Name_____Period_____Date_____

ChooseMyPlate – Weight Management

Learn What You Currently Eat and Drink

Identifying what you are eating and drinking *now* will help you see where you can make better choices in the *future*.

Get started identifying what you eat and drink:
1.
2.
3.
4.

What to Eat and Drink

Your Food Plan is not a quick weight loss program. It's a way to eat for health and well being. If you stick with the Plan over time, you should gradually move toward a healthier weight.

Get started knowing what to eat and drink:
1.
2.
3.

Make Better Choices

Learn how you can make better choices from these sections. Making these changes and sticking with them can help you manage your body weight.

Name_____Period_____Date_____

Eat the Right Amount of Calories for You

The current high rates of overweight and obesity in the United States mean that many people are taking in more calories than they burn.

Get started eating the right amount of calories for you:
1.
2.
3.
4.

Decrease Portion Sizes

The Dietary Guidelines encourage you to *enjoy your food, but **eat less*** and to ***avoid oversized portions***.

Get started eating smaller portions:
1.
2.
3.
4.
5.
6.

Name_____Period_____Date_____

Eat Fewer Empty Calories

A great way to help you manage your body weight is to eat fewer empty calories. Empty calories are calories from solid fats, added sugars, or both.

Get started eating fewer empty calories:
1.
2.
3.

Focus on Foods You Need

Building a healthier plate can help you meet your nutrient needs and maintain your weight. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories.

Get started eating fewer empty calories:
1.
2.
3.
4.

When Eating Out, Make Better Choices

People who eat out more often, particularly at fast food restaurants, are more likely to be overweight or obese.

Get started making better choices when eating out:
1.
2.
3.

Name_____Period_____Date_____

Cook More Often at Home

When you cook at home, you can often make better choices about what and how much you eat and drink than you do when eating out.

Get started cooking more often at home:
1.
2.
3.
4.
5.

Increase Physical Activity

Physical activity is an important part of managing body weight.

Get started increasing physical activity:
1.
2
3
4.

Decrease Screen Time

People, who spend more time being sedentary, particularly watching television, are more likely to be overweight or obese.

Get started decreasing screen time:
1.
2.
3.
4.

Name_____Period_____Date_____

ChooseMyPlate - Calories

Calories are just a measurement tool, like inches or ounces. They measure the energy a food or beverage provides -- from the carbohydrate, fat, protein and alcohol it contains.

What are Empty Calories?

Calories from solid fats and/or added sugars. Fill in the blanks with food and drink most Americans consume that contain solid fat and added sugars.

Contains solid fat	Contain added sugars	Contain both solid fat and added sugar

How Many Can I Have?

Complete the table with the number of calories needed for you.

Age and Gender	Estimated calories for those who are not physically active	
	Total daily calorie needs*	Daily limit for empty calories
Answers will vary.		

* These amounts are appropriate for individuals who get less than 30 minutes of moderate physical activity most days. Those who are more active need more total calories, and have a higher limit for empty calories. To find your personal total calorie needs and empty calories limit, enter your information into "My Daily Food Plan."

What are Solid Fats?

List some common solid fats.

1. Answers will vary.
2.
3.
4.
5.

What are Added Sugars?

List some common names for added sugars.

1. Answers will vary.
2.
3.
4.
5.
6.
7.
8.

How Do I Count Empty Calories?

You can lower your intake of empty calories by eating and drinking foods with empty calories less often. You can also cut down on empty calories by choosing a smaller amount to eat or drink. Or, you can choose foods and beverages with fewer solid fats and added sugars.

ChooseMyPlate – Weight Management, Calories, and Fad Diets