



U.S. Public Health Service

Nursing TIP of the Month June 2017

Healthy Eating and Weight Management



Healthy Eating and Weight Management Practices

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you'll be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!

Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks. You can track your progress through [PALA+](#).

- **Make half your plate fruits and vegetables:** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.
- **Make half the grains you eat whole grains:** An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," quinoa, or "wild rice."
- **Switch to fat-free or low-fat (1%) milk:** Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- **Choose a variety of lean protein foods:** Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.
- **Compare sodium in foods:** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
- **Drink water instead of sugary drinks:** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.
- **Eat some seafood:** Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.
- **Cut back on solid fats:** Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream.

Source: <https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>

To assist with your weight management program, the U.S. Public Health Service Commissioned Corps Registered Dietitian Nutritionists posted an online weight management program consisting of six modules designed for anyone seeking general information and guidance on obtaining and maintaining a healthy body weight. Each module is self-paced and builds on the previous session. The NPAC in support of the Dietitian PAC and invites you to be a part of this innovative program.

The following are the six modules:

- Understand how being at a healthy body weight relates to your health and fitness
- Set an appropriate weight loss goal
- Learn ways to change your eating habits and physical activity so that you may achieve weight loss, maintain a healthy weight, and improve your health
- Learn how to find reputable resources to assist you with your weight loss or weight maintenance efforts

Access the Weight Management Modules at the Dietitian Professional Advisory Committee Wellness Subcommittee webpage:

https://dcp.psc.gov/osg/Dietitian/fit_for_life.aspx.

For questions, please contact the Dietitian PAC Wellness Subcommittee Chair. Contact information is located at:

<https://dcp.psc.gov/osg/Dietitian/wellness.aspx>.

Provided by: Dietitian PAC Wellness Subcommittee

Point of contact: CAPT Casey Hadsall, CDR Jonathan Paulsel, and LCDR Anastasia Hansen for the N-PAC Career Development Subcommittee.