



Wyoming  
Department  
of Health

Commit to your health.

**Wyoming Healthy Together Program**  
1-888-545-1710 | [www.WYHealthyTogether.com](http://www.WYHealthyTogether.com)



## Weight Management: Healthy Eating

Food is your body's fuel. You can't live without it. The key is to give your body enough nutrients and energy without eating too much. Reading food labels can help you make healthy choices. Also, learn new eating habits to manage your weight.

### Eat Less Fat

A gram of fat has almost twice the calories of a gram of protein or carbohydrates. Try to balance your food choices so that 20% to 35% of your calories comes from total fat. This means an average of 2½ to 3½ grams of fat for each 100 calories you eat.

### Eat More Fiber

High-fiber foods are digested more slowly than low-fiber foods, so you feel full longer. Try to get 31 grams of fiber each day. Foods high in fiber include:

- Vegetables and fruits
- Whole-grain or bran breads, pastas, and cereals
- Legumes (beans) and peas

As you begin to eat more fiber, be sure to drink plenty of water to keep your digestive system working smoothly.

### Tips

- Don't skip meals. This often leads to overeating later on. It's best to spread your eating throughout the day.
- Eat a variety of foods, not just a few favorites.
- If you find yourself eating when you're not hungry, ask yourself why. Many of us eat when we're bored, stressed, or just to be polite. Listen to your body. If you're not hungry, get busy doing something else instead of eating.
- Eat slower. It takes 20 minutes for your stomach to tell your brain that it's full.
- Pay attention to what you eat. Don't read or watch TV during your meal.

Nutrition Facts		
Serving Size 1 cookie (16g)		
Servings Per Container 27		
<b>Amount Per Serving</b>		
<b>Calories 80</b> <b>Calories from Fat 30</b>		<b>Calories from Fat</b> How many calories from fat in 1 serving
<b>% Daily Value*</b>		<b>Total Fat</b> How many grams (g) of fat in 1 serving
<b>Total Fat</b> 3.5g	<b>5%</b>	<b>Saturated Fat</b> How many grams (g) of saturated fat in 1 serving
Saturated Fat 1.5g	<b>8%</b>	<b>Trans Fat</b> How many grams (g) of trans fat in 1 serving
Trans Fat 0.5g		<b>Dietary Fiber</b> Total grams (g) of fiber in 1 serving
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 40mg	<b>2%</b>	
<b>Total Carbohydrate</b> 11g	<b>4%</b>	
Dietary Fiber 0g	<b>0%</b>	
Sugars 5g		
<b>Protein</b> Less than 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		

**All the values on the label are based on one serving. The serving size is the average portion. Remember to multiply the values on the label by the number of servings you eat.**