Nutrition &
Physical Activity

UCLA Korean Healthy Life Project • 
한인 건강 생활 프로젝트 •

UCLAKA
About how much cancer deaths can be prevented with healthy nutrition?

1/8  1/4  1/3

About 1/3 of cancer deaths in the U.S. can be prevented.
What kinds of health problems can nutrition and physical activity prevent?

- Cardiovascular diseases
- Diabetes
- High blood pressure
- Stress
- Cancer
How well do you eat presently?
How much do you eat from each group?

- **Carbohydrates**
  - Bread
  - Pasta
  - Noodles
  - Cereal

- **Protein**
  - Fish
  - Meat
  - Beans

- **Fruits & vegetables**
  - Fruits
  - Vegetables

- **Dairy**
  - Milk
  - Cheese
  - Yogurt
## Nutrition Worksheet

Think about all the food that you ate for the past 24 hours. Write your choices in appropriate place using the empty plates, bowls, and cups.

<table>
<thead>
<tr>
<th>How many times did you eat from the following food groups?</th>
<th>Helpful Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Make at least half your grains whole grains</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Use free time on weekends to cut fresh fruits and vegetables for the week.</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Eat a variety of fruits and vegetables every day by picking a variety of colors.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Eat fresh fruits instead of drinking fruit juice.</td>
</tr>
</tbody>
</table>

### Breakfast
- **Grains** (E.g.: bread, rice, noodles, cereal, rice cake)
- **Fruits & Vegetables** (E.g.: yam, corn, potato, kimchi, bean sprouts, spinach, cooked herbs, cucumber, carrot, radish, lettuce, banana, apple, orange, grapes, melon, pear, including canned fruit and fruit juice)

### Lunch
- **Dairy** (E.g.: milk, yogurt, cheese, ice cream)

### Dinner
- **Meat** (E.g.: beef, pork, chicken, eggs, fish)
- **Beans & Nuts** (E.g.: tofu, soy milk, bean curd, red bean, walnuts, pine nuts, peanuts)

### Snack
- **Other** (E.g.: coffee, tea, candy)
How can I eat more healthily?

- Eat a variety of fruits and vegetables.
- Exclude high-fat foods
- Eat more whole grains
- Food preparation
Food Preparation:
Which methods are more healthy?

• Barbecue
• Deep fry
• Broil
• Bake
• Boil
• Steam
• Slow cook
• Raw
Daily Dietary Guidelines

Carbohydrates: ? times

Fruits & Vegetables: ? times or more

Dairy: ? times

Protein:
  Meats and fish: ? times or less
  Nuts: ? times
  Beans: ? times
What are some easy ways to get daily exercise?

- Walking
- Biking
- Jogging
- Swimming
- Gardening
- Household chores
- Dancing
- Sports
How much physical activity are you getting now?
Physical Activity Worksheet

Write down all the physical activity that you did yesterday. Physical activity includes any form of movement that you did for at least 10 minutes including walking, housework, gardening, jogging, biking, lifting, dancing, hiking, etc.

<table>
<thead>
<tr>
<th>Time</th>
<th>Helpful tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Use stairs rather than an elevator.</td>
</tr>
<tr>
<td></td>
<td>If you can, walk or bike to your destination.</td>
</tr>
<tr>
<td></td>
<td>Exercise at lunch with your co-workers, family, or friends.</td>
</tr>
<tr>
<td></td>
<td>Take an exercise break at work to stretch, take a quick walk, or use the</td>
</tr>
<tr>
<td></td>
<td>exercise DVD.</td>
</tr>
<tr>
<td></td>
<td>Walk to visit co-workers instead of sending an email.</td>
</tr>
<tr>
<td></td>
<td>Go dancing with your spouse or friends.</td>
</tr>
<tr>
<td></td>
<td>Plan active vacations rather than only driving trips.</td>
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<tr>
<td></td>
<td>Join a sports team.</td>
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<tr>
<td></td>
<td>Use a stationary bicycle or treadmill while watching TV.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Spend time playing with your kids.</td>
</tr>
<tr>
<td></td>
<td>Take a walk at the mall while window-shopping.</td>
</tr>
<tr>
<td></td>
<td>Get off the bus a stop early.</td>
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<tr>
<td></td>
<td>Park farther away at the grocery store.</td>
</tr>
<tr>
<td></td>
<td>Golf on foot instead of using a cart.</td>
</tr>
<tr>
<td>Evening</td>
<td></td>
</tr>
</tbody>
</table>
Physical Activity Guidelines

Moderate physical activity

At least 10 minutes of continuous activity at one time

Total of 30 minutes per day

5 days a week
Precaution:

• Sedentary individuals should start gradually

• Sedentary men over 40, sedentary women over 50, those with chronic diseases, and those with risk factors for heart disease should talk to their doctors before increasing their level of physical activity.
What’s keeping you from living healthier now?

- I don’t have time.
- I’m tired after work.
- I don’t have the right clothes.
- It’s too hard to buy and prepare fresh fruits and vegetables.
- It’s hard to find healthy foods at work.
- Joining a gym is too expensive.
- I have no personal motivation.
- Exercise is boring.
- There are no safe or convenient places to go near my home.
Easy steps towards a healthy lifestyle

• Take stairs instead of the elevator.
• Use time on weekends to prepare fresh fruits and vegetables for the upcoming week.
• Make a sack lunch the night before – you’ll save money, too.
• Take 10 minutes to get some physical activity – every step counts!
• Pick an activity that is fun and enjoyable
• Plan ahead
• Join an exercise group or class or find an exercise partner
• Find a hiking trail near you with our hiking guide.
<table>
<thead>
<tr>
<th>MY BMI:</th>
<th>How are you doing now?</th>
<th>What are some reasons for not eating healthier and exercising more?</th>
<th>What are some specific goals that I want to make for myself?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition:</strong></td>
<td>How many times did you eat from the following groups?</td>
<td>1.</td>
<td>Remember to make small realistic goals to encourage long-term change. Think of ways to gradually improve your nutrition and level of physical activity and then conquer them one at a time!</td>
</tr>
<tr>
<td></td>
<td>Fruits &amp; Vegetables: 1 2 3 4 5 6 7 8 9 10</td>
<td>2.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat: 1 2 3 4 5 6 7 8 9 10</td>
<td>3.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nuts &amp; Beans: 1 2 3 4 5 6 7 8 9 10</td>
<td>4.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole Grains: 1 2 3 4 5 6 7 8 9 10</td>
<td>5.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Physical Activity:</strong> Write down all the physical activity that you got yesterday. Physical activity includes any form of movement that you did for at least 10 minutes. Remember to exercise continuously for at least 10 minutes at a time, with a total of 30 minutes of moderate physical activity per day.</td>
<td>7. <strong>What are some easy ways that I can eat better and exercise more?</strong></td>
<td></td>
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<td></td>
<td></td>
<td>8.</td>
<td></td>
</tr>
</tbody>
</table>
# BMI Chart for Americans:

<table>
<thead>
<tr>
<th>Height</th>
<th>Healthy Weight</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 10&quot;</td>
<td>147cm</td>
<td>19 20 21 22 23 24</td>
<td>25 26 27 28 29 30 31 32 33 34 35</td>
</tr>
<tr>
<td>4' 11&quot;</td>
<td>150cm</td>
<td>91 96 100 105 110 115</td>
<td>119 124 129 134 138 143 148 153 158 162 167</td>
</tr>
<tr>
<td>5' 0&quot;</td>
<td>152cm</td>
<td>97 102 107 112 118 123</td>
<td>128 133 138 143 148 153 158 163 168 174 179</td>
</tr>
<tr>
<td>5' 1&quot;</td>
<td>155cm</td>
<td>100 106 111 116 122 127</td>
<td>132 137 143 148 153 158 164 169 174 180 185</td>
</tr>
<tr>
<td>5' 2&quot;</td>
<td>157cm</td>
<td>104 109 115 120 126 131</td>
<td>136 142 147 153 158 164 169 175 180 186 191</td>
</tr>
<tr>
<td>5' 3&quot;</td>
<td>160cm</td>
<td>107 113 118 124 130 135</td>
<td>141 146 152 158 163 169 175 180 186 191 197</td>
</tr>
<tr>
<td>5' 4&quot;</td>
<td>163cm</td>
<td>110 116 122 128 134 140</td>
<td>145 151 157 163 169 174 180 186 192 197 204</td>
</tr>
<tr>
<td>5' 5&quot;</td>
<td>165cm</td>
<td>114 120 126 132 138 144</td>
<td>150 156 162 168 174 180 186 192 198 204 210</td>
</tr>
<tr>
<td>5' 6&quot;</td>
<td>168cm</td>
<td>118 124 130 136 142 148</td>
<td>155 161 167 173 179 186 192 198 204 210 216</td>
</tr>
<tr>
<td>5' 7&quot;</td>
<td>170cm</td>
<td>121 127 134 140 146 153</td>
<td>159 166 172 178 185 191 198 204 211 217 223</td>
</tr>
<tr>
<td>5' 8&quot;</td>
<td>173cm</td>
<td>125 131 138 144 151 158</td>
<td>164 171 177 184 190 197 203 210 216 223 230</td>
</tr>
<tr>
<td>5' 9&quot;</td>
<td>175cm</td>
<td>128 135 142 149 155 162</td>
<td>169 176 182 189 196 203 209 216 223 230 236</td>
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<td>179 186 193 200 208 215 222 229 236 243 250</td>
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<td>6' 0&quot;</td>
<td>183cm</td>
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<td>188cm</td>
<td>148 155 163 171 179 186</td>
<td>194 202 210 218 225 233 241 249 256 264 272</td>
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</table>
Other groups of people need lower BMI than Americans

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Americans</th>
<th>Chinese</th>
<th>Indians</th>
</tr>
</thead>
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<tr>
<td>High Blood Pressure</td>
<td>&gt;30</td>
<td>25.30</td>
<td>28.8</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>&gt;30</td>
<td>25.69</td>
<td>22.5</td>
</tr>
<tr>
<td>Diabetes</td>
<td>&gt;30</td>
<td>20.16</td>
<td>21.0</td>
</tr>
<tr>
<td>Height</td>
<td>19</td>
<td>20</td>
<td>21</td>
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<td>148</td>
<td>155</td>
<td>163</td>
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</table>

How many of you will start leading a healthier lifestyle?
Move your body.

Let’s start getting more exercise now!
We wish you health!

UCLA Korean Healthy Life Project Team