

BEST S.E.L.F.

Shape Up - Eat Right - Live Well - Fit to Fight



LIFESTYLE WELLNESS PROGRAM

Program Guide

Prepared by:

**Air Force Medical Readiness Agency
January 2023**

Performance Components

The Best S.E.L.F.-Shape Up, Eat Right, Live Well, Fit to Fight program is a comprehensive Health Promotion program that focuses on four critical components of

performance: Sleep, Activity, Mindfulness, and Nutrition. Using the scientifically-proven principles of sleep, activity, mindfulness, and nutrition to target changes in your daily routine will help you become stronger, faster, leaner, and mentally sharper.

Optimize Your Performance:

- Get Quality [Sleep – Your Secret Weapon](#)
- Engage in [Activity – Get Stronger, Faster, and Fitter](#)
- Improve [Nutrition – Fuel Up With the Right Foods at the Right Time](#)
- Be [Mindful-Slow Down and Be Present in the Moment](#)

SLEEP



Sleep is vital for health, performance, and wellbeing. This is why proper sleep hygiene practices (i.e., those that promote optimal sleep duration and quality) are important for everyone. You need at least 7–8 hours of quality sleep every night. The better the sleep, the greater the benefits.

ACTIVITY



Physical activity is more than just "exercise" or "working out" - it is about living an active lifestyle. Choose activities you enjoy and focus on moving as much as possible throughout the day. Daily exercise helps you manage stress, perform at your best, and keep your mental edge.

NUTRITION



Eating healthy plays an important role in your daily life. Consistently making healthy food choices helps you stay energized and ensures you get the right nutrients. Good nutrition helps your muscles recover faster, reduces mood swings, and keeps you focused.

MINDFULNESS



Mindfulness is slowing down and being present in the moment. Try to take at least 20 minutes to eat your meals without distractions. Enjoy your food and eat slowly. Learn to recognize your hunger cues to determine if you are full. It is ok to leave food on your plate, if you are full. Mindfulness includes noticing the colors, smells, flavors, and textures of your food.

BEST S.E.L.F.

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ICONS



This is the CHOICE icon. It indicates a choice needs to be made in order to promote healthy weight loss.



This is the WEIGHT LOSS icon. It identifies idea, actions or facts related to weight loss.



This is the ACTION icon. It suggests different actions and activities to promote weight loss.



This is the Best S.E.L.F. logo. It provides facts to help you in your weight loss journey.

Chapter 1

MAKE THE CHOICE TO IMPLEMENT A LIFESTYLE CHANGE

Maintaining a healthy body composition is vital to overall health, well-being and physical capability which is essential for operational readiness. While body weight influences health, it is the distribution of the components of body weight (fat, muscle/lean tissue, and bone) that have the greatest impact on performance and obesity-related health conditions.

Excess body fat can compromise readiness by limiting your ability to complete key tasks requiring maximal power, endurance, and/or speed. Visceral fat which is stored deep inside the belly and wraps around organs such as the liver and intestines produces hormones that are toxic to the body. This type of fat is associated with an increased risk of heart disease and type 2 diabetes. Excess body fat can also increase the risk of wear-and-tear injuries to your feet, ankles, knees, hips, and lower back.

- ✓ Better work performance (both mental and physical)
- ✓ More energy/stamina during the day
- ✓ Less pain/discomfort in your joints and/or lower back
- ✓ More self-confidence, self-assuredness
- ✓ Improved mood/sense of well-being
- ✓ Better quality sleep
- ✓ Lowered risk of chronic disease (e.g., high blood pressure, arthritis, Type II Diabetes, heart disease, some forms of cancer)

EXCESS WEIGHT = EXCESS PRESSURE ON JOINTS



10 lbs.
Of Excess Weight

⇒

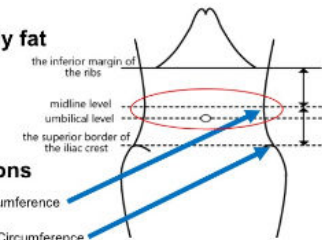
40 lbs.
Of Extra Pressure
on Your Knees!

Every 1lb of extra weight is equivalent to 4 lbs. of extra pressure on your joints. Lose weight to help take the pressure off your joints.

Body Composition-The Air Force assesses body composition in Service Members using waist-to-height ratio (WHtR). WHtR is an established methodology that uses stature and waist circumference to assess fat distribution in the abdominal region. It has been validated across individuals varying in age, gender and ethnic groups. Having a WHtR of 0.50 or higher is associated with increased likelihood of developing high blood pressure, diabetes or musculoskeletal injuries.

RISK CATEGORIES

- WHtR = waist circumference divided by height
- Age and gender neutral
- Higher WHtR values associated with increased risk of obesity-related cardiometabolic diseases and other health challenges
- Per literature, better measure of body composition than Body Mass Index (BMI):
 - Better correlated with percent body fat
 - Assesses central adiposity
 - Predicts cardiometabolic risk
 - Accounts for height differences
 - Validated across diverse populations



WHO, 2011.

Maintaining a healthy body composition is vital to overall health, well-being and Physical capability which is essential for operational rea

Low Risk	WHtR <0.50
Moderate Risk	WHtR 0.50 – 0.54
High Risk	WHtR ≥0.55

1 pound of fat is
~3500
 Calories

Aim to Lose 0.5-2 Pounds/Week

-250 calories/day =
0.5 pound/week

-500 calories/day =
1 pound/week

-750 calories/day =
1.5 pounds/week

-1000 calories/day =
2 pounds/week

Keep Total Calorie Intake:

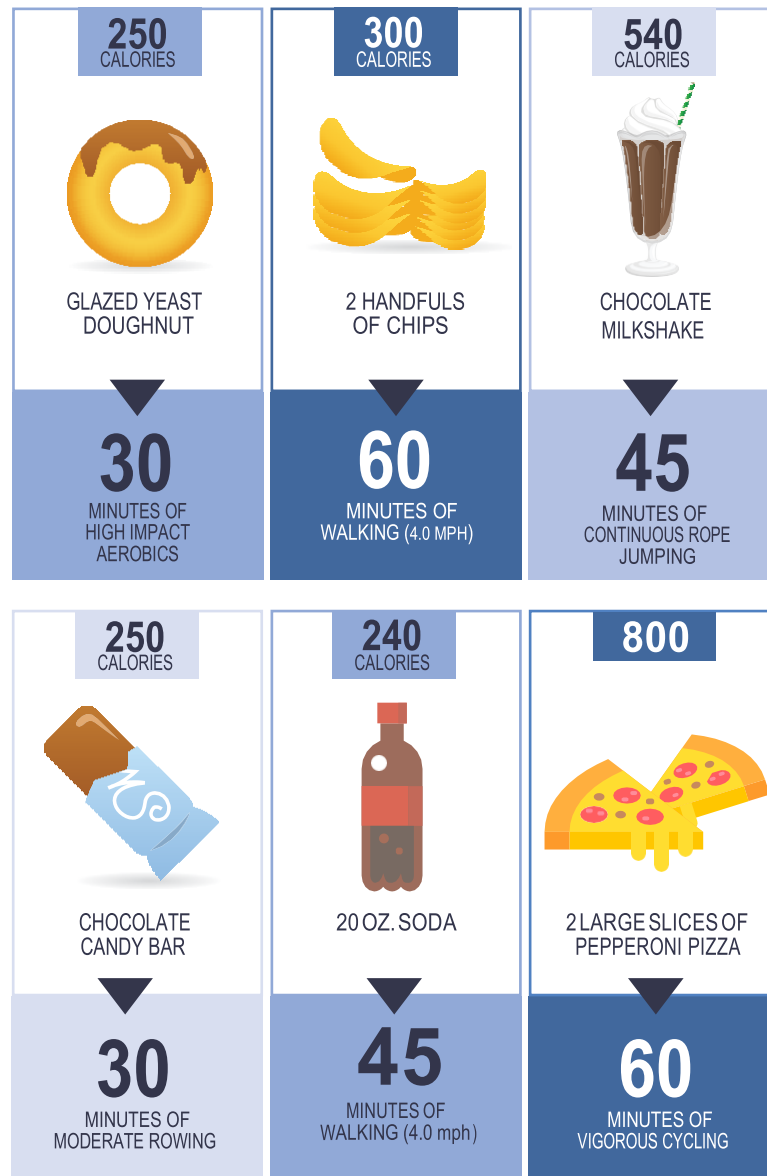
≥ 1,200 Calories/Day* For Females

≥ 1,500 Calories/Day For Males



Are The Extra Calories Really Worth It?

Before you reach for that second helping, pay for that treat, or down that drink, decide if those extra calories are really worth the “enjoyment”!



Based on a 150 lb. person at: http://www.healthdiscovery.net/links/calculators/calorie_calculator.htm

* Aiming for less than these levels can lead to loss of lean muscle tissue, lack of energy, and a decreased metabolism.

Chapter 2

CHOOSE A PROGRAM TO CHANGE YOUR MINDSET

Medical Treatment Facility (MTF)

(Best S.E.L.F.- Shape Up-Eat Right-Live Well-Fit to Fight)

- Conducted by a Registered Dietitian (RD) or Health Educator
- Comprehensive: Focuses on diet, physical, activity and behavior modification
- To find your installation's Best S.E.L.F. Program visit *your local Registered Dietitian (RD)*



Health Promotion Office

- Basic weight management, metabolic, health education, and exercise testing

Approved Online Weight Loss Programs

- Military One Source – “Health and Wellness Coach”:
<https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/take-command-of-your-well-being-with-a-health-and-wellness-coach/>
- Health Net Federal Services – “Reaching a Healthy Weight”:

https://www.tricare.mil/HealthWellness/HealthyLiving/Weight_Mgmt_2022

- Health Net Federal Services – “Healthy Weighs for Life”:
https://www.hnfs.com/content/hnfs/home/tw/bene/wellness/wellness_programs/online-programs/healthyweightlanding.html

- Health Net Federal Services – “Making Healthy Changes for Life Tele-Class”: https://www.tricare-west.com/content/hnfs/home/tw/bene/wellness/wellness_programs/TeleclassInformation/mhc4l.html

Approved Commercial Weight Loss Program

- Enroll at your own expense. Be aware of the potential for high costs, fraudulent claims, and pressure to buy special foods or pills

Self-Directed Weight Loss Program

- Enroll at your own expense. Be aware of the potential for high costs, fraudulent claims, and pressure to buy special foods or pills
- See Appendix A for a list of online resources

WHAT TO LOOK FOR IN A WEIGHT LOSS PROGRAM



- ✓ Permanent solution—not a quick fix
- ✓ Guidance on developing healthier eating, sleeping, and physical activity habits
- ✓ Promotes a calorie intake of:
 - ≥ 1,200 calories/day for females
 - ≥ 1,500 calories/day for males
- ✓ Slow and steady weight loss goal (0.5-2.0 lbs./week)
- ✓ Ongoing feedback, monitoring and support

Weight Loss Success Rates



Chapter 3

THE TRUTH ABOUT DIETARY SUPPLEMENTS FOR WEIGHT LOSS

When you are desperate to lose weight and/or body fat, you may turn to a weight loss supplement you saw or heard about in a magazine, on TV, on the internet, or from a friend/co-worker.

Many of the so-called “miracle” weight loss supplements and foods (including teas and coffees) available on the market today do not live up to their claims, and some may be dangerous.

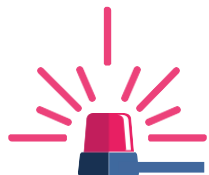
The Food and Drug Administration (FDA) has found more than 100 weight loss dietary supplements that contain hidden ingredients which can cause harm or can also result in a “hot positive” urinalysis screening. These hidden ingredients may include prescription drugs, drugs removed from the market, or substances not adequately tested in humans.

Many of these tainted products, which are heavily promoted on social media sites, are imported, sold online, and/or found on store shelves.

Even supplements you might think are “natural”* (e.g., synephrine or bee pollen), may contain hidden active ingredients that can potentially harm you.

Dietary supplement manufacturers do not need FDA approval prior to marketing their products. It is the company’s responsibility to ensure its products are safe and that any claims made about such products are true.

**Weight loss dietary supplements often use the terms “natural” and/or “herbal”. However, these marketing terms are not regulated by the FDA, and oftentimes imply unproven benefits or safety.*



HEALTH ALERT

The FDA has received numerous reports of harm associated with the use of weight loss supplements, including increased blood pressure, heart palpitations (a pounding or racing heart), stroke, seizure and death.



Get the most current evidence-based information about dietary supplements and ingredients before putting them in your body. Operation Supplement Safety (OPSS) has articles, FAQs, videos, apps, information sheets, presentations, and an "Ask The Expert" function where you can inquire about a particular supplement or its ingredients

Visit Operation Supplement Safety at: <https://www.opss.org>

Check out the OPSS High-Risk Supplement List at:

<https://www.opss.org/dod-prohibited-dietary-supplement-ingredients>

Check out National Institutes of Health at:

<https://ods.od.nih.gov/factsheets/list-all>



PLAY IT SAFE

The only proven way to lose weight is to take in fewer calories and be more active.



Chapter 4

GET STARTED TODAY

Energy Gauge

A **calorie** is a unit of energy. Almost all foods and beverages contain calories. To lose weight, you need to–

- » Eat and drink fewer calories
- » Increase physical activity

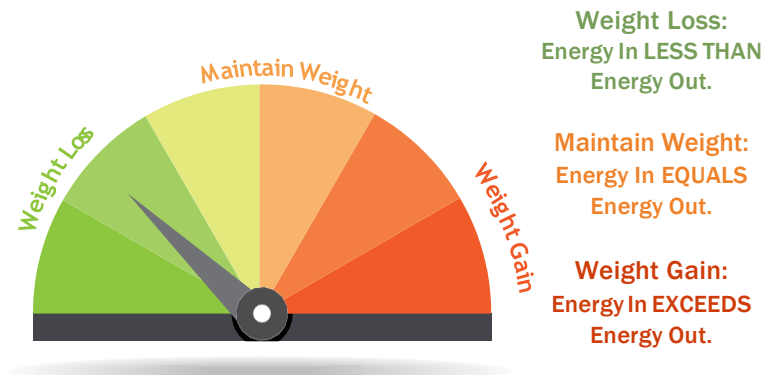
For the best results combine the two points above.

Carbohydrates, proteins, and fats provide energy in the form of calories and nutrients that your body can use. Alcohol (beer, wine, liquor) adds calories to your diet without providing any nutrients for your body.

When you take in more calories than you use, you gain weight.

The calories you do not use are stored as body fat. This is true whether these calories came from fats, carbohydrates, proteins, or alcohol.

Manage your weight by balancing what you eat and drink with how active you are. Check out the ideas on the next page to help you get started today.



Ways to Decrease Excess Energy Input

- Reduce highly processed foods that are high in sugar and/or fat (e.g., saturated fat* and/or trans-fat*) such as cookies, cakes, candy, chips, fried foods
- Increase fresh fruit and vegetable intake
- Drink more water and less regular soda, juice, sports drinks and alcohol
- Choose lean protein:
 - » Boneless, skinless poultry
 - » Fish (not fried)
 - » Greek yogurt ($\leq 20g$ sugar)
 - » Beans
 - » Eggs or egg substitutes

* Although decreasing your saturated fat and trans fat intake can help you reduce your excess energy input (they are linked to foods that tend to be higher in empty calories) be sure to include some healthy fats or unsaturated fats (i.e. olive or flaxseed oil, avocados, nuts, nutbutters, and/or seeds) in your diet. ***In moderation***, these healthy fats provide many health benefits and can add satiety or feelings of fullness to your meals/snacks.

Ways to Increase Energy Output

- Aim for 10,000-15,000+ steps/day
- Make time for your fitness routine: Schedule 30-60+ minutes of moderate aerobic activity/day
- Move more at work (10 min. every hour)
 - » Take the stairs whenever possible
 - » Park farther away from entrances
- Strength train 2-3 x/week
- Turn “idle time” into “activity time”
 - » Sit less while watching TV; do squats, lunges, or push-ups during commercial breaks or watch your favorite show while on the treadmill or stationary bike
 - » Stuck waiting at the airport or at your child's practice? Go for a walk to pass the time

Determining Calorie Needs For Weight Loss

There are several different methods you can use to determine your energy input (calorie needs) for weight loss. In general, the 3 most common ways to determine your calorie needs for weight loss include:

- **Use Your Current Weight (see chart below):**

CURRENT WEIGHT	CALORIES /DAY
Under 150 pounds	1,200 – 1,500
150 – 200 pounds	1,500 – 1,800
201 – 225 pounds	1,800 – 2,200
226 – 250 pounds	2,200 – 2,500
251 – 300 pounds	2,500 – 2,800

- **Multiply your goal weight by 10.** For example, if you would like to weigh 180 pounds (180 x 10), your estimated calorie needs for weight loss are 1,800 calories per day
- **Go to Caloriecalculator.net** at: <http://www.calculator.net/calorie-calculator.html> or try the **Body Weight Planner** at: <https://www.supertracker.usda.gov/bwp/index.html>

The above methods are generalized to help you get an idea of how to calculate your calorie needs for weight loss. Keep in mind that your lifestyle (occupation, etc.), age, gender, current fitness level, and activity level (the amount and type of exercise you perform on a daily basis) should also be taken into account. For more help in determining YOUR individual calorie needs for weight loss, seek guidance from a Registered Dietitian or other qualified health care professional.

EXPANDING PORTIONS = EXPANDING WAISTLINES

Today's restaurant portions, "individual" bags of chips, and drink containers can easily feed more than one person. Today's generous portions, as compared to those of 30 years ago, can make controlling your calorie intake much more difficult. See the next page for helpful tips on how you can avoid common portion-size pitfalls and keep your calorie intake in check.



Avoid Common Portion-Size Pitfalls

In General:

- Measure food/beverage portions (use a food scale, cups, or measuring spoons) to help you know and understand common food portions.
- Read the nutrition facts label and note the serving size and number of servings per package.



When Dining Out:

- Split an entrée with a friend.
- Ask the wait person for a "to-go box" and wrap up half your meal as soon as it reaches your table.

When Eating In:

- Pre-plate your food on individually-sized plates (9" or less) instead of putting the serving dishes directly on the table.
- Store especially tempting foods (cookies, chips, etc.) in a hard-to-reach place, and move healthier foods (fresh fruits/veggies) to places where you can easily reach them (in a bowl on the counter, or the middle shelf of your refrigerator).

When Snacking:

- Pre-portion your snack into a bowl or container instead of eating straight from the package.



Tracking (Recording) for Weight Loss

Recording everything you eat/drink and tracking your activity sessions are key ingredients for weight loss success. Tracking your diet and activity helps you:

- Determine how many total calories you are consuming and/or burning each day
- Become more aware of times/situations where you tend to overeat and/or be less active so you can make the necessary adjustments

Record your food intake and log your activity using any of the following tools:

- **MyFitnessPal**
<https://www.myfitnesspal.com>
(Web site and phone app)
- **MyMenu**
<https://www.mymenuusa.com/>
(Web site and phone app)
- **Lose it!**
<http://www.loseit.com>
(Web site and phone app)
- **Fooducate**
<https://www.fooducate.com/>
(Web site and phone app)
- **National Heart, Lung, and Blood Institute (NHLBI)**
https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/diary.htm

(A downloadable (blank copy) of a food record)



What are the Triggers that Can Cause You to Overeat?

There are a variety of triggers that can cause you to eat when you aren't hungry or overeat at meals or snacks. **Tracking when, why, where, and with whom you eat and drink can help you become more aware of these triggers.** Using a food diary can help you track your triggers

SOCIAL 	How do other people affect your eating habits? When you're in a group setting, do you eat or drink just because everybody else is doing it? Are you often urged to eat by someone else?
EMOTIONAL 	Ever find yourself searching for food because you are bored, angry, stressed, nervous, lonely, sad, happy, or excited? Or, maybe you are procrastinating because you don't want to do something?
SITUATIONAL 	How do you react to certain smells? How do you react when you see food on the countertop or in the office lounge?
PHYSICAL 	Do you overeat when you are tired, have a headache, or when you are ravenous because you skipped a meal?

Gain Awareness: Self-Monitor (Track)

Being aware and in-tune with how you feel before, during, and after a meal may help you identify a trend like a tendency to overeat on Fridays. If you notice this trend, ask yourself, "What is it about Fridays that causes me to overeat?" Is it "let-down" from a long week or a feeling of relief or entitlement?

Notice if you tend to eat too much in the evenings. Is it out of boredom, loneliness, or an unhappy relationship? Being mindful and recognizing emotional triggers can help you learn to stop emotional eating before it starts by choosing healthier ways to deal with your feelings.

The top emotions that may cause you to eat when you aren't hungry or overeat include—

- Stress or anger
- Loneliness or sadness
- Boredom

See the next few pages for alternatives to eating that can help you deal with these emotions and keep you on the road to weight loss success.



RECORDING CAN HELP

Recording (tracking) everything you eat and drink can double your weight loss efforts!



ARE YOU REALLY HUNGRY?

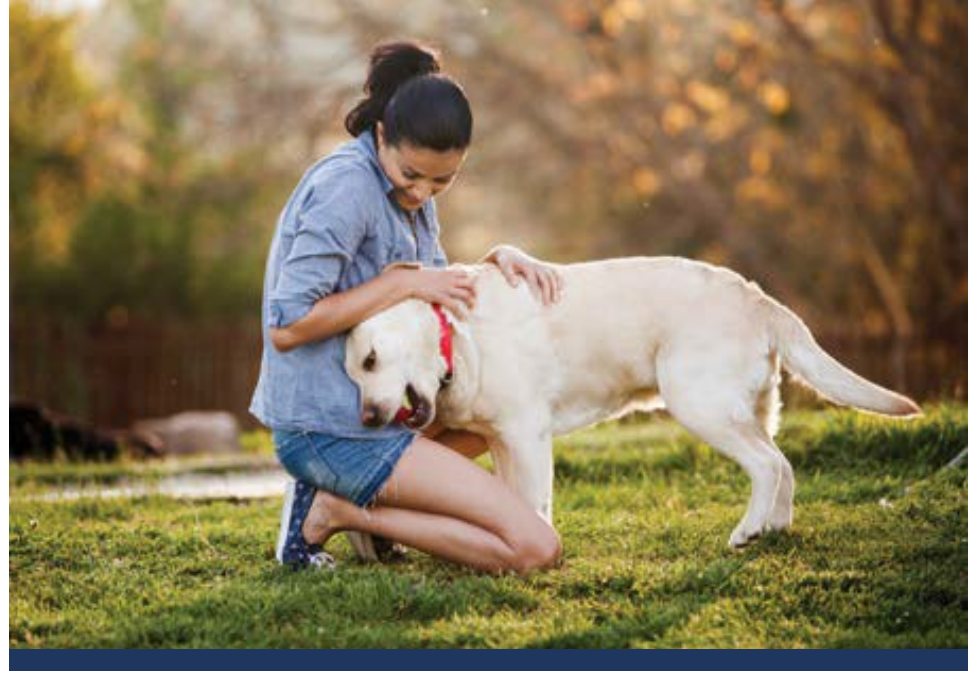


Before you reach for that snack or dig into that meal, ask yourself, "Am I really hungry OR am I just reaching for food because I'm bored, lonely, sad, tired, upset, angry, etc.?"



Ways to Manage *Stress or Anger* Without Food

- **Remove yourself from the stressful situation.**
If you fought with a friend/family member, take some time away to cool off and collect your thoughts. Make a list of what you want to say to the person and revisit the issue later when you are both calm.
- **Take some deep breaths.**
Deep breathing helps to reduce blood pressure and calms the body and mind. Practice this simple breathing exercise every day and whenever you start to feel stressed:
https://www.sparkpeople.com/resource/wellness_articles.asp?id=2475
- **Get up and MOVE!**
Exercise is a known stress and anger buster.
- **Listen to your favorite music.**
Make a playlist on your phone or stream a station that helps you take a break from stress.
- **Prevent the stress from happening again.**
If mornings are always hectic and stressful, pre-prepare the night before and set your clock 5-10 minutes ahead to help you get out the door on time.



Ways to Manage *Loneliness or Sadness* Without Food

- **Get up and MOVE!**
Exercise boosts mood and releases feel-good endorphins. Anything you do to get out and get moving will help.
- **Play with a pet**
Animals promote health and emotional wellness. No pet? Volunteer at a local shelter.
- **Write a letter to a friend or family member**
Reaching out to friends and family members will remind you to stay connected to those you care about and love the most.
- **Volunteer**
The pride you feel when helping others makes it more difficult to feel down on yourself.

Ways to Manage *Boredom* without Food

- **Avoid multi-tasking while you eat.**
This means no chips while you surf the net or read, and no ice cream while watching your favorite show. Stay present and focus on your food to help you avoid mindless eating
- **Find and develop a new hobby.**
Train for a 5k, learn to play the guitar, or learn to play golf
- **Get up and MOVE!**
Exercise is a known boredom buster. Dance to your favorite music or meet friends or co-workers for a friendly game of basketball, volleyball, soccer, etc.
- **Read.**
Keep a book or magazine with you or download a book and listen to it while exercising.
- **Play a game.**
Try a board game, card game, billiards, or ping-pong with friends. Alone? Try Solitaire, a crossword puzzle, or download a fun game on your phone.
- **Connect with friends or loved ones in person.**
In this digital age, it is all too easy to carry on conversations via text, e-mail, or social media. Instead, pick up the phone, hand-write a letter, or make a point to meet up with the important people in your life.
- **Plan a trip and go!**
Visit your local MWR, library, or nearest visitor center for ideas.



PICK-UP GAME

Grab some friends and go for a walk or head over to your local gym or basketball court.

Rethink Your Drink

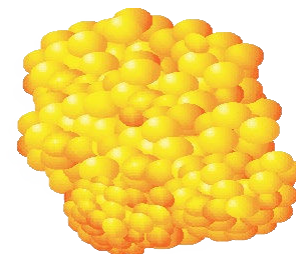
Take a few moments to think about what you drink in a typical day. Unless you are a true water lover, you may be getting extra (empty) calories from sodas, fruit drinks, sweetened coffees/teas, sports/energy drinks, flavored waters, and alcoholic beverages. These beverage calories can add up very quickly, their sugar amounts can add up very quickly and hinder your weight loss efforts.

According to the *2015 U.S. Dietary Guidelines*, sugar-containing beverages account for almost 20% of our total calorie intake!

Some research suggests that when you drink extra calories, you aren't as satisfied compared to eating the same amount of calories in solid food. In other words, calories from sugar-containing beverages and/or alcohol may not trigger feelings of fullness which can make it easier to exceed your caloric limit for the day.

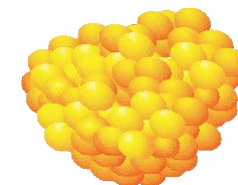
DRINK	CALORIES
Mocha Frappuccino® (Grande)	410
Large Orange Juice (22 oz.)	280
Regular Soda (20 oz.)	240
Sweet Tea (21 oz.)	220
Regular Beer (16 oz.)	210
Monster® Energy Drink (16 oz.)	220
Plain Water (any size)	0

DRINK CALORIES CAN ADD UP!



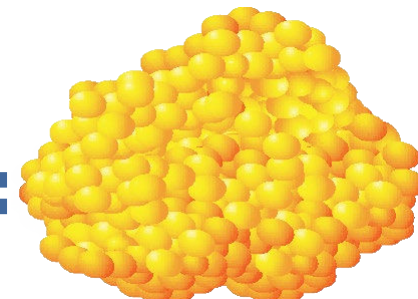
240 Extra Calories of Regular Soda/Day

~25 lbs. of Body Fat / Year



870 Extra Calories of Beer/Weekend

~ 12 lbs. of Body Fat / Year



660 Extra Calories from Energy Drinks/Day

~ 69 lbs. of Body Fat / Year

DRINK UP

Drink 1-2 cups of water as soon as you wake up to rehydrate. Then, remember to drink enough water throughout the day to help boost brain power, control your hunger, and improve strength and endurance.



5 WAYS TO DRINK MORE WATER

- **Set an alarm to remind yourself to drink water every hour.**
 - » Try a phone app like “Daily Water” to keep you on track
 - » Or, try the phone app, “Waterlogged” to help you set water goals and track your water intake.
- **Double up throughout the day.**
 - » 2 cups when you wake up
 - » 2 cups with breakfast
 - » 2 cups with lunch
 - » 2 cups with dinner
- **Keep it within reach.**
 - » Carry a refillable water bottle or have a permanent glass on your desk and re-fill it often.
 - » Consider a portable hydration pack (e.g., CamelBak®) and hook it up to your desk chair or keep it in the car or your backpack.
- **Have it cold.**
 - » Freeze a ½ filled water bottle overnight. Fill up the rest the next morning and head out the door.
 - » Consider keeping a large pitcher of water in your refrigerator at home or at work.
- **Jazz up the flavor.**
 - » Add a squeeze or slice of fresh orange, lemon, lime or even cucumber.
 - » Try seltzers or sparkling water with a splash of 100% fruit juice.

Ditch The *Added* Sugars

Sugars in your diet can be *naturally* occurring or added. When you're trying to control your weight, it is best to avoid or limit sources of "added" sugar.

Naturally occurring sugars are found in foods such as fruit (fructose) and milk /plain yogurt (lactose). Because fresh fruit, milk, and plain yogurt are also packed with other nutrients (protein, vitamins, minerals) these foods fit into a healthy diet and should not be avoided because of their *naturally* occurring sugars.

Added sugars are sugars and syrups that are added to foods during processing or preparation (pastries, cookies, candy, regular sodas, sport drinks, some condiments). Added sugars don't add nutrients, but they do add many calories which can lead to unnecessary weight gain and/or make it difficult to lose weight.

Daily Added Sugar Limit By Gender:	
Females: ≤ 6 tsp./day	Males: ≤ 9 tsp./day
	

Source: 2015 American Heart Association Guidelines

How Much Added Sugar Do You Eat?



2 oz. of
barbecue sauce



4 TSP. ADDED SUGAR
45-67% of daily
added sugar limit



flavored yogurt



6 TSP. ADDED SUGAR
67-100% of daily
added sugar limit



candy bar



7 TSP. ADDED SUGAR
78-117% of daily
added sugar limit



12 oz. can of
regular soda



9 TSP. ADDED SUGAR
100-150% of daily
added sugar limit



SWEET TOOTH

A taste for sugary foods and beverages is a "learned taste". It can be "un-learned". See page 36 for details.

WAYS YOU CAN DITCH THE ADDED SUGARS

- **Make the decision and set goals**

Start by seriously committing to reducing your added sugar intake for a set period of time until it becomes second-nature (i.e. set a goal that for the next two to three weeks you will reduce added sugar intake at all meals/snacks).

- **Avoid drinking your sugar**

Drink more water and flavor it with a squeeze of fresh lemon, lime, or cucumber.

- **Avoid eating added sugar**

Choose fresh, whole fruit or no-sugar added canned/frozen fruit, and yogurt with ≤ 20 g of total sugar.

- **Include lean protein and/or healthy fats at meals and at snacks in the right portions**

Eggs, fish, chicken/turkey (skinless), lean beef, Greek yogurt (low-sugar), low-fat milk/cheese, nuts, seeds, or avocados.

- **Choose the right carbs**

100% whole wheat breads/cereals/pasta/rice, colorful vegetables and fresh fruits, beans, milk and yogurt.

- **Manage stress**

Avoid over-committing your time. Take a mind-break every day (exercise, listen to music, meditate, etc.).

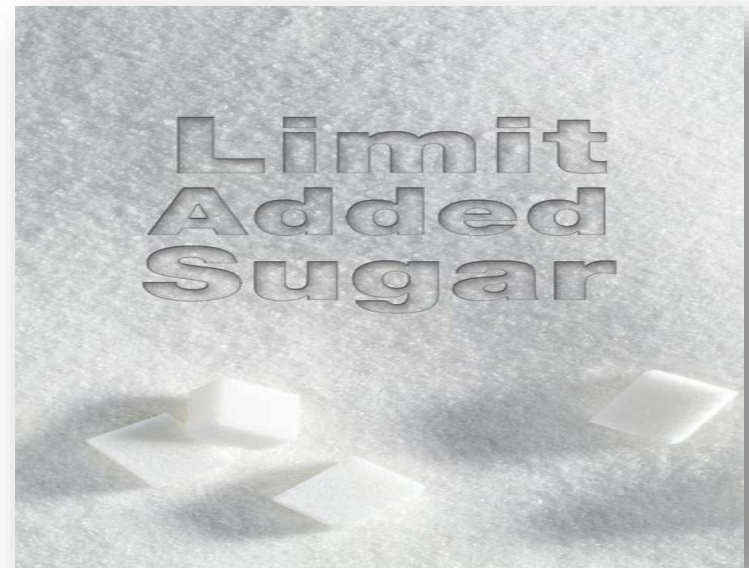
- **Get enough sleep**

Make sleep a priority (see page 49).

FEELING TIRED?



Lack of sleep and stress can drive up hunger and fuel sugar cravings. Get enough sleep and commit to a daily stress reduction program.



The U.S. Food and Drug Administration requires all packaged foods and drinks to list the sugar content per serving. The information can be found on the product's nutrition facts label.

Popular Names for Sugar:

Anhydrous dextrose, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, evaporated cane juice, fructose sweetener, fruit juice concentrates, high-fructose corn syrup, honey, liquid fructose, malt syrup, maple syrup, molasses, pancake syrup, raw sugar, sugar, syrup, white sugar, fructose, lactose and maltose. Fructose is sugar derived from fruit and vegetables; lactose is milk sugar; and maltose is sugar that comes from grain.

Less known Names for Sugar

Carbitol, concentrated fruit juice, corn sweetener, diglycerides, disaccharides, evaporated cane juice, erythritol, Florida crystals, fructooligosaccharides, galactose, glucitol, glucosamine, hexitol, inversol, isomalt, maltodextrin, malted barley, malts, mannitol, nectars, pentose, raisin syrup, ribose rice syrup, rice malt, rice syrup solids, sorbitol, sorghum, sucanat, sucane, xylitol and zylose.

Break Up with *Empty* Calories

What do soda, candy, and chips all have in common? They are all top sources of *empty calories*. Empty calorie containing foods and drinks are high in calories, but low in nutrients.

Most empty calorie foods are highly processed foods that typically contain solid fats (butter, lard, or animal fat), Trans fats (partially hydrogenated oils), and/or added sugars (white sugar, high fructose corn syrup, etc.).

Because empty-calorie foods are so low in nutrients, they typically contribute to increased hunger (your body isn't being fueled properly), tiredness, and irritability throughout the day.



MAKE THE CHOICE

Replacing empty calorie containing foods/beverages with more wholesome foods/beverages will help you stay fuller longer, lose weight and have more energy. See pages 40-41 for ways to kick your empty calorie habits!



Hook Up with *Wholesome* Foods

Wholesome foods like fresh fruits, vegetables, whole grains, lean protein, low-fat dairy, and healthy fats in smaller portions (olive oil, canola oil, avocados, nuts, etc.) fill you up without weighing you down. Wholesome foods are considered "nutrient dense" because they are packed with essential nutrients (complex carbohydrates, protein, fat, vitamins, minerals, and water) at a lower calorie cost, especially when compared to empty calorie-containing foods.

Because wholesome foods are packed with nutrients and fiber, they help you feel more satisfied (less hungry) and energized throughout the day.

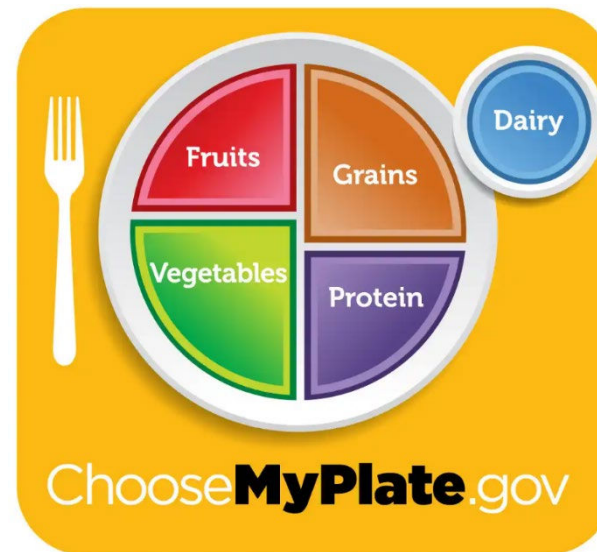
CATEGORY	INSTEAD OF THIS...	CHOOSE THIS...
FATS	Deep fried meats, French fries	Grilled/roasted chicken or turkey (skinless), fish, beans (without added salt or fat), baked potato (plain or with low-fat toppings), side salad with light dressing
	Bacon	Canadian ham, turkey bacon
	Hamburger (80% lean)	Hamburger ($\geq 93\%$ lean), ground turkey ($\geq 90\%$ lean)
	Mayonnaise	Mustard, low-fat mayonnaise, $\frac{1}{8}$ avocado
	Chips/high-fat popcorn	Fresh fruits or vegetables, baked chips, low-fat popcorn, 100% whole wheat crackers
	Ice cream	Fresh fruit, low-fat frozen yogurt
	Whole milk	Low-fat milk (1% or skim)
	Butter, margarine	Light butter or margarine, salsa, hot sauce

CATEGORY	INSTEAD OF THIS...	CHOOSE THIS...
SUGARS	Candy	Fresh fruit, 1 oz. portion of nuts, low-fat popcorn
	Bakery items (cakes, cookies, etc.)	Special occasion only (choose a smaller portion and savor each bite)
	Soda	Water, diet soda, light lemonade, or $\frac{1}{4}$ part juice mixed with $\frac{3}{4}$ parts seltzer water
	Sweetened coffee/tea/specialty coffee drinks	Unsweetened or made with low-fat milk and/or a sugar substitute (i.e. Stevia). Also, remove the whipped cream and decrease the cup size for specialty coffee drinks
	Fruit juice or sport drinks	Water, light lemonade, or $\frac{1}{4}$ part juice mixed with $\frac{3}{4}$ parts water
	Flavored yogurt (≥ 21 g sugar/serving)	Low-fat Greek yogurt - plain or flavored (≤ 20 g sugar/serving)
	ALCOHOL	Hard liquor (mixed drinks)
Wine		Spritzer ($\frac{1}{4}$ part chilled wine mixed with $\frac{3}{4}$ parts chilled club soda, sparkling water, or seltzer water)
Beer		Light beer
REFINED GRAINS	White bread, rice, and/or pasta	100% whole wheat bread, brown rice, 100% whole wheat pasta, quinoa, bulgur, or other whole grain
	Regular (white) crackers	100% whole wheat crackers
	Sweetened cereal	Unsweetened whole grain cereal, plain oatmeal



Build a Better Plate to *Lose Weight*

- Fill half your plate with a variety of veggies (dark green, red, orange, and/or legumes - beans/peas) and fruits (especially whole)
- Use smaller plates, bowls and cups
- Choose whole grains (100% whole wheat bread, pasta, rice quinoa, bulgur) most of the time
- Keep meat portions to the size of a deck of cards
- Choose fat-free or reduced-fat dairy products



Visit The United States Department of Agriculture (USDA) Web site at www.ChooseMyPlate.gov to learn more about how to build a healthier diet for yourself and your family.

- In the DFAC, look for items identified as “green” performance choices and avoid second helpings and desserts
- Plan ahead: Bring healthy snacks to work (fresh fruit, veggie sticks, low-fat cheese sticks, salads, Greek yogurt)
- Pack a healthy lunch (veggie soup, lean meat sandwich, salad greens with low-fat dressing). For more meal ideas, download the “Soldier’s Cooking Guide” https://ephc.amedd.army.mil/HIPECatalog/Uploads/DownloadableProds/723_Cooking%20Guide%20for%20Soldiers.pdf
- Drink water or 8 oz. of low-fat milk or milk substitute with every meal

Make Smarter Restaurant Choices

Eating out doesn't have to derail your weight loss progress. "Have it your way" and save hundreds of calories!

SIZE IT

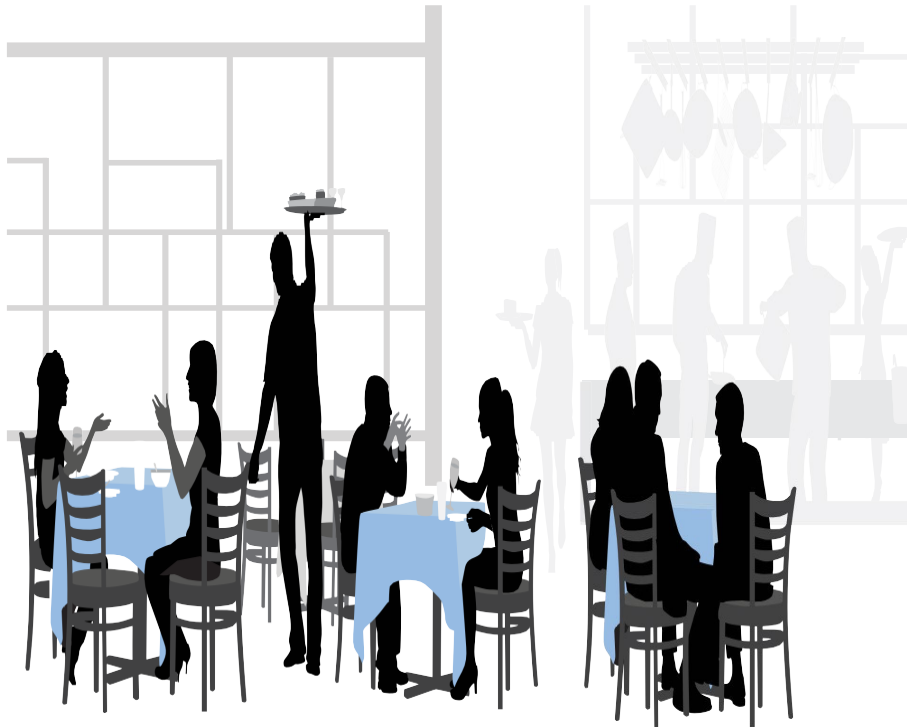
- Order a kids meal instead of super-sizing your meal
- Order ½ portions or split an entrée

MODIFY IT

- Order dressing, butter, or sauce on the side so you can control the portions

BOX IT

- Full? Box it up and take it home for leftovers



10 SMARTER CHOICES WHEN DINING OUT



- **Skip the Bread/Chip Basket**
 - » Tell the waitperson to "hold" the bread/chip basket or move it OUT OF REACH to the opposite end of the table
- **Water, Unsweetened Iced Tea, Low-Fat Milk, Light Lemonade**
- **Clear, Broth Based Soups**
- **Romaine Lettuce or Spinach Salad**
 - » Dressing on the side; no bacon, croutons, or cheese
- **Steamed Veggies as a Side Dish**
 - » With a slice of lemon; no butter or oil
- **Baked Potato instead of Fries**
 - » Butter on the side
- **Grilled/Broiled/Baked/Roasted Meat**
- **Sandwiches on Whole Wheat, Pita, Lettuce, or Multi Grain**
 - » No mayonnaise
- **Fresh Fruit for Dessert**
 - » Share a decadent dessert or skip altogether

What to Order & Avoid at Tropical Smoothie Cafe	
Most Nutritious Options	Least Nutritious Options
Detox Island Green Smoothie (Smoothies)	Chia Banana Boost With Peanut Butter Smoothie (Smoothies)
Chicken Pesto Flatbread (Flatbreads)	Chicken Bacon Ranch Flatbread (Flatbreads)
Thai Chicken Wrap (Wraps)	Hummus Veggie Wrap (Wraps)
Three Cheese Chicken Quesadilla (Quesadillas)	Sante Fe Chicken Quesadilla (Quesadillas)
Turkey Bacon Ranch Sandwich (Sandwiches)	Chicken Caprese Bacon Sandwich (Sandwiches)
Beach Club Salad (Salads)	Supergreen Caesar Salad (Salads)
All American Breakfast Wrap (Breakfast)	Peanut Butter Banana Crunch Breakfast Flatbread (Breakfast)
Turkey & Cheddar Wrap (Kids Food)	Classic Grilled Cheese (Kids Food)
Fresh Fruit (Sides)	Miss Vickie's Simply Sea Salt Chips (Sides)
Brewed Unsweetened Tea (Sides)	Soda (Sides)

Survival Guide to Fast Food Restaurants

Choosing healthier options or modifying your order at a fast food restaurant can save you hundreds of calories. Check out the menu tips and lower-calorie choices below.

American Eatery

Menu Tip: Hold the mayo.

Healthier Menu Choices

- Baked fish
- Corn or peas and carrots
- Baked Beans
- Garden salad or side salad (Choose lighter dressing.)

Anthony's Pizza

Menu Tip: Hold the high fat toppings (pepperoni, sausage, etc.) and order ½ the amount of cheese when ordering a whole pizza.

Healthier Menu Choices

- Plain cheese or veggie pizza by the slice
- Garden salad or side salad (Choose lighter dressing.)

Burger King

Menu Tip: Hold the mayo and remove the top half of the bun.

Healthier Menu Choices

- BK Veggie® Burger (no mayo and remove top half of bun)
- Whopper Jr. or Hamburger (skip mayo and cheese)
- Tendergrill® Chicken Sandwich (no mayo and remove top half of bun)
- Garden side salad (Choose lighter dressing.)

Froots™

Healthier Menu Choices

- Sante Fe (Hold the cheese and choose a light dressing.)
- Albacore tuna (Order dressing on the side.)
- Greek (Hold the cheese and order dressing on the side.)

McDonalds

Menu Tip: Hold the mayo and special sauce.

Healthier Menu Choices

- Ranch snack wrap (grilled)
- Southwest salad with grilled chicken
- Hamburger

Popeye's

Menu Tip: Choose the unsweetened tea.

Healthier Menu Choices

- Blackened tenders
- Regular sized green beans
- Baguette

Subway

Menu Tip: Choose a lighter sauce (i.e. mustard) and whole grain bread.

Healthier Menu Choices

- 6" Veggie Delite®
- 6" Oven roasted chicken (no cheese)
- 6" Roast Beef (no cheese)
- 6" Turkey Breast (no cheese)

Taco Bell

Menu Tip: Replace sour cream and cheese with pico de gallo (Fresco).

Healthier Menu Choices

- Fresco grilled steak soft taco
- Fresco crunchy taco
- Fresco chicken soft taco
- Gordita Supreme®

Wendy's

Menu Tip: Hold the mayo.

Healthier Menu Choices

- Jr. Hamburger
- Any ½ sized salad made with grilled chicken (Choose lighter dressing.)
- Grilled chicken wrap or grilled chicken sandwich
- Plain baked potato (butter on the side)
- Garden Side Salad (Choose a lighter dressing.)
- Chili



NUTRITION INFORMATION

For current nutrition information on AAFES restaurants, visit:
<https://www.shopmyexchange.com/savings-center/store-restaurant-coupons>

Chapter 7

COMBATING WEIGHT GAIN

Physical activity, in combination with a modest caloric restriction, will increase weight loss as compared to diet alone. Increasing your activity level to expend an extra 250 to 500 calories per day contributes to a safe and effective weight loss of ½ to 1 pound per week. Aerobic activities (i.e., walking, jogging, bicycling and swimming) help you burn calories.

The American College of Sports Medicine (ACSM) provides the following recommendations on physical activity:

- Weight-gain prevention and general health: ≥ 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. (150 – 250 minutes/week or ~ 10,000+ steps/day).
- Weight loss: 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week (150–250 minutes/week or ~ 10,000+ steps/day) along with a nutritious, modest calorie restriction. Greater amounts of physical activity (i.e., >250 minutes weekly or at least 15,000+ steps/day) will result in significant weight loss
- Weight maintenance after weight loss: To prevent regaining weight, engage in 60–90 minutes of moderate-intensity physical activity per day (≥ 250 minutes/week or at least 15,000+ steps/day) while not exceeding your calorie requirements.
- Strength Train: 2–3 times/week to increase lean muscle tissue. Target your larger muscle groups such as chest, back, abdominals, legs, and shoulders. To achieve the best results, incorporate a minimum of 8 exercises that work these major muscle groups.

MUSCLE VS. FAT



1 lb. of muscle tissue burns

35 calories*

1 lb. of fat tissue burns

2 calories*

* Can vary and depends on many other factors to include gender, age, fitness level, activity intensity, etc.



Consider *Investing* in an Activity Tracker

An activity tracker (accelerometer) helps you keep track of your activity level during the day. To lose weight, aim for 10,000 – 15,000+ steps/day.

Unit physical training (PT) may not be sufficient for weight loss. In addition, any benefit that you do gain from your unit physical fitness sessions may be offset if your job or lifestyle is sedentary (that is, you spend a lot of time sitting, using a computer, watching TV, reading, or playing video games).

Try the below tips to burn more calories throughout the day and reach your step goals:

- Engage in a “step challenge” with a friend or relative.
- Take the stairs whenever possible.
- Park your car farther away from entrances
- Bike, walk or run to do errands.
- Get up and move for 10 minutes every hour.
- Multi-task while watching TV (hop on a treadmill or stationary bike; jog/walk in place during commercial breaks).



HEALTHY FUELUP

Fuel up and re-fuel with healthy foods in the right portions to help you get stronger and leaner.

ADEQUATE SLEEP CAN MAKE WEIGHT LOSS EASIER



Getting enough sleep helps you–

- Regulate your appetite (your hunger/fullness cues work better).
- Be more energetic and active during the day
- Maintain a sharp mind to make better food choices and pre-plan meals/snacks

Get *Enough* Sleep to Help You Lose Weight

Getting enough, quality sleep not only helps rejuvenate your mind and your body, it also helps you lose weight. To get sufficient quality sleep, protect your sleep time and protect your sleep environment.

PROTECT YOUR SLEEP TIME

- Prep yourself for sleep at least 30–60 minutes before turning out the lights. Unwind without exposing yourself to the bright light from a TV, computer, smartphone, or tablet.
- Limit caffeine and alcohol within 6 hours of bedtime. While alcohol may initially make you feel drowsy, it interferes with sleep quality.
- Try to stick to a routine sleep and wake-up time even on your days off.

PROTECT YOUR SLEEP ENVIRONMENT

- Use foam earplugs to block out noise disturbances, or use a room fan to generate “white noise.”
- Wear a sleep mask, or darken the room with room-darkening shades or trash bags.
- Keep the room at a comfortable temperature (usually on the cooler side); use extra blankets, air conditioning, or a fan to help.

Seek help from your physician if you are having trouble falling asleep and/or staying asleep. Getting enough sleep is critical to your mental and physical performance.

Develop a Strong Social Support System And Effectively Manage Stress

Having a strong network of people (such as friends, family, and/or coworkers) to help support your new eating and exercise habits can positively influence your weight loss efforts.

Encouragement and help have not only been shown to increase weight loss, but can also help you maintain your weight by enhancing feelings of control and confidence. Communicate your needs, and be specific about how your support network can help you.

Chronic stress (whether from work, family, relationships, etc.) can adversely affect your hormones, disrupt your sleep, and lower your immunity – all issues that can hinder even your best efforts to lose weight. Taking time out of your busy day to relieve stress through exercise, meditation, or participation in other activities unrelated to food helps you feel refreshed, clears your mind, improves your mood, and can even help prevent overeating.

When necessary, seek professional help and guidance to better manage your stress.

Check Out These Available Apps and Resources:

- Mindfulness Coach
- Tactical Breather
- T2 Mood Tracker
- Breathe2Relax
- Relax & Rest
- Calm
- Insight Timer
- Breathe
- Daily Yoga
- Simply Yoga

Check with your healthcare provider before beginning a yoga training program. For more help on how to select a safe yoga program, see The American College of Sports Medicine's brochure entitled, "Selecting and Effectively Using a Yoga Program" at <https://safe.menlosecurity.com/doc/docview/viewer/docNC59AE401F3E1f33de0f17387f75d596f635085e62acc6a8912ff78b25e90472cc4e0e9435aa3>:



Permanent Change... The Key to Successful Weight Management

An effective weight management plan is one that fits your lifestyle and is sustainable. Losing the weight is only half the battle; maintaining the loss is the other half. The following strategies (taken from the *National Weight Control Registry*) are consistently used by people who are successful in losing weight and maintaining their weight loss:

Eat fewer calories. Create a calorie deficit in your diet that supports long-term weight loss and is sustainable.

Eat a consistent diet from day to day, and eat several times daily. This strategy may encourage self-control, minimize unplanned food temptations, foster self-discipline and increase your ability to stick to your eating routine.

Eat breakfast every day. Breakfast is an important time to refuel the body during weight-loss efforts. The goal is to refuel within 30 to 60 minutes after morning exercise with a balanced intake of carbohydrates, protein, and healthy fat. A breakfast that includes a good source of protein (such as egg, cheese, Greek yogurt) helps you feel fuller longer and helps keep you from overeating later in the day.

Strength train Weight training helps build/maintain lean muscle tissue and strengthens your bones. Perform a full body strength training program at least 2-3x/week.

Move more. Successful weight losers/maintainers take about 11,000 to 12,000 steps daily (equivalent to ~ 6 miles).

Sit less. Limit sedentary activities (television viewing, video gaming, and internet surfing) to fewer than 10 hours per week.

Employ self-monitoring tactics. Track weight changes with frequent weigh-ins, or take notice of how your civilian clothes fit (snug/loose). Keep a food diary, activity log, and/or sleep journal.

Get adequate sleep. Get at least 7- 8 hours of sleep each night (as often as possible).

Maintain a positive support system. Family, friends, and/or co-workers can help, but it is ultimately up to you to make changes in your life to help you lose weight and keep it off!



LIFESTYLE CHANGE

Permanent lifestyles changes are taken one step at a time.

APPENDIX A

ONLINE RESOURCES

Weight Loss:

- **National Heart, Lung, and Blood Institute** *Aim for a Healthy Weight* provides information on assessing your weight and health risk, healthy weight loss tools, and information on selecting a weight-loss program.
https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
- **How to Read a Nutrition Label** Watch this video to learn how to read the Nutrition Facts Label found on food packages.
<https://www.neok12.com/video/Health-Nutrition/zX020f0f4c4f4a606e706151.htm>
- **Choosing a Safe and Successful Weight-Loss Program** is a document available for download from the Weight-Control Information Network (WIN). <https://www.niddk.nih.gov/health-information/weight-management/choosing-a-safe-successful-weight-loss-program>
- **The Body Weight Planner** from the National Institutes of Health allows users to make personalized calorie and physical activity plans to reach a goal weight within a specific time period and to maintain it afterwards.
<https://www.niddk.nih.gov/health-information/weight-management/body-weight-planner>
- **Visit your local Health Promotion Office**

Nutrition and Healthy Living:

- **Nutrition Kitchen** a series of online nutritional cooking classes by the Air Force that is geared toward service members and their families. The series aims to inspire healthier meal choices while providing viewers the science behind their choices to “level up” their nutrition knowledge.
<https://www.airforcemedicine.af.mil/Nutrition-Kitchen/>
- **The Human Performance Resource Center (HPRC)** provides health and nutrition information for Warfighters and their families. <https://www.hprc-online.org/nutrition/go-green>
- **ChooseMyPlate.gov** has replaced the legacy Food Guide Pyramid and provides sound advice on what and how much to eat per meal. <https://www.myplate.gov/>
- **The 2020-2025 Dietary Guidelines for Americans** focuses on improving your diet and preventing obesity and other nutrition-related illnesses.
<https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines>
- **The Academy of Nutrition and Dietetics** is your source for scientifically-based health and nutrition information.
<http://www.eatright.org>
- **The Soldier's Cooking Guide** is available from the APHC Health Information Products e-Catalog.
https://ephc.amedd.army.mil/HIPECatalog/Uploads/DownloadableProds/723_Cooking%20Guide%20for%20Soldiers.pdf
- **The Healthy Dining Finder** offers a menu nutrition and food guide to help you make healthy food choices while eating out.
<https://www.healthydiningfinder.com>
- **The Combat Rations Database (ComRaD)** contains the most accurate, up-to-date nutritional information on individual combat ration menus and food components.
<http://hprc-online.org/comrad>

Dietary Supplements:

- (OPSS) is the go-to resource for evidence-based information about dietary supplements. Go to www.OPSS.org for articles, FAQs, videos, Apps, information sheets, and presentations.
- The *OPSS High-Risk Supplement List* at <https://www.opss.org/media/opss-high-risk-supplement-list> provides you with an up-to-date list of supplements that may pose a potential health risk, including some weight loss supplements that are available on the market today. For convenient on-the-go access to the *OPSS High-Risk Supplement List*, download the app on Google or Apple App stores.
- The *Natural Medicines* database enables you to look up individual ingredients and dietary supplement products by name. This database includes information on the safety, benefits, side effects, effectiveness, and drug interactions of ingredients. Go to <http://info.therapeuticresearch.com/dod> to get an account (subscription is free with a “.mil” address). Consider using only products rated eight or above on the site's Natural Medicines Brand Evidence-Based Rating (NMBER) Scale.

Check out National
Institutes of Health

<https://ods.od.nih.gov/factsheets/list-all>



Physical Activity:

- *Physical Activity Guidelines for Americans* provides science-based guidance to help Americans improve their health through appropriate physical activity. <http://www.health.gov/paguidelines/guidelines/default.aspx>
- The *Weight-Control Information Network* provides information on physical activity and weight control. <http://win.niddk.nih.gov/publications/index.htm#public>
- The ACSM offers a variety of health and fitness brochures, fact sheets, and helpful guides that range from starting a walking program to selecting a running shoe. <http://www.acsm.org/public-information/brochures>
- *Time Saver: High Intensity Fitness Circuit in Minutes*, from the ACSM is a workout that involves 12 key aerobic and strengthening exercises and all of the major muscle groups. <https://www.acsm.org/docs/default-source/brochures/time-saver-high-intensity-fitness-circuit-in-minutes.pdf>

APPENDIX B

REFERENCES

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