

At-Risk Weight Chart	
Height in feet and inches without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

## Results

If you answered “yes” to any of the questions in the nutrition quiz, you may be at risk for nutrition-related health problems like diabetes, heart disease, cancer, or anemia). For more information about healthy eating:

1. Speak with your doctor
2. Call the Bronx Health REACH nutritionist at 718-588-1235 or 212-633-0800 ext. 328
3. Speak with a nutritionist — look for RD (Registered Dietitian) or CDN (Certified Dietitian/Nutritionist) after their name.
4. Visit American Dietetic Association: [www.eatright.org](http://www.eatright.org) or the American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

**Please tear off this page and give it to your faith-based coordinator after you have finished the quiz. Thanks!**

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext. 328.

## MARCH IS NATIONAL NUTRITION MONTH

### What is healthy eating?

**Healthy eating**, according to the USDA, includes —

- Vegetables, fruits, whole grains, and fat-free or low-fat milk and milk products;
- Lean meats, poultry, fish, beans, eggs, and nuts;
- Low saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

Are your meals like this? If not, you may be at risk for many diseases including diabetes, heart disease and others. Get ready to make some changes!



For the next five weeks, we will provide you with the information you need to eat right in 2006.

*“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” 1 Cor. 10:31*

## Moove to 1% Milk

Did you know? Health experts agree that everyone over age 2 should drink low-fat milk — 1% or skim. 1% milk has less fat and calories, but all the important nutrients. Cutting down on extra calories and saturated fat by eating low-fat dairy products, like 1% or skim milk, nonfat cottage cheese or yogurt, can help prevent diabetes, heart disease, obesity, hypertension and other serious health problems.

## Does drinking low-fat or skim milk really make a difference?

Yes! Look at the BIG difference in calories and fat:

<b>Whole Milk</b>	150 Calories	8g Fat
<b>2% Milk</b>	120 Calories	4.5g Fat
<b>1% Milk</b>	100 Calories	2.5g Fat
<b>Skim Milk</b>	80 Calories	0g Fat



## Do you want people in your community to live a healthier life?

Become involved in the New York City Department of Health campaign to get bodegas in the South Bronx to sell more healthy food items. Bring the postcard in this bulletin to your local bodega and ask them to help fight obesity and diabetes by selling 1% or skim milk. Pick a bodega near your church and organize a group of people to bring in their postcards. Then, buy low-fat milk and help your family become healthier.

## Nutrition Quiz

Please circle “Yes” or “No” for each question below. Use the weight chart on the back page of this insert to answer question 9. Tear off this page and hand it to your faith-based coordinator when you are finished. Thank you for your cooperation.

1. I do not eat low-fat milk, cheese or yogurt	Yes	No
2. I eat less than 2 servings of fruit (1 small fruit = 1 serving) per day	Yes	No
3. I eat less than 3 servings of vegetables (½ cup = 1 serving) per day	Yes	No
4. Some days I do not eat enough food	Yes	No
5. I add a lot of salt to my food at the table or when I cook	Yes	No
6. I often eat food that was prepared with a lot of butter, lard or oil	Yes	No
7. I drink more soda, fruit punch or juice than water	Yes	No
8. I have high cholesterol, high blood pressure or diabetes	Yes	No
9. My weight is equal to or higher than the weight in the table on the back page	Yes	No

