

# Small Steps to Health and Wealth

## Strategy 11 - Say "NO" to Super-Sizing (Health)

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### Deskercise!

Whether you're praying for a project extension or for more defined arms, this move has you covered. Seated upright with feet flat on the floor, bring the palms together in front of the chest and push both hands together powerfully until you feel the arm muscles contract. Hold the prayer hands pushed together for 20 seconds. Release and repeat.

"Value marketing" is used to describe super-sized food portions. Instead of decreasing prices to attract consumers, the U.S. food industry has increased portion sizes and called them "meal deals." The cost of food is relatively low so that manufacturers can sell larger quantities for only pennies more.

Economically, larger portions seem like a "bargain" to consumers. What they are getting, however, is more fat, sugar, and calories. As portion sizes have gotten larger, two-thirds of Americans have become over-weight or obese. When people eat more and move less, they put on weight, so more food for less money is not healthy. A "bigger is better" mentality has also caused many peo-

ple to lose perspective on what recommended portion sizes look like. Super-size portions, such as 6.9-ounces of French fries with 610 calories, compared to 2.4 ounces with 210 calories 20 years ago, are seen as



"normal." Super-sized eating is a dangerous practice. According to the book *Fast Food Nation*, a woman who is 5'5" and weighs 132 pounds has a body mass index (BMI) of 22, which is considered normal. Body mass index is a health meas-

ure based upon both height and weight. If she gains 18 pounds, her BMI rises to 25 and she's considered overweight. If she gains 30 more pounds, her BMI reaches 30 and she is considered obese. Eating just 100 extra calories per day will result in a weight gain of 10 pounds per year, so excess weight can add up quickly.

Note that the BMI does not differentiate between fat and muscle, so a person with lots of muscle, such as an athlete, may have a BMI in the unhealthy range but still be healthy. Also, the BMI may not be accurate for people who are less than 5 feet tall.

Eating well is a form of self-respect.

Body Mass Index (BMI) for Select Heights and Weights

Height	120 LB	150 LB	180 LB	210 LB	240 LB
5'0"	23	29	35	41	47
5'2"	22	27	33	38	44
5'4"	21	26	31	36	41
5'6"	19	24	29	34	39
5'8"	18	23	27	32	37
5'10"	17	22	26	30	35
6'0"	16	20	24	29	33

### Action Steps:

Make a list of recent instances when you purchased a super-sized meal and indicate the reason why.

Estimate the changes in your weight each year during the past decade.

Calculate your body mass index (BMI) using the website [www.consumer.gov/weightloss/bmi.htm](http://www.consumer.gov/weightloss/bmi.htm).