

# Nutrition—Healthy Eating Self-Management Plan

- Eat breakfast.
- Eat a variety of food groups, including fruits, protein, and nuts.
- Plan your meals and snacks.
- Drink water instead of sugar sweetened beverages.
- Limit fried or breaded foods.
- Stay physically active. Exercise is key in burning calories and improving your health.
- Aim to keep your body mass index (BMI) within the normal range for your height.
- If you are above your ideal body weight, consider steps to make healthier choices.
- Eat the right number of calories that will help you maintain a healthy weight.
- Watch your portion size. Avoid “supersizing” food and beverages.

## Green Flags—All Clear



### If you:

- Eat a balanced diet. Eat “the rainbow”—a variety of different colored fruits and vegetables that provide the vitamins and minerals you need for good health.
- Take in calories that help you maintain a healthy weight.

## What this means ...

- Good work!

Keep up the great work!

## Yellow Flags—Caution



### If you:

- Weigh more than is ideal for your height and age—or—you have low body weight
- Routinely eat fried or breaded foods
- Drink whole milk and/or sugary drinks
- Eat foods high in fat; salty foods, like potato chips; or processed foods
- Do not regularly eat vegetables or whole grains
- Experience:
  - Unintended weight loss (5% over 1 month, 7.5% over 3 months, 10% over 6 months, or 20% over 1 year)
  - Weakness, dizziness or feeling faint, and fatigue.
  - Dry, inelastic skin, rashes, and lesions
  - Brittle hair, hair loss and hair pigment loss
  - Poor wound healing

## What this means ...

- You are at higher risk for health problems related to your weight, including risk for heart disease, stroke, and diabetes.

**Talk with your health care provider about a referral to a Registered Dietitian Nutritionist:**

**Name:**

**Number:**

If you notice a Yellow Flag, work closely with your health care team.

## Red Flags—Stop and Think



### If you have:

- Chest pain or difficulty breathing
- Sudden swelling in your extremities (hands and feet)

## What this means ...

- You could have a serious health issue, including a heart attack. Call 9-1-1.

**Notify your health care provider’s office.**

**Name:**

**Number:**

If you note a Red Flag, talk with your health care provider.

# Nutrition—Healthy Eating Fast Facts

- Healthy eating is important, and not taking in healthy foods, drinking water, and/or engaging in physical movement have been demonstrated to be a contributor to the development of chronic conditions such as heart disease, high blood pressure, diabetes, and arthritis.
- Health risks are greater if you tend to carry excess weight around your abdomen as opposed to your hips or thighs.
- Having unhealthy weight—too much or not enough—can put you at higher risk for health issues, and healthy eating and maintaining a healthy weight are important throughout life.
- Many adults whose diets are low in fruits and vegetables do not meet the recommended amounts of physical activity.

## What can you do?

- Eat 5–6 times per day to maintain a good balance of nutrients in your blood and body, unless otherwise instructed by your health care provider.
- Drink plenty of water to make sure nutrients can get to where they are needed most. If you are not sure how much to drink, divide your body weight by 2 and aim to drink that number in fluid ounces (e.g., if a person weighs 160 pounds,  $160 \div 2 = 80$ , so this person should be safe to aim for 80 fluid ounces of water per day).
- Engage in 150 minutes of physical movement per week. We do what we love, so consider how you love moving your body.
- Taking small steps can make a difference. Consider one thing you can do to help maintain a healthy weight. Perhaps set a goal around eating a balanced diet and having healthy meals.
- It is important to read labels. Reading food labels helps you know how many calories as well as servings are in a box, can, jar, or package. The label also shows you nutrients like fat, fiber, sodium, and sugar in one serving of food. If you need help, consider talking with a dietitian, nurse, or your health care provider.
- Understand that health claims do not always mean healthy. Foods closer to their original source have the most nutrients for us (e.g., an apple will have more nutrients than apple sauce or juice).
- Food labels can be misleading. A "low fat," "reduced fat," or "light" food still has calories, and fat-free does not mean calorie free.
- Portion control is important. Most people eat more calories than their body needs.
- Choose foods and follow a healthy eating plan that is moderate in salt and sodium.
- If you drink alcoholic beverages, consider quitting, or do so in moderation.
- If adequate nutrition and resources to achieve it are a concern for you and your family, let your health care provider know. There may be resources to help you access the nutrition you need to achieve a healthy life.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County—plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County. For information about services or interpretation assistance, call 844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org).



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