



Strive for a Healthy Weight by Eating Wisely

Eating wisely can help you lose weight. If you need to lose weight, losing even a little will help! If you are of normal weight, maintain it. Managing your eating habits will help you control your weight and will help you be healthy now and in the future.

- Strive for a Healthy Weight by Eating Wisely



<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NCP-HealthyLiving-Banner-StriveForAHealthyWeight-February2018-LargeEBB.pdf?Web=1>

- Strive for a Healthy Weight: A Healthy Living Message
https://www.prevention.va.gov/Healthy_Living/Strive_for_a_Healthy_Weight.asp

- Strive for a Healthy Weight



<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NCP-HL-February-2017-Banners-Letter-EBB.pdf>

- Eat Wisely: A Healthy Living Message
https://www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp

Eat Wisely: Healthy Food Matters



<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NCP-HL-March-2017-Banners-Letter-HiRes.pdf?Web=1>



MOVE! Resources

- Manage Your Weight – Create a Healthy Plate Placemat



<https://www.prevention.va.gov/MPT/2016/docs/VANCPPlacematRev2015.pdf>

MOVE! Handouts

- The Basics of Weight Control
https://www.move.va.gov/docs/NewHandouts/Standard/S01_TheBasicsOfWeightControl.pdf
- Set Your Weight Loss Goals
https://www.move.va.gov/docs/NewHandouts/Standard/S02_SetYourWeightLossGoals.pdf
- Making Healthy Food Choices With A Healthy Plate
https://www.move.va.gov/docs/NewHandouts/Standard/S06_MakingHealthyFoodChoicesWithAHealthyPlate.pdf
- How Do I Get Started With Changing My Eating Habits
https://www.move.va.gov/docs/NewHandouts/Standard/S04_ChangingMyEatingHabits.pdf

Weight Management Video

https://www.youtube.com/watch?v=qBJxDNN2BaQ&index=3&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUIMfG0y

Eat Wisely Video

https://www.youtube.com/watch?v=v3zlwvG-yuY&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUIMfG0y&index=1
https://www.media.eoa.gov/move/mp4/SMG03/SMG03_C01.mp4

Be Physically Active Video

https://www.youtube.com/watch?v=9moJtr9PAso&index=2&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUIMfG0y

Managing Stress: Good for Your Health

https://www.youtube.com/watch?v=15GaKTP0gFE&index=15&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUIMfG0y

MOVE! Videos

<https://www.move.va.gov/MOVE/video/index.asp>

Here's how to get started:

1. SMART Goals
2. How Do I Lose Weight
3. Self-Monitoring, Keeping A Diary

MOVE! Website for Veterans

<https://www.move.va.gov>

MOVE! Success Stories

<https://www.move.va.gov/SuccessStories.asp>

Featured Stories:



[Robert MacDonald](#)



[Joseph Traumer](#)



[Michelle Yost](#)



Veterans Health Library

<http://www.veteranshealthlibrary.org/>

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Check out the VHL for more information on maintaining a healthy weight and eating wisely.

HealthLiving Assessment (HLA)

http://www.prevention.va.gov/Healthy_Living_Assessment.asp

'HealthLivingAssessment' Can Help Veterans Improve Their Health.

What's Your Health Age? Video

[https://www.youtube.com/watch?v=HjS6dzNnODs&list=PL3AQ_JVoBEywH95nwBCpq0MA WbUIMfG0y&index=21](https://www.youtube.com/watch?v=HjS6dzNnODs&list=PL3AQ_JVoBEywH95nwBCpq0mA WbUIMfG0y&index=21)

Federal Government Resources (you are leaving the Department of Veterans Affairs website.)

- MyPlate
[MyPlate](#) is based on the Dietary Guidelines for Americans, 2015-2020 and is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means: Focus on variety, amount, and nutrition. Choose foods and beverages with less saturated fat, sodium, and added sugars. Start with small changes to build healthier eating styles. Support healthy eating for everyone. Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences,

access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. See more at:

<https://www.choosemyplate.gov/what-healthy-eating-style>

Why is a healthy weight important?

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

- Healthy Eating Plan
A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal. A healthy eating plan will also lower your risk for heart disease and other negative health conditions.
https://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/calories.htm
- Watch Your Weight
To stay at a healthy weight, balance the calories you eat with the calories you burn. If you need to lose weight, start by setting small goals.
<http://www.healthfinder.gov/prevention/Vi ewTopic.aspx?topicId=25>
- Dietary Guidelines for Americans
Learn about the 2015-2020 Dietary Guidelines for Americans.
<https://health.gov/dietaryguidelines/2015/>

Healthfinder

- Healthy Eating Conversation Starters:
Sometimes a family member or friend just needs encouragement to make a healthy



change. Use these tips to start a conversation about healthy eating.

<https://www.healthfinder.gov/prevention/ViewTool.aspx?toolId=38&catId=1>

- Eat Healthy:
Why is eating a healthy diet important?
<https://healthfinder.gov/HealthTopics/Catagory/health-conditions-and-diseases/diabetes/eat-healthy>

Department of Women’s Health

- Nutrition basics
Healthy eating and physical activity go hand in hand. Together, they help you maintain a healthy weight and lower your risk of some diseases and conditions.
<https://www.womenshealth.gov/fitness-nutrition/nutrition-basics/>

Non-Federal Government Resources

(Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by NCP or the Federal Government, and none should be inferred.)

Educational handouts offered by the Academy of Nutrition and Dietetics

(handouts are located at:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/nm-handouts-and-tipsheets-for-families-and-communities>)

- 18 Health Tips for 2018
- Eating Right for a Healthy Weight
- Eating Right with Less Added Sugars
- Color Your Plate with Salad
- Smart Snacking for Adults and Teens
- Eating Right on a Budget
- 20 Ways to Enjoy More Fruits and Vegetables

- Healthy Eating on the Run
- Power Up With Breakfast
- Eat Right with MyPlate
- Eating Right – Tips for Older Adults
- Eating Right – Tips for Vegetarians



Coming Soon!

The VHA National Center for Health Promotion and Disease Prevention (NCP) is currently planning the March 2018 launch of **MOVE! Coach for Android**, an application (app) built for Android devices, which compliments the iOS app previously released. MOVE! Coach helps Veterans manage their weight—*when and where they want*. The app offers an easy-to-use, self-guided program that provides everything Veterans need to set, track, and achieve their diet, physical activity, and weight goals. And it can help VA clinicians provide the proactive, patient-centered care Veterans need to improve their health.

Please **mark your calendars** for **February 22, 2018, 3-4 pm ET** when VA Mobile is featuring **MOVE! Coach** on their monthly Mobile Discussion Series.

<https://mobile.va.gov/discussion-series>