



## Know Your Numbers and How to Positively Change Them!

The Body Mass Index (BMI) and the Waist Circumference measurement are numbers you should know just like your body weight and blood pressure. Both numbers have become very important in determining the level of health risks. The Body Mass Index describes relative weight for height, correlated to body fat. This measurement does not discriminate between overweight and over muscle athletes. There are numbers ranging from underweight 18.5 to extreme obesity at 40 and over. You can calculate your BMI, using the website tool at [www.nhbsupport.com/bmi](http://www.nhbsupport.com/bmi).

The waist circumference measurement has become more popular with Dr. Oz on Oprah and the National Heart and Lungs standards for measurement for Women and Men. You can learn how to do this measurement with a tape measure by visiting [www.wemd.com/diet/calculating-your-waistcircumference](http://www.wemd.com/diet/calculating-your-waistcircumference). The recommended measurement for women is 35 inches or less and for men is 40 inches or less. The type of fat in our waistline is dangerous and is associated with pre diabetes, hypertension, insulin resistance and heart disease.

Plan for twenty minutes or less to find out your numbers, and the next five strategies originating from the **American Heart Association** will help you make a positive change in your health.

### **The first strategy is to limit the intake of unhealthy fats:**

There are two unhealthy fats that are found commonly in the American diet. The first is Saturated fats which are usually found in animal sources of food. These fats can elevate the bad cholesterol in our blood and are easily stored as fat in our bodies. Food sources include bacon, sausage, and high fat red meat selections like ribs, cream, cream cheese, butter, sour cream, cheeses, whole milk, and 2% milk as well as ice cream. The second source of unhealthy fats is Trans fatty acids. In 2007 all food products must now show the Trans fat content on the Nutrition Facts Label. The food sources of this fat mostly come from partially hydrogenated oils found in doughnuts, French fries, snack chips and crackers as well as some microwaveable popcorn and peanut butters.

Choose better fats, which help to increase the good cholesterol in our blood, like the fats that come from plant sources which are monounsaturated fats. These are found in almonds, cashews, peanuts, olive oil, canola oil, and peanut oil, avocados, olives and peanut butter. The polyunsaturated fats are also good sources and are found in mayonnaise, margarines, salad dressing, vegetable oil and walnuts. Remember fats are high sources of calories so be careful and check the serving size on the container. Five grams of fat is typically a serving.

### **The second strategy is to select lower fat protein sources:**

As discussed earlier, a number of our protein sources like high fat meat sources can be dangerous to our health. You want to select leaner cuts of meat like sirloin, tenderloin, round, or chicken breast. Select fish for a good protein source as well as low fat cheeses like cottage cheese and string cheese. Beans are an excellent source of protein and fiber in the diet.

### **The third strategy is to eat more fruits and vegetables:**

Most people need to plan these in through out the day as part of a meal or as snacks. It used to

be five a day, but the new recommendations are increasing the numbers above nine servings a day. The rule to follow is eating a rainbow of colors to achieve the antioxidant protection from all of the plant foods. These add volume to the diet and help increase fullness as they decrease the caloric content of their overall diet.

**The fourth strategy is to select whole grains:**

This trend is one that will be around for a while primarily due to the high fiber content these products provide as well as the high vitamin and mineral content. Select whole grains breads, crackers, pastas, and cereals to increase the fiber content of the diet to 25 grams or greater per day.

**The fifth strategy is to learn to control portions:**

The problem with the American diet is that most people know what to eat but they have a tendency to eat too much of a good thing. Extra calories not used for energy will be stored as fat, and over time this will equal a weight increase and a thicker waist circumference. A great place to learn about portions is [www.mypyramid.gov](http://www.mypyramid.gov).

All of these strategies will help lower your BMI and your waist circumference measurements. Please browse through our website, [www.NutritionSOS.com](http://www.NutritionSOS.com), to find out about services we provide to positively change your diet. You can also [Contact Personal NEWtrition at 513-661-6391](tel:513-661-6391) to set up a [one-on-one nutrition consultation](#) or join our [6 Weeks to a NEW You!](#) weight loss program.

Chrisy O'Connor R.D.,L.D.

Owner and Founder of

**Personal NEWtrition**

Specializing in Nutrition Counseling.

**Listen to Chrisy Monday mornings on Q102 with Jeff & Jenn.**

[Chrisy@Personalnewtrition.com](mailto:Chrisy@Personalnewtrition.com)