



Wellness Buddy Wednesday Tip

“CQE”

No it's not the latest vitamin/mineral supplement. It's an easy-to-remember acronym for lifestyle changes that support weight loss. “CQE” stands for:

- Cut **C**alories
- Choose **Q**uality Foods
- **E**xercise daily for good health and weight loss

The most important factor in a weight management plan is reducing calorie intake. A range of 1,200 to 1500 calories per day is typically appropriate for individuals weighing less than 200 pounds; and a range of 1,500 to 1,800 per day calories is appropriate for those individuals who weigh more than 200 pounds.

Keeping a food journal, choosing foods using the Nutrition Facts labels, and using food scales and measuring cups and spoons are aids to achieving your daily calorie level.

Understanding and controlling portion size is fundamental to successful calorie control. You can continue to enjoy many favorite foods if you just eat less of them — in some cases, *much* less!

Junk foods such as sweets, desserts, and salty snacks compose 25% to 30% of Many Americans' daily calorie intake. Informed food choices can result in decreased calorie consumption, increased nutrient intake, and improved health.

A meal plan rich in fruits, vegetables, whole grains, lean meats, and low-fat dairy products is provided by the *Dietary Guidelines for Americans*.

For example:

- Eat oatmeal or whole grain cereal for breakfast instead of sugared cereals, doughnuts, or bagels.
- Drink water or diet soft drinks instead of regular soft drinks and other sugar-containing beverages.
- Eat deeply colored vegetables such as romaine lettuce and spinach instead of iceberg lettuce, and sweet potatoes instead of white potatoes.
- Have fruit for dessert instead of cake, ice cream, cookies, etc.

Physical activity is essential to weight loss and maintenance of weight loss. Beginning a habit of daily exercise **or** *increased lifestyle activity* during your weight loss effort helps set up for successful lasting weight management.

Walking is a good choice. It's convenient, accessible, and doesn't require equipment, membership in a gym or fitness club. You can walk in solitude, with family, and/or friends. Begin slowly and increase the intensity (time and speed) gradually.

If you don't want to begin a walking program helpful questions to help you choose an alternative activity include:

- What types of activities have you done in the past that you don't currently do?
- What types of exercises would you like to learn how to do?
- When in your day do you have time to add in exercise?
- Do you enjoy doing activities alone/in private or with others/in public?

Practice your "CQE" changes in manageable steps. For example, plan to bring a healthy brown bag lunch to work 4 out of 5 days for 1 week or even a month (if you're an overachiever)!. Then choose another change for the next month while maintaining your lunch step.

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Nutrition & physical fitness are our mission!