

# Nutrition Fact Sheet

## Nutrition Facts

Fact: Most Americans are overweight. Americans tend to be overweight because we lead busy lives. Busy lives lead to more time spent in cars and less time spent at home. This leads to eating out and unhealthy snacking and less time spent performing physical activity.

Fact: Gaining, losing or maintaining weight is a balancing act between calories in versus calories out. If one desires to lose weight they need to take in fewer calories than they expend. If one desires to maintain weight they need to have an equal amount of calories in versus calories out. If you take in more calories than you expend, you will GAIN weight.

Fact: Being overweight has severe health risks. Individuals who are overweight or obese are at risk to develop type 2 diabetes, high cholesterol and triglycerides, coronary artery disease (CAD), high blood pressure, stroke, and sleep apnea.

## Nutrition Tips

Tip: Drink more water. Adults should drink eight 8 ounce glasses of water a day. Drinking water before a meal can help you feel full and you will consume less food during your meal.

Tip: Prepare meals in advance. Prep work for meals such as cutting up ingredients and organizing ingredients can be done in advance decreasing time it takes for the meal to be put together on the day of. You can also make dishes like spaghetti, lasagna, and soups over the weekend and they can simply be reheated on the day they are consumed. Preparing meals in advance will decrease your desire to eat out when you are busy because you have something already prepared at home.

Tip: Keep healthy snacks (granola bars, whole grain crackers, etc.) in your purse/backpack or car so that if you become hungry, you can have a small healthy snack that can hold you over until you get home and can prepare a healthy meal. This can decrease your urge to stop and grab fast food... and it saves money!

Tip: Increase your physical activity. Children should be active (exercising) 60 minutes every day and adults should be getting 30 minutes of cardiovascular exercise (walking/jogging/bike riding) 5 days a week and performing strength training 2 days a week. For individuals who are not used to exercising for 30-60 minutes a day, starting off in 10 minute intervals can help. Go for a short 10 minute walk 2-3 times a day.



Want more information on nutrition?

Try visiting these websites:

<http://www.cdc.gov/>

[www.mypyramid.gov](http://www.mypyramid.gov)

254 River Vista Place, Twin Falls, ID 83301

208.734.7333 • 208.734.8350 (fax)

[www.primarytherapysource.com](http://www.primarytherapysource.com)



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