Manage Your Weight...

The ***MOVE!®* Create a Healthy Plate Placemat** is an easy way to make decisions about how much food to eat. Use the placemat to build healthy meals for you and your family without any special expensive foods and without weighing or measuring!

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods are all great choices.

For a healthy lunch or dinner:

- Enjoy your food, but eat less. Use a 9-inch plate to avoid oversized portions.
- Make half your plate veggies and fruits.
- Add lean protein.
- Include whole grains.
- Don't forget dairy.
- Avoid extra fat.
- Don't skip meals.
- Try new foods.
- Take your time while eating.

Dairy Foods

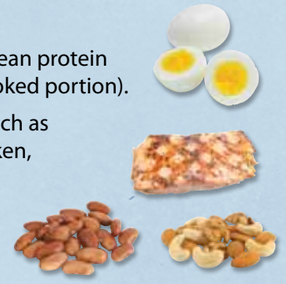
- Increase intake of fat-free (skim) or low-fat (1%) milk and milk products such as yogurt, cheese, and fortified soy beverages.

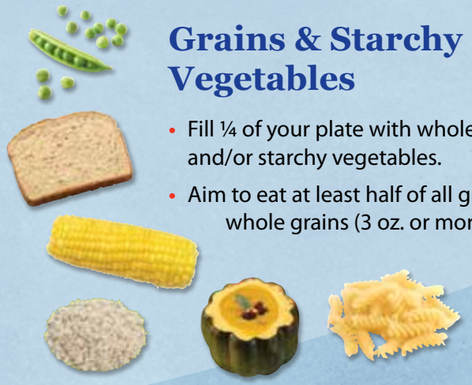
Vegetables & Fruits

- Fill ½ of your plate with non-starchy vegetables and fruit.
- Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables for added benefits.

Protein Foods

- Fill ¼ of your plate with lean protein choices (a 2–3 ounce cooked portion).
- Choose protein foods, such as lean beef and pork, chicken, turkey, or eggs as well as seafood, beans, peas, and nuts.





Grains & Starchy Vegetables

- Fill ¼ of your plate with whole grains and/or starchy vegetables.
- Aim to eat at least half of all grains as whole grains (3 oz. or more daily).

Create a Healthy Plate!

MOVE!®

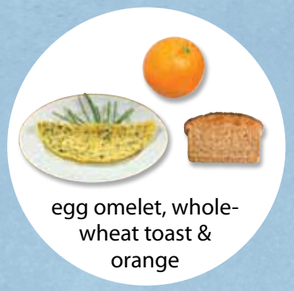
Create a Healthy Plate!

MOVE!®

Start your day with a healthy breakfast!

- Breakfast gives you energy to start your day. A healthy breakfast is important for everyone. Include a lean protein, a bread or grain product, and a fruit.
- Fill ⅓ (or less) of your 9" plate with dairy products, meats, or other protein sources.
- Fill ⅔ (or more) with vegetables, fruits, whole grains, or beans.

Healthy breakfast examples:



egg omelet, whole-wheat toast & orange

yogurt, small whole-wheat muffin & banana

skim milk, whole-grain cereal & banana or strawberries

scrambled egg whites, whole-wheat english muffin & all-fruit jelly

How do I lose weight?

- **Eat and drink fewer calories**
- **Be more physically active**
- **For best results, do both**

- Set your daily target calorie goal using the chart below.
- Find your current weight in the left column. Your daily target calorie goal for that weight range is listed in the right column. These calorie goals are designed to help you lose about ½–2 pounds per week.

Current Weight	Daily Calorie Goal
Under 200 lbs.	1200 – 1500 calories/day
200 – 225 lbs.	1500 – 1800 calories/day
226 – 250 lbs.	1800 – 2000 calories/day
251 – 300 lbs.	2000 – 2500 calories/day
300 – 350 lbs.	2500 – 3000 calories/day
Over 350 lbs.	See a MOVE! Dietitian

- Limit your calories to the lower end of the range. If you find this is too low, you may increase your daily calorie goal to the higher end of the range.
- Track your food and beverage intake. You may use one of the online services or buy a simple calorie counter book so you can accurately log your calories in your food diary on a daily basis.
- When you make it to the next weight range (for instance, you start off at 280 pounds, and you drop down to 245 pounds with a goal of getting down to 215 pounds), you will need to reduce your daily calories to that lower level.
- If you weigh over 350 pounds or you have any concerns, ask for a consultation with the MOVE!® team dietitian to help set your daily calorie goal.
- Remember to use your MOVE!® placemat to guide you with healthy food choices.
- Finally, review your Food and Activity Diary. Look for days when goals were not met. Think about what got in the way. Consider ways to manage those things that got in the way.

Body Mass Index

Weight (lbs.)

Height	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	53	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	23	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
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5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
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6'10"	13	14	15	16	17	18	18	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

- **Underweight** BMI = Less than 18.5
- **Normal weight** BMI = 18.5 to 24.9
- **Overweight** BMI = 25 to 29.9
- **Obesity** BMI = 30 to 39.9
- **Extreme obesity** BMI = 40 and above

Live Well!

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Healthy Living

National Center for Health Promotion and Disease Prevention
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