase as you spend more time being physically active!
- The American Heart Association recommends 150 minutes of exercise per week or 30 minutes 5 days per week

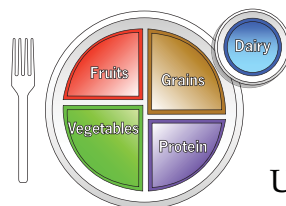
Avoid the following:

- Fad diets that promise quick results. These can be unhealthy, and tend to fail in the long run
- Limiting your nutritional intake too strictly. Your body needs calories to function properly, so it's important to not place such restrictions on your caloric intake.
- Foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.



Tips for success:

- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses
- Make small changes over a period of time to develop a healthy food plan that you can continue.
- Remember: individuals who lose weight gradually and steadily (about 1 to 2 lbs/week) are more successful at keeping weight off!



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"Caring for the health of you and your community"

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