

For children and teens, their BMI needs to be plotted on a growth chart to determine whether the weight is in the healthy range. You can check with your health care provider for the healthy BMI for your children.

For example, a woman who is 5'5" and weighs 132 pounds has a BMI of 22 (healthy weight). If she weighs 162 pounds, she would have a BMI of 27 (overweight). If she weighs 186 pounds, she would have a BMI of 31 (obese). To find out more about BMI and how to calculate your own number, try NHLBI's calculator at www.nhlbiupport.com/bmi/bmicalc.htm.

Weight Status	BMI
Obese	30.0 and above
Overweight	25-29.9
Normal, or healthy, weight	18.5-24.9

People have different ideas about what a "healthy" weight is. The ratio of weight to height (known as the body mass index, BMI) is used to define normal (healthy) weight, overweight and obesity. For adults, BMI falls into the following categories:

What is a "Healthy Weight?"

According to the National Health and Nutrition Examination Surveys (2003-2004), approximately 66 percent of adults are overweight or obese with 72 million adult Americans considered obese. Children have become heavier as well. The percentage of children and teens that are overweight has more than doubled in the past 30 years. One in six children ages 2 to 19 is overweight. In adults, overweight and obesity increase the risk for heart disease, type 2 diabetes, high blood pressure, certain cancers, and other chronic conditions. Research has shown that overweight children are at higher risk of being overweight or obese as adults.

Why Should We Care About Our Weight?

Eat Right! Get Fit! Get Healthy!

A Balanced Approach for Families

吃得有營, 活得更型!
全家邁向健康



- Limit juice consumption to 8-12 ounces a day for children over 7 years old (American Academy of Pediatrics).
- Choose water, low-fat or fat-free milk, or ice tea with no sugar added.

Choose beverages carefully

- Buy snack foods in smaller sizes.
- Ask for a doggie bag before you finish.
- Don't super-size!
- Eat slowly.
- Stop eating when you begin to feel full.
- Use smaller bowls to reduce your portion.

Watch portion size

- Choose foods that are low in fat and sugar.
- Refer to the "GO, SLOW and WHOA Foods" chart on the inside page.
- Increase your fruit & vegetable intake.
- Read food labels when shopping.

Choose food wisely

Tips for Energy IN

The same amount of Energy IN and Energy OUT over time = weight stays the same
More IN than OUT over time = weight gain
More OUT than IN over time = weight loss

In order to take control of your weight, you need to understand energy balance. Energy is another word for calories. Energy IN means calories coming in the body through foods or drinks. Energy OUT means the calories used by the body to maintain basic functions and perform daily activities.

Energy Balance

For more information, please visit the following websites:

- <http://wecan.nhlbi.nih.gov>
- <http://nhlbi.nih.gov>
- <http://www.cachampionsforchange.org>
- <http://www.cdc.gov>
- <http://www.fruitsandveggiesmatter.gov/>
- <http://www.healthierus.gov/dietaryguidelines>
- <http://www.kidnetic.com>
- <http://www.mypyramid.gov>
- <http://www.smallstep.gov>

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For more information about the "Eat Right! Get Fit! Get Healthy!" project, please call (415) 364-7902.



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English Version

Children and youth:

- At least 60 minutes per day.
- 90 minutes per day to sustain weight loss in adulthood.
- 60 minutes per day to prevent weight gain of chronic diseases.
- 30 minutes or more per day to lower the risk of chronic diseases.

Adults:

Recommendations for Physical Activity

- Builds and maintains healthy bones, muscles and joints.
- Helps to lower the risk of overweight in children and adults.
- Reduces anxiety, depression and stress.
- Enhances energy and vitality.
- Lowers the risk of developing high blood pressure, heart disease, stroke, type 2 diabetes and cancer.
- Builds and maintains healthy bones, muscles and joints.
- Helps to lower the risk of overweight in children and adults.
- Reduces anxiety, depression and stress.
- Enhances energy and vitality.

Benefits of Physical Activity

- Go on a family bike ride or hike.
- Walk your children to school.
- Take a family walk after dinner instead of watching TV.
- Do yard work or household chores that include physical activity, such as emptying the garbage, mopping or vacuuming the floors, washing the car, and mowing the lawn.
- Get off the bus a stop early and walk.
- Take the stairs instead of the escalator.

Tips for Energy OUT

Decrease Screen Time

Health experts recommend no more than 2 hours of screen time per day aside from your regular work. Screen time includes the use of television (TV), video games, video/DVD or computers.

Tips for Decreasing Screen Time

- Talk to your family about screen time use.
- Set rules at home about the amount of screen time allowed.
- Serve as a role model by limiting screen time use.
- Don't use screen time as a reward or punishment.
- Turn off the TV at mealtimes.
- Offer other choices for children to use their spare time, such as going to the park or learning a hobby.
- Turn off Saturday morning cartoons and take your child roller-blading or to the zoo.
- Play with a ball instead of a video game.
- Take the TV out of your child's bedroom.

My "Eat Right! Get Fit!" Plan

After reading the brochure, I plan to do the following:

- Choose food wisely
 - Eat more fruits and vegetables.
 - Read food labels.
 - Choose more GO foods and limit WHOA foods.
- Watch portion size.
- Choose low fat and/or low sugar beverages.
- Use the "GO, SLOW, WHOA" food chart when I shop.
- I will be more physically active by doing the following:





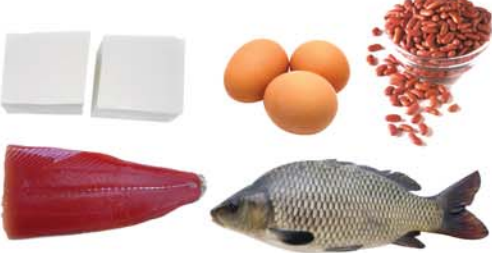



- I will decrease screen time by doing the following:





Eat Right! Get Fit! Food Guide

An eating plan that can help you and your family maintain a healthy weight is one that gives everyone the nutrients they need while keeping calories under control. One way to put this plan into action is to think about food choices in terms of GO, SLOW, and WHOA foods.

FOOD GROUP	GO <i>(Almost Anytime Foods)</i>	SLOW <i>(Sometimes Foods)</i>	WHOA <i>(Once in a While or Special Occasions Foods)</i>
Nutrient-Dense ←————→ Calorie-Dense			
Vegetables 	Almost all fresh, frozen, and canned vegetables without added fat and sauces, dried Chinese mushrooms, black fungus, dried lily bud, white fungus, potato, yam, taro, corn	All vegetables with added fat and sauce; oven-baked French fries	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits 	All fresh, frozen, canned (in juice)	100 percent fruit juice; fruits canned in light syrup; dried fruits, avocado	Fruits canned in heavy syrup, coconut, coconut milk, fruit drink
Breads and Cereals 	Whole-grain breads, pita bread, tortillas, and whole-grain pasta; brown rice; unsweetened whole-grain breakfast cereals, oatmeal, steamed whole-wheat bun; buckwheat, whole-wheat noodles, cellophane noodle, whole-grain crackers	White refined flour bread, rice and pasta; taco shells; cornbread; biscuits; granola; steamed bun; thick rice noodles, rice noodle roll, baked raisin bread, baked instant noodles, soda crackers	Croissants; muffins; doughnuts; sweet rolls; French toast; waffles and pancakes, crackers made with trans fats; sweetened breakfast cereals, instant oatmeal, fried dough, onion pancake, cocktail bun, pineapple bun, BBQ pork bun, instant noodles, pre-fried noodles
Milk and Milk Products 	Fat-Free or 1 percent reduced-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low fat or fat free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; whole-milk yogurt; full-fat cheese, like American, cheddar, Colby, Swiss, cream cheese
Meats, Poultry, Fish, Eggs, Beans, and Nuts 	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, lentils, tofu; egg whites and egg substitutes, lean ham, loin, round, beef tripe, fresh and frozen unfried bean sheet	Lean ground beef, broiled hamburgers; ham, Canadian bacon; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat, chicken drumstick, chicken breast with skin	Untrimmed beef and pork; regular ground beef; fried hamburgers; spareribs; bacon; fried chicken, chicken nuggets, chicken wings; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat, bologna, salami, canned meat, corn beef, pig feet, animal internal organs
Sweets and Snacks 	Edamame, water chestnut, jicama, carrot sticks, celery sticks	Sponge cake, unsweetened soft tofu pudding, fruit flavored gelatin, haw flakes, fortune cookies, ice milk bars; frozen fruit juice bars; low-fat frozen yogurt and ice-cream; fig bars, ginger snaps; baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn, shrimp chips, beef jerky, egg tart
Fats / Condiments 	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream, garlic, ginger, green onion, shallot, lotus leaf, 5-spices powder, galangal powder, lemon grass	Low-Fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream, vegetable oil, corn oil, canola oil, olive oil, and oil-based salad dressing	Butter, margarine; lard; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages 	Water, fat-free milk, or 1 percent reduced-fat milk; diet; diet iced teas and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice, sweetened drinks



要鑑定兒童和青少年的體重是否在健康的範圍內，就需要將身高體重質量指數放在生長圖表 (growth chart) 上作參考。你可以向醫生查詢關於你孩子的健康身高體重質量指數。

例如，以一位5尺5吋、體重為132磅的成年女士來說，她的身高體重質量指數是22 (屬於健康體重)。如果體重是162磅，她的身高體重質量指數會升至27 (屬於超重)。如果體重是186磅，她的身高體重質量指數就會達到31 (屬於肥胖)。要了解更多有關身高體重質量指數和怎樣計算你的指數，可試用NHLBI的計算機 www.nhlbihsupport.com/bmi/bmicalc.htm。

體重狀況	身高體重質量指數
正常，或健康，體重	18.5-24.9
超重	25-29.9
肥胖	30.0或以上

人們對於「健康體重」常常有不同的概念。體重和身高的比例 (亦被稱為身高體重質量指數，BMI) 是用來鑑定的正常 (健康) 體重、超重和肥胖的程式。對成年人來說，身高體重質量指數分為以下的組別：

根據美國健康與營養調查 (2003-2004)，大約66%的成年人屬超重或肥胖，而其中屬肥胖的美國成年人為7千2百萬。兒童亦有體重超重的問題。超重的兒童和青少年的百分比在過去的30年內增加超過一倍。在2至19歲的兒童之中，每6個就有1個屬於超重。對成年人來說，超重與肥胖會增加患心臟病、第二型糖尿病、高血壓、某些癌症和其他慢性疾病的危機。據研究顯示，超重的兒童會成為超重或肥胖的成年人。

我們為何要關注我們的體重?

**Eat Right! Get Fit!
Get Healthy!**

A Balanced Approach for Families

吃得有營，活得更型!

全家邁向健康



熱量吸取的心得

長時間的熱量吸收相等於熱量消耗 = 體重維持不變
長時間的熱量吸收比熱量消耗多 = 體重增加
長時間的熱量吸收比熱量消耗少 = 體重減輕

若你想要控制你的體重，就需要明白「熱量均衡」這個概念。熱量又稱為卡路里。「熱量吸取」代表身體從食物和飲料中所取得的卡路里。「熱量消耗」代表身體用作維持基本功能和日常活動所消耗的卡路里。

熱量均衡

體力活動的益處

- 減低高血壓、心臟病、中風、第二型糖尿病、和某些癌症的患病危機。
- 強健骨骼、肌肉及關節。
- 幫助減低兒童和成人身體過重的可能性。
- 減輕精神緊張、抑鬱感和壓力。
- 能使精力充沛。

體力活動量建議

- 成年人：
 - 每天30分鐘或以上來減少慢性疾病的。
 - 每天60分鐘以防成人增加體重。
 - 每天90分鐘以保持已減輕的體重。
- 兒童和青少年：
 - 每天最少60分鐘。

熱量消耗的心得

- 與家人一起騎腳踏車或遠足。
- 與孩子走路去學校。
- 晚餐後，與家人一起出外散步，以代替看電視。
- 整理園子，或做些需用體力的家務，例如：倒垃圾、清洗地板、吸塵、洗車及剪草。
- 提早一個公車站下車，步行至目的地。
- 走樓梯代替乘電梯。

減少螢光幕時間

健康專家建議，每天在日常工作範圍以外使用的螢光幕時間不應超過2小時。螢光幕時間包括看電視、影碟、錄影帶、玩電子遊戲，或使用電腦的時間。

減少螢光幕時間的心得

- 與你的家人談談關於螢光幕的使用時間。
- 定下在家中用螢光幕的規矩。
- 家長要以身作則，規限自己的螢光幕使用量。
- 別用螢光幕時間來獎賞或懲罰孩子。
- 用餐的時候，關掉電視。
- 提供其他選擇讓孩子消遣時間：如去公園，或培養一個新嗜好。
- 關掉週六早上的卡通節目，帶你的孩子玩滾軸溜冰或去動物園。
- 玩球代替電子遊戲。
- 把電視搬離孩子的睡房。

欲取得更多資料，請瀏覽以下網站：

- <http://wecan.nhlbi.nih.gov>
- <http://nhlbi.nih.gov>
- <http://www.cachampionsforchange.org>
- <http://www.cdc.gov>
- <http://www.fruitsandveggiesmatter.gov/>
- <http://www.healthierus.gov/dietaryguidelines>
- <http://www.kidnetic.com>
- <http://www.mypyramid.gov>
- <http://www.smallstep.gov>

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「吃得有營，活得更型！—全家邁向健康」冊子取材於我們做得到！™的父母手冊「We Can! Families Finding the Balance: A Parent Handbook」。我們做得到！™是一個由美國國家健康衛生學院、美國衛生人文服務部門發起的國內教育計劃。反映文化的資料被採用在適當的部份中。

部份的印刷費用由美國農業部糧食券計劃透過加州公共衛生署的健康加州網絡及華埠公共衛生局，三藩市公共衛生署提供。這些機構給予申請與求職人士同等機會。糧食券計劃為低收入人士提供營養支援，助您購買營養食物，改善飲食方式。請致電(415) 558-4186聯絡三藩市糧食券計劃。請致電 1-888-328-3483聯絡加州糧食券計劃。若需跟健康加州網絡—華人計劃聯絡，請致電 (415) 364-7915。

「吃得有營，活得更型！」計劃的資料，請致電 (415) 364-7902。



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中文版
Chinese Version





吃得有營，活得更型！飲食計劃表

一個能幫助全家維持健康體重的飲食計劃，能使家人得到足夠的營養，而不會吸取額外的熱量。實踐這計劃的其中一個方法就是在選擇食物的時候注意「放心吃」、「少吃」、及「盡少吃」的食物 (GO, SLOW, and WHOA)。

食物類別	GO (放心吃) 食物 - 隨時可吃的食物	SLOW (少吃) 食物 - 偶然可吃，最多每週數次的食物	WHOA (盡少吃) 食物 - 只是非常偶然進食或於特別場合才吃的食物
高營養密度 ←—————→ 高熱量密度			
蔬菜 	大部份無醬汁、無加油的新鮮、冷藏或罐頭蔬菜、冬菇、木耳、金針、雪耳、馬鈴薯、芋頭、紫薯、玉米	所有附加油或醬汁的蔬菜、焗薯條	油炸或煎炒馬鈴薯或蔬菜
水果 	所有新鮮、冷藏或原汁的罐頭水果	100%純果汁、少糖漿的罐頭水果、乾果、牛油果	多糖漿的罐頭水果、椰子、椰奶、水果味的飲料
麵包和五穀片 	全穀類麵包、pita bread、墨西哥薄餅〔tortillas〕及全穀類意大利粉、糙米、無加糖的全穀早餐五穀片、麥片、蒸全麥饅頭、燕麥和全麥麵條、粉絲、全穀類餅乾	白麵包、白米飯及意大利粉、taco shells、玉米飽、biscuits、granola、蒸饅頭、河粉、豬腸粉、焗葡萄乾包、焗即食麵、梳打餅	牛角飽、鬆餅〔muffins〕、沙翁、甜飽、法國多士、窩夫餅、煎薄餅、含反式脂肪餅食、加糖早餐五穀片、即溶麥片、油條、蔥油餅、雞尾包、菠蘿包、叉燒包、即食麵、伊麵
奶類和奶製品 	脫脂或1%低脂奶、脫脂或低脂酸乳酪、低脂或脫脂芝士，低脂或脫脂Cottage芝士	2%低脂奶、加工芝士醬	全脂奶、全脂酸乳酪、全脂芝士，如：American, cheddar, Colby, Swiss, cream cheese
肉類，家禽類，魚類，蛋，豆類和堅果類 	切除脂肪的牛和豬、特瘦碎牛肉、去皮雞及火雞肉、水浸的罐頭吞拿魚，焗、烤、蒸或燒的魚類和海鮮、豆類、馬荳、豆腐、蛋白和雞蛋代製品、瘦火腿肉、肉眼、腿肉、牛柏葉、新鮮及冷藏腐皮	碎瘦牛肉、烤漢堡肉、火腿、加拿大火腿、低脂熱狗腸、油浸罐頭吞拿魚、花生醬、堅果、無用油煮的雞蛋、雞腿、帶皮雞胸肉	帶皮及脂肪的牛肉豬肉、碎牛肉、炸漢堡肉、排骨、煙肉、炸雞、炸雞塊、雞翼、熱狗腸、午餐肉、意大利辣味腸、香腸、炸魚及海鮮、用油煮的雞蛋、燻製粗香腸、意大利蒜味腸、罐頭肉、鹹牛肉、豬腳、動物內臟
甜品和零食 	毛豆、馬蹄、沙葛、胡蘿蔔條、芹菜條	海綿蛋糕、無加糖的豆腐花、水果味的果凍〔啫喱〕、山楂餅、幸運簽語餅、牛奶冰條、果汁冰條、低脂急凍酸乳酪及冰淇淋/雪糕、fig bar、薑餅、焗薯片、低脂微波爐焗爆谷、pretzels	曲奇餅及蛋糕、批、芝士蛋糕、冰淇淋/雪糕、巧克力、糖果、薯片、含牛奶的微波爐焗爆谷、蝦片、牛肉乾、蛋撻
脂肪/調味料 	醋、蕃茄醬、芥末、脫脂奶狀沙律油、脫脂白汁沙律醬、脫脂酸奶油、蒜頭、薑、青蔥、紅蔥頭、荷葉、五香粉、沙薑粉、香茅	低脂奶狀沙律油、低脂白汁沙律醬、低脂酸奶油、菜油、粟米油、油菜籽油、橄欖油及油製沙律油	牛油、植物油，豬油、奶狀沙律油、白汁沙律醬，Tartar 醬、酸奶油、芝士醬、奶油醬、奶油芝士醬
飲品 	水、脫脂或1%低脂奶、代糖汽水；代糖茶和檸檬汁	2%低脂奶、100%純果汁、運動飲料	全脂奶、汽水、加糖茶及檸檬汁、水果味的飲料(不含100%純果汁)、含添加糖的飲料