

NHF NATIONAL PREVENTION PROGRAM

Key steps today for giant strides tomorrow.

Do the 5!

Exercise and Maintain a Healthy Body Weight

- According to the Centers for Disease Control and Prevention (CDC), young people between the ages of 13 and 19 with hemophilia and von Willebrand disease (VWD) are almost twice as likely to be overweight as others their age in the general population.
- A CDC study of young men with hemophilia found that those with a higher body mass index (body weight adjusted for height and age) had less mobility in their joints regardless of the severity of their hemophilia.
- Maintaining a healthy body weight can reduce the stress on your joints. For maximum benefit, it needs to be done in conjunction with exercise and strengthening your muscles.

Make smart choices from every food group

The best way to give your body the balanced nutrition it needs is to eat a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

Mix up your choices within each food group

- **Focus on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- **Vary your vegetables.** Eat more dark green vegetables, such as broccoli, kale, and other dark leafy greens; orange vegetables, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



NATIONAL HEMOPHILIA FOUNDATION
for all bleeding and clotting disorders

- **Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Find your balance between food and physical activity

Becoming healthier isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in with the calories you expend each day.

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.
- Reduce the amount of time spent in sedentary activities, such as watching TV or playing video games. Limit screen time to less than 2 hours a day.

For the latest information on nutrition guidelines, advice and healthy eating, visit www.nutrition.gov.

A copy of the brochure, *Finding Your Way to a Healthier You*, based on the 2005 US Dietary Guidelines for Americans can be found at <http://www.healthierus.gov/dietaryguidelines/>.