

## 10 Tips for Speeding Up Metabolism

**1. Quit Starving Yourself-** when you deprive yourself of food, your body reacts protectively against what it thinks of as starvation. Your resting metabolic rate drops to a lower level to conserve energy. Your body works harder to preserve the food it gets by storing it as fat. Instead of counting calories, focus on cutting back on the fat and sugar in your diet.

**2. Get Exercise-** Exercise raises your resting metabolic rate helping you burn more calories even when at rest. Strength training is especially important here because it increases the amount of muscle you have. Muscle cells also burn more calories than fat cells.

**3. Exercise longer-** After 30 minutes of low-intensity exercise your body begins to burn stored fat for energy.

**4. Exercise Large Muscle Groups-** Choose high-energy exercise that gives your arms and legs a good workout.

**5. Vary your Workout-** Your body gets efficient at doing the same exercise day after day and you burn calories. Try alternating gym workouts with outside activities.

**6. Eat a Good Breakfast-** People who skip breakfast burn 5 percent fewer calories than those who eat a healthy morning meal.

**7. Avoid Alcohol and Smoking-** Both may inhibit the loss of abdominal fat. That's why drinkers and smokers tend to be bigger around the waist than abstainers.

**8. Resist PMS Cravings-** The evidence is that women's bodies burn more calories between ovulation and menstruation. That's why sugary snacks look so good then. Don't starve yourself, but if you can resist the cravings for high-energy foods, your body will burn fat stores for energy.

**9. Eat Less Fat-** Your body is very efficient at turning the fat you eat into body fat. It takes a lot more energy to turn carbohydrates into fat. That's why cutting back to less than 30% of your calories from fat can help you reduce your body fat more than just cutting total calories.

**10. Eat Three Meals-** Studies show that eating only one or two large meals tends to lower your resting metabolic rate. Make sure you eat three small meals and a healthy snack or two.

## Summer Treat!

### Strawberry Banana Smoothie

Servings: Makes 1 serving (about 1 cup)

#### Ingredients

- 1/2 cup chopped fresh strawberries
- 1/4 medium banana, peeled and halved
- 1/4 cup vanilla nonfat yogurt with low-calorie sweetener
- 1/2 cup crushed ice
- Frozen whipped topping, light type

#### Directions

1. Place strawberries, banana and yogurt in blender container. Pulse until fruit is well blended, scraping sides of container, if necessary.
2. Add ice; pulse until ice is well blended.
3. Pour into glass and top with one serving (2 tablespoons) frozen whipped topping. Serve immediately.

#### TIPS

Don't have a blender? If you have a hand held emersion blender, that also will work great for this recipe.

Be flexible with this recipe and use a flavored yogurt that you have on hand!

Browse the dairy section to look for lower calorie yogurt options.

#### Nutrition Facts

Amount per Serving  
Calories - 84  
Total fat -1 g  
Saturated fat - 1 g  
Cholesterol - 4 MG  
Sodium - 31 MG  
Carbohydrate - 16 g  
Dietary fiber - 2 g  
Sugars - 10 g



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## Body Mass Index

Body Mass Index charts help to determine a person's ideal body weight. The BMI is based on a person's height (in inches) and weight and is used to determine whether a person has too much body fat.

Although the BMI gives a good overall picture of a person's fat/muscle ratio, it's not always totally accurate. People with high muscle to fat ratio might be in the category of overweight, when in fact their extra weight is attributed to muscle. A person with edema, or water retention might have an incorrectly high reading of body fat.

In general, the BMI gives a good idea if a person is a healthy weight. Here are some general guidelines:

- A BMI of 19 to 24.9 is a healthy weight range.
- A BMI between 25 and 29.9 is overweight.
- A BMI of over 30 is obese.

To use, match weight and height to determine BMI.

Body Mass Index									
	Normal			Overweight			Extreme Obesity		
BMI	19	22	24	25	27	29	30	33	35
Height inches	Body Weight (lb)								
58	91	105	115	119	129	138	143	158	167
59	94	109	119	124	133	143	148	163	173
60	97	112	123	128	138	148	153	168	179
61	100	116	127	132	143	153	158	174	185
62	104	120	131	136	147	158	164	180	191
63	107	124	135	141	152	163	169	186	197
64	110	128	140	145	157	169	174	192	203
65	114	132	144	150	162	174	180	198	210
66	118	136	148	155	167	180	186	204	216
67	121	140	153	159	172	185	191	211	223
68	125	144	158	164	177	190	197	216	230
69	128	149	162	169	182	196	203	223	236
70	132	153	165	174	188	202	209	229	243
71	136	157	172	179	193	208	215	236	250
72	140	162	177	184	199	213	221	242	258
73	144	166	182	189	204	219	227	250	265
74	148	171	186	194	210	225	233	256	272
75	152	176	192	200	216	232	240	264	279
76	156	180	197	205	221	238	246	271	287

Ole' Chicken Enchilada Dinner	
Nutrition Facts	
Serving Size: 12 oz. (340g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 340	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 61g	<b>20%</b>
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Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 14g	
Vitamin A 10%	Vitamin C 10%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories per gram:  
Fat 9- Carbohydrate 4- Protein 4

**Ingredients**  
Ingredients of a product are listed in order of their relative weight of the product. The first ingredient is the one that makes up the greatest part of the product. The last ingredient on the list represents the smallest part of the product and the others represent the amounts in between.

**Calories**  
Calories provide a measure of how much energy you get from a serving of this food. The calorie section of the label shown as border can help you manage your weight (i.e., gain, lose, or maintain.) **Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).**

- General Guide to Calories**
- 40 Calories is low
  - 100 Calories is moderate
  - 400 Calories or more is high

The **General Guide to Calories** provides a general reference for calories when you look at a Nutrition Facts label. This guide is based on a 2,000 calorie diet.

**Eating too many calories per day is linked to overweight and obesity.**

**Nutrients**  
Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups. The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified by:

border and referred to as **Limit these Nutrients**. Eating too much fat, saturated fat, cholesterol, carbohydrates and sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified by:

border and are referred to as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

**Daily Values**  
The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet--not 2,500 calories. You, like most people, may not know how many calories you consume in a day. But you can still use the %DV as a frame of reference whether or not you consume more or less than 2,000 calories. The %DV helps you determine if a serving of food is high or low in a nutrient

**Footnote**  
Look at the amounts identified in border in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet.