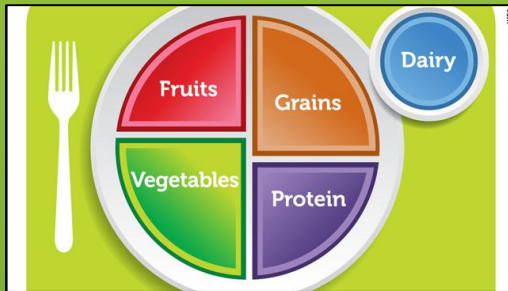


USDA's My Plate

- Fruits & Vegetables should make up half of the food on your plate at meals.
- Half of your grains should be whole grains.
- Switch to fat-free or low-fat dairy.
- Substitute water for sweetened beverages such as soda.
- Read labels and pay close attention to sodium. Choose versions of your favorite foods with less sodium.



- **Take home Message:** Follow this general framework for your plate at meal times and enjoy your food while avoiding oversized portions.

Did you know?

- 80-85% lean ground beef can be made even leaner by rinsing well with hot water in a colander after cooking.
- Manufacturers can label a product as "Trans-Fat Free" if there is less than 0.5 g per serving. Some manufacturers reduce the serving size until they are able to label their product trans-fat free.
- Research has shown that while low carbohydrate diets result in greater weight loss in the short term when compared to low fat diets, the results between these two types of diets do not differ in the long term.
- Starving yourself actually slows your metabolism. Eat smaller portion sizes and make healthier choices. Reduce your calories by about 500 per day to lose ~1 lb. a week.

Weight Loss & Asthma

Steps to better health



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Obesity & Asthma: The facts

- ~ 1/3 of the US population is obese.
- Obesity is defined as a Body Mass Index (BMI) of 30.0 or more. Overweight is classified as a BMI between 25 and 29.9. To determine your BMI visit <http://www.nhlbisupport.com/bmi/>.
- There is growing evidence that obesity may serve as one of the environmental factors linked to the increase in asthmatics in the U.S.
- Obese asthmatics have a smaller lung capacity, which can result in exacerbated asthma symptoms.
- Both obesity and asthma are inflammatory conditions.
- While the exact mechanism for obesity's impact on asthma patients is not yet well understood, many physicians are cautioning their asthma patients to make healthier dietary choices and lose weight if overweight or obese.

Nutrients of interest and how to incorporate them

- You can make changes in your diet that may help.
- Some researchers suggest that foods high in omega-3 fatty acids may be beneficial to asthmatics due to their anti-inflammatory effects. Examples of foods high in these fatty acids are salmon, walnuts, sardines, and flaxseed.
- Eating foods high in antioxidants:
 - Antioxidants help protect the body from free radicals due to environmental contaminants as well as those produced naturally in the body.
 - Berries in particular are very high in antioxidants. Other good sources include red beans, such as kidney beans.

Tips for Successful Weight Loss

- Set specific goals for yourself. Instead of "I'll eat foods lower in fat", try "I will substitute skim milk and low-fat cheeses in my meals".
- Avoid inactivity by engaging in at least 150 minutes each week of moderate intensity physical activity (i.e. walking) OR 75 minutes of vigorous activity (i.e. running) each week.
- Choose lean meats like ground beef that is at least 90% lean, chicken, turkey, etc. Loins and round cuts of beef are generally leaner.
- Keep a food diary to increase awareness of what you are eating each day in terms of your calories in.
- Be aware of the amount of calories you should be consuming each day (http://www.choosemyplate.gov/downloads/MyPyramid_Calorie_Levels.pdf) as well as the amount you are typically consuming.
- **Consult with a medical professional or registered dietitian to work out a weight loss strategy specific for you.**