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SP622-Tennessee Shapes Up - A Guide to Help You Lose Weight and Keep It Off

The University of Tennessee Agricultural Extension Service

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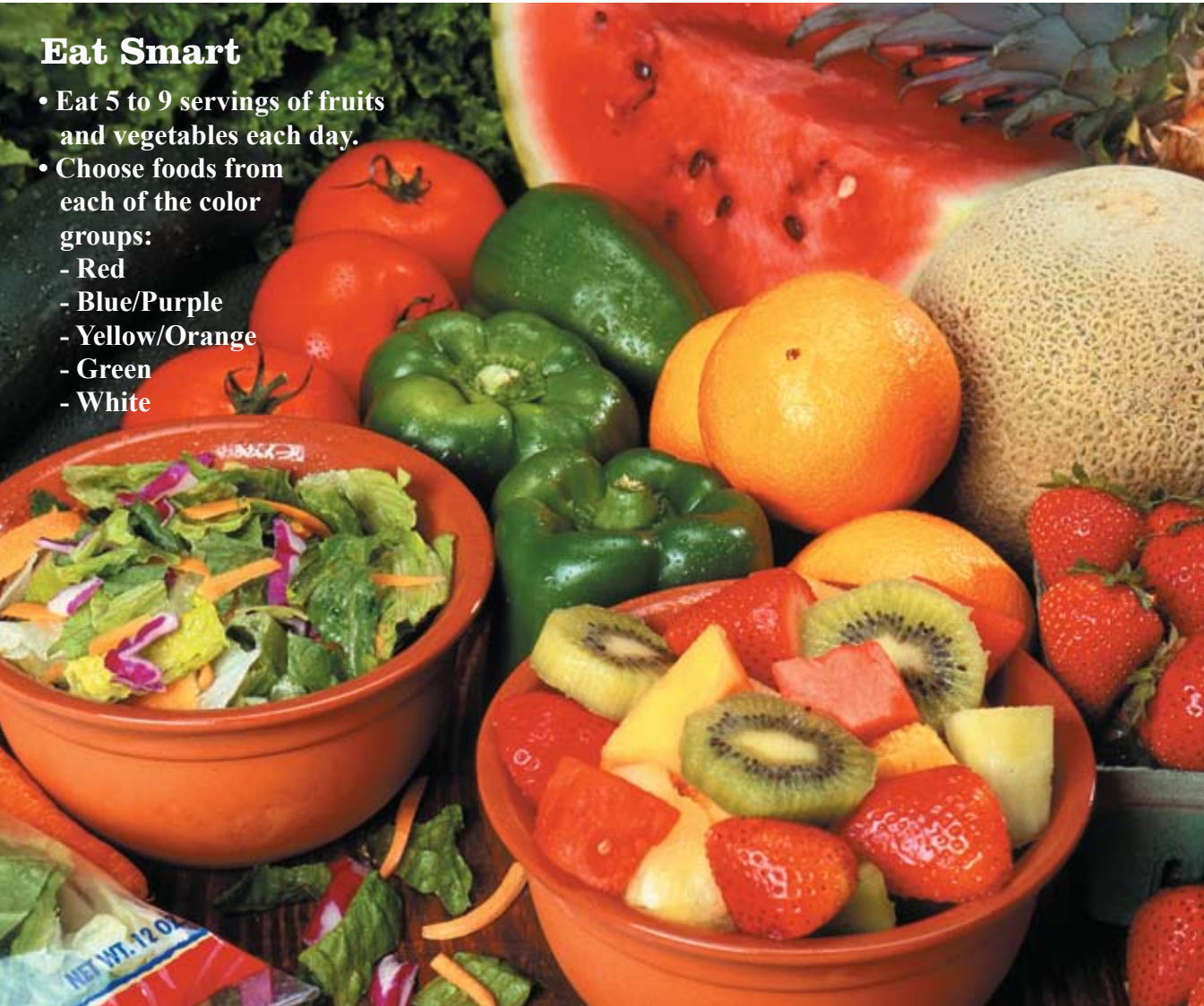
UT Extension

SP622

TENNESSEE Shapes UP

A guide to help you lose weight and keep it off.

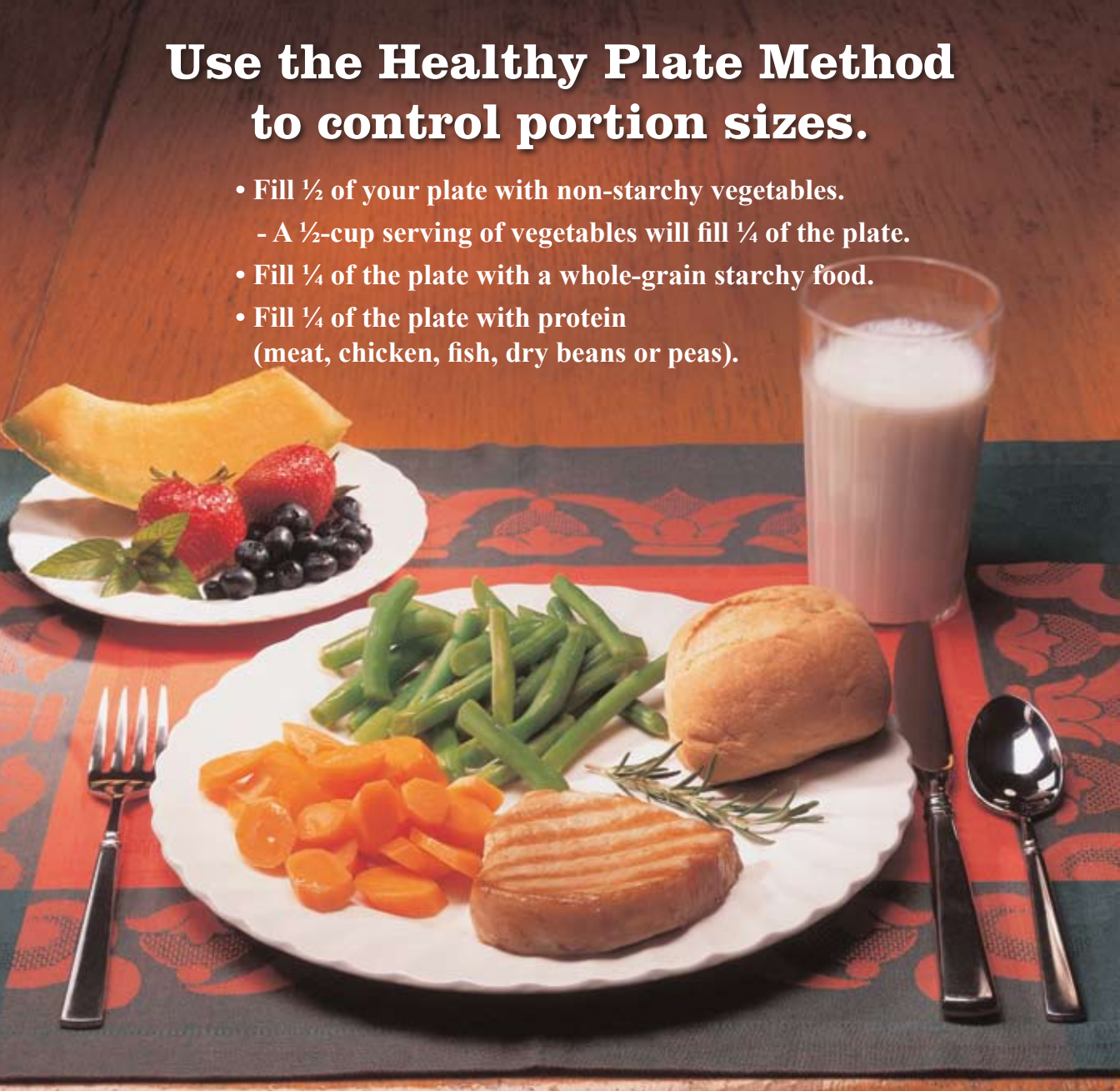


Eat Smart

- Eat 5 to 9 servings of fruits and vegetables each day.
- Choose foods from each of the color groups:
  - Red
  - Blue/Purple
  - Yellow/Orange
  - Green
  - White

Use the Healthy Plate Method to control portion sizes.

- Fill ½ of your plate with non-starchy vegetables.
  - A ½-cup serving of vegetables will fill ¼ of the plate.
- Fill ¼ of the plate with a whole-grain starchy food.
- Fill ¼ of the plate with protein (meat, chicken, fish, dry beans or peas).



Choose a colorful fruit for dessert.

Drink low-fat or fat-free milk.

Start the day with a good breakfast.

Eat regular, structured meals.

Drink water or unsweetened beverages instead of sugar-sweetened beverages.

MOVE MORE
Make physical activity a routine part of each day.

- Take the stairs instead of the elevator.
- Park your car in a spot that makes you walk farther.
- Park the car and walk inside instead of using the drive-though window.
- Walk around the yard or office throughout the day.
- Walk around when talking on the phone.
- Have a daily walk with a friend or your dog.
- Just walk whenever you can.

Add steps to your day. *One mile equals about 2000-2500 steps.*

- Strive for 10,000 steps per day.
- Join a walking program such as Walk Across Tennessee, or another UT Extension physical activity program. Consider Tai Chi, Master Your Body or the Arthritis Foundation Exercise Program.
- Find out about public facilities for physical activity and use them. (Tennis courts, swimming pools, public parks, nature centers, walking trails, gyms, community centers, recreation centers)
- Keep your children active and moving.
  - Plan fun activities that will keep your children physically active.
  - Keep television sets in common areas of the home; avoid having them in children's rooms.

TUNE IN to people around you.

Be sure respect is shown to everyone.

- **Do not allow criticizing, bullying, name-calling or shaming, especially about weight or size.**
- **Help everyone accept a realistic body image.**

Make mealtime a pleasant experience for everyone.

Let family members help in planning and preparing food.

Keep mealtime conversation pleasant.

TUNE IN to your body.

Do you catch yourself nibling because you are bored, stressed, frustrated, unhappy, etc.? This is called emotional eating.

Become sensitive to when, what and why you eat throughout the day.

Try to eat based on physical hunger – not emotional cues.

Emotional Eating	*Physical Hunger*
Sudden. You want to eat now.	**Gradual.** Stomach growls.
Craving. You want a specific food. but will accept other foods.	**Accepting.** May have a preference
Absent-minded. May eat without being aware of what you are eating.	**Intentional.** Are aware of what you are eating.
Urgent.	**Patient.**
Doesn't notice when full.	**Responds to feelings of fullness.**
May be linked to upsetting situation.	**Linked to time (4 to 5 hours) from last meal.**
Induces guilt.	**Does not induce guilt.**

For more information, contact the ***Tennessee Shapes Up*** team:
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Visit the UT Family and Consumer Science Web site at:
http://fcs.tennessee.edu

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