Let's Move Toward A Healthy Life

Health Promotion Administration,
Ministry of Health and Welfare

Remarks from the Director General

Prevalence of overweight and obesity among Taiwanese adults has increased from 33% in 1996 to 44% in 2008., among which 51% is male and 36% is female. One out of every four children is overweight or obese. Obesity will result in not only the decrease of physical fitness, but also diseases such as diabetes, metabolic syndrome, dyslipidemia, hypertension, hyperuricemia and gout, osteoarithritis, coronary artery heart disease, breast cancer, endometrial cancer and colorectal cancer, to name just a few.

To mobilize public support and empower citizens to make healthier choices, the Health Promotion Administration (HPA) in Taiwan, launched a nationwide healthy weight management initiative in 2011, targeting to recruit 600,000 citizens to collectively lose 600,000 kgs of excessive bodyweight each year. We developed a multi-level, multi-sector ecological framework with a whole-of-society, whole-of-government approach. The target was first claimed by the President, followed by ministries, counties and cities, and leaders of workplaces, schools, communities, etc. Setting-based project modules which contained action tips in developing healthy organizational policies, building supportive environments, strengthening community actions, enabling personal skills and re-orienting health services were provided to each participating organization. Surveillance on obesogenic environments was also launched. The initiative received widespread responses from workplaces, schools, communities and hospitals. From 2011 to 2013, a total of more than 2 million participants have lost about 3 million kilograms. Prevalence of overweight or obesity was 38% in 2013. This nationwide initiative was welcomed and effective in weight management at population level. It also brought about positive support to develop healthy public policies and healthy environments.

The HPA will continue to promote the weight management project to help our citizens attain a healthy lifestyle of “Eat smartly, Exercise joyfully, Weight yourself daily” and promote a healthy industry and environment, so our citizens will live a healthy life and bring up their abilities to self healthy weight management. We sincerely hope that families, communities, schools, hospitals, businesses, and public and private sectors will all participate in the weight management project. Health is the foundation of a beautiful life, a happy family, a successful business, and a prosperous society. It is our greatest hope that all citizens will live a healthy, energetic and colorful life.

Director General
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April, 2014

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My Personal Health Information

- Name: _____
- Gender: ☐ Male ☐ Female
- Date of Birth: _____(Year) _____(Month) _____(Day)
- Telephone Number: _____
- Smoking: ☐ Yes ☐ No
- I was diagnosed with
  - ☐ None of the following diseases
  - ☐ Some of the diseases
    - ☐ Diabetes
    - ☐ Hypertension
    - ☐ Hyperlipidemia
    - ☐ Heart disease
    - ☐ Gout
    - ☐ Osteoarthritis
    - ☐ Fatty liver disease
    - ☐ Other: _____
- Waist size: _____ cm
- Height: _____ cm
- Weight: _____ kg
- Body Mass Index (BMI): _____ (kg/m^2)
  (Please turn to page 9 for the formula.)
- Healthy weight range: _____ kg (Please turn to page 10)
- Therefore, I am
  - ☐ Underweight
  - ☐ With healthy weight range
  - ☐ Overweight
  - ☐ Obesity

Health Pledge

I, _____,

herein pledge that I will reduce _____ kilograms

for the sake of my health.

I believe that with determination, faith and perseverance,

I will be able to eat smartly and exercise regularly.

I vow to succeed.

Name: _____

Date: _____

Register Unit: _____

Notes: Qualifications and descriptions for citizens participating in the healthy weight management campaign:

1. Citizens aged 6-64.
2. Obese children and teenagers aged 6-17 are those that listed as overweight or obese according to the "BMI for Children and Adolescents" announced by the Ministry of Health and Welfare. Pregnant women and adults aged 18-64 with BMI less than 20 kg/m^2 are excluded from the project.
3. Participating citizens should control their weight through healthy diet and exercise.
4. Those who are diagnosed as unfit for weight-control should not participate.

NOTE

1. What is healthy weight?

1. The goals of maintaining healthy weight are to promote health, prevent disease and lengthen healthy life. World Health Organization (WHO) has suggested a crude population measure of obesity - the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in metres). A person with a BMI of 27 or more is generally considered as obesity. A person with a BMI equal to or more than 24 is considered overweight.

2. Research has shown that overweight or obese (with high BMI) people are more likely to suffer from diseases and their mortality rate is higher than those with healthy weight.

3. The main cause of increased weight is to take in more calories than needed. The unburned and accumulated calories later become body fat. Extra calories of 7700 Kcal will increase one kilogram of body weight.

4. Calories needed for our bodies come mostly from the protein, fat, and carbohydrate in food. Vitamin, minerals and water will not produce calories. Drinking water will temporarily increase body weight but will not produce fat.

5. Obese children are more easily to become obese adults. Research has shown that overweight children will have the chance of 42-63% to become obese adults. Obese adolescents will have an even higher chance of 70-80% to become obese adults. Obese children and adolescents are more likely to become patients of chronic diseases, such as cardiovascular disease and diabetes.

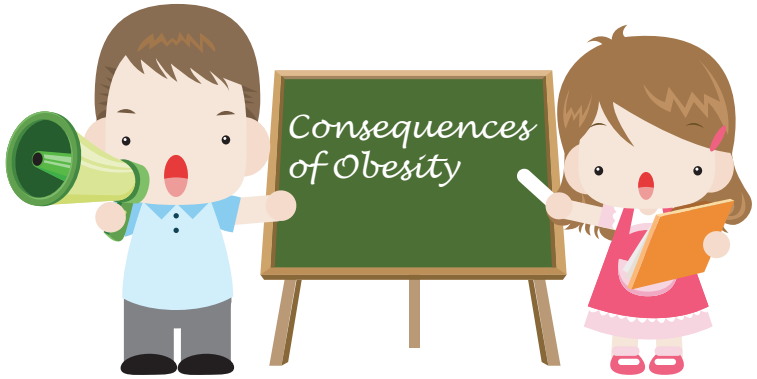
2. Common health consequences of overweight and obesity

According to WHO statistics[1], the likelihood of suffering from the following noncommunicable diseases for obese people and people with healthy weight is listed below.

Which disease bothers you the most? (Please tick in ☐.)

Greatly increased (relative risk much greater than 3)	Moderately increased (relative risk 2-3)	Slightly increase (relative risk 1-2)
☐ Non-insulin- dependent diabetes mellitus	☐ Coronary heart disease	☐ Cancer (breast cancer in postmenopausal women, endometrial cancer, colerectal cancer)
☐ Metabolic Syndrome	☐ Hypertension	☐ Reproductive hormone abnormalities
☐ Gallbladder disease	☐ Osteoarthritis (knees)	☐ Polycystic ovary syndrome
☐ Dislipidaemia	☐ Hyperuricacidemia and gout	☐ Impaired fertility
☐ Insulin resistance		☐ Low back pain due to obesity increased risk of anaesthesia complications
☐ Breathlessness		☐ Fetal defects associated with maternal obesity
☐ Sleep apnoea		

1 World Health Organization. WHO Technical Report Series 894: Obesity: Preventing and Managing the Global Epidemic. A Report of a WHO Consultation. Geneva, 2000.



3. Common health consequences of underweight

Underweight (with BMI less than 18.5 kg/m^2) will also cause many health problems, especially for women. Common health consequences are as follows.

- **Malnutrition**
- **Growth retardation**
- **Osteoporosis**
- **Anemia**
- **Hair loss**
- **Eating disorders** (Anorexia, Bulimia)
- **Lower attention span**
- **Sudden death**
- **Menstrual disorder**

4. Am I overweight?

WHO has suggested a simple and more cost-effective way to decide whether one is overweight or not—Body Mass Index (BMI). Higher BMI means higher risk to suffer from obesity-related diseases.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$$

Q I am an adult (aged 18 and older). Am I overweight?

BMI range for adults aged 18 or above	Healthy weight or not?
☐ BMI<18.5 kg/m²	Underweight: you need to exercise more and have a balanced diet to increase your energy and maintain your health.
☐ 18.5 kg/m²≤BMI＜24kg/m²	Great! You have healthy weight. Keep up the good work.
☐ 24kg/m²≤BMI＜27kg/m²	Great! You Oh, no! Overweight. You need to watch and control your weight. healthy weight. Keep up the good work.
☐ BMI≥27 kg/m²	Obesity. You need to control your weight immediately.

Healthy weight range for adults

Height (centimeter)	Healthy (18.5 ≦ BMI < 24)	Overweight (24 ≦ BMI < 27)	Obesity (BMI≧27)
144	38.4 ~ 49.7 (kg)	49.8 ~ 55.9 (kg)	56 (kg)
145	38.9 ~ 50.4	50.5 ~ 56.7	56.8
146	39.4 ~ 51.1	51.2 ~ 57.5	57.6
147	40.0 ~ 51.8	51.9 ~ 58.2	58.3
148	40.5 ~ 52.5	52.6 ~ 59.0	59.1
149	41.1 ~ 53.2	53.3 ~ 59.8	59.9
150	41.6 ~ 53.9	54.0 ~ 60.7	60.8
151	42.2 ~ 54.6	54.7 ~ 61.5	61.6
152	42.7 ~ 55.3	55.4 ~ 62.3	62.4
153	43.3 ~ 56.1	56.2 ~ 63.1	63.2
154	43.9 ~ 56.8	56.9 ~ 63.9	64.0
155	44.4 ~ 57.6	57.7 ~ 64.8	64.9
156	45.0 ~ 58.3	58.4 ~ 65.6	65.7
157	45.6 ~ 59.1	59.2 ~ 66.5	66.6
158	46.2 ~ 59.8	59.9 ~ 67.3	67.4
159	46.8 ~ 60.6	60.7 ~ 68.2	68.3
160	47.4 ~ 61.3	61.4 ~ 69.0	69.1
161	48.0 ~ 62.1	62.2 ~ 69.9	70.0
162	48.6 ~ 62.9	63.0 ~ 70.8	70.9
163	49.2 ~ 63.7	63.8 ~ 71.6	71.7
164	49.8 ~ 64.5	64.6 ~ 72.5	72.6
165	50.4 ~ 65.2	65.3 ~ 73.4	73.5
166	51.0 ~ 66.0	66.1 ~ 74.3	74.4

Healthy weight range for adults

Height (centimeter)	Healthy (18.5 ≦ BMI < 24)	Overweight (24 ≦ BMI < 27)	Obesity (BMI ≧ 27)
167	51.6 ~ 66.8 (kg)	66.9 ~ 75.2 (kg)	75.3 (kg)
168	52.2 ~ 67.6	67.7 ~ 76.1	76.2
169	52.8 ~ 68.4	68.5 ~ 77.0	77.1
170	53.5 ~ 69.3	69.4 ~ 77.9	78.0
171	54.1 ~ 70.1	70.2 ~ 78.9	79.0
172	54.7 ~ 70.9	71.0 ~ 79.8	79.9
173	55.4 ~ 71.7	71.8 ~ 80.7	80.8
174	56.0 ~ 72.6	72.7 ~ 81.6	81.7
175	56.7 ~ 73.4	73.5 ~ 82.6	82.7
176	57.3 ~ 74.2	74.3 ~ 83.5	83.6
177	58.0 ~ 75.1	75.2 ~ 84.5	84.6
178	58.6 ~ 75.9	76.0 ~ 85.4	85.5
179	59.3 ~ 76.8	76.9 ~ 86.4	86.5
180	59.9 ~ 77.7	77.8 ~ 87.4	87.5
181	60.6 ~ 78.5	78.6 ~ 88.4	88.5
182	61.3 ~ 79.4	79.5 ~ 89.3	89.4
183	62.0 ~ 80.3	80.4 ~ 90.3	90.4
184	62.6 ~ 81.2	81.3 ~ 91.3	91.4
185	63.3 ~ 82.0	82.1 ~ 92.3	92.4
186	64.0 ~ 82.9	83.0 ~ 93.3	93.4
187	64.7 ~ 83.8	83.9 ~ 94.3	94.4
188	65.4 ~ 84.7	84.8 ~ 95.3	95.4
189	66.1 ~ 85.6	85.7 ~ 96.3	96.4
190	66.8 ~ 86.5	86.6 ~ 97.4	97.5

Q Are there any other simple indexes for obesity except BMI?

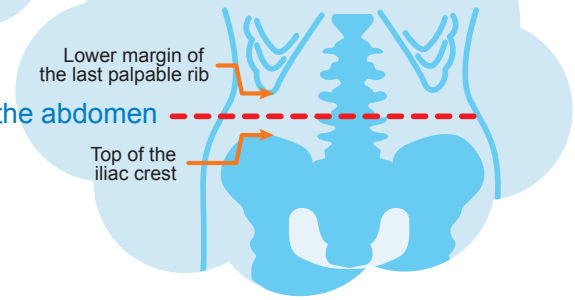
Waist size will also reflect the fat accumulated around one's abdomen. This is also one of the indexes to diagnose metabolism syndrome and cardiovascular disease. Fat accumulated in one's abdomen will affect metabolism and raise triglyceride levels and blood glucose, making one more likely to suffer from cardiovascular disease and diabetes.

Gender	Range of ideal waist size
Male adult	< 90 cm (35 inches)
Female adult	< 80 cm (31 inches)

Use soft tape measure to measure your waist size

_____ cm

How to measure your waist size?



My healthy weight control

My BMI: _____

☐Underweight ☐Healthy weight ☐Overweight ☐Obesity

My waist size: _____cm ☐ideal (< 90 cm) ☐high (≧ 90 cm)

*If you are overweight or obese, or your waist size is higher than the normal level, you should start to control your body weight.

Q I am younger than 18 years old. How can I know whether I have a healthy body weight?

Chidren and adolescents are still growing. When they grow, their body weight will increase too. You need to check the Health Promotion Administration (HPA)'s "BMI for Children and Adolescents" to see whether you have a healthy weight

Suggested BMI for Children and Adolescents

Age	Male			Female		
	Normal (BMI range)	Overweight (BMI≧)	Obesity (BMI≧)	Normal (BMI range)	Overweight (BMI≧)	Obesity (BMI≧)
0	11.5-14.8	14.8	15.8	11.5-14.7	14.7	15.5
0.5	15.2-18.9	18.9	19.9	14.6-18.6	18.6	19.6
1	14.8-18.3	18.3	19.2	14.2-17.9	17.9	19
1.5	14.2-17.5	17.5	18.5	13.7-17.2	17.2	18.2
2	14.2-17.4	17.4	18.3	13.7-17.2	17.2	18.1
2.5	13.9-17.2	17.2	18	13.6-17.0	17	17.9
3	13.7-17.0	17	17.8	13.5-16.9	16.9	17.8
3.5	13.6-16.8	16.8	17.7	13.3-16.8	16.8	17.8
4	13.4-16.7	16.7	17.6	13.2-16.8	16.8	17.9
4.5	13.3-16.7	16.7	17.6	13.1-16.9	16.9	18
5	13.3-16.7	16.7	17.7	13.1-17.0	17	18.1
5.5	13.4-16.7	16.7	18	13.1-17.0	17	18.3
6	13.5-16.9	16.9	18.5	13.1-17.2	17.2	18.8
6.5	13.6-17.3	17.3	19.2	13.2-17.5	17.5	19.2
7	13.8-17.9	17.9	20.3	13.4-17.7	17.7	19.6
7.5	14.0-18.6	18.6	21.2	13.7-18.0	18	20.3
8	14.1-19.0	19	21.6	13.8-18.4	18.4	20.7
8.5	14.2-19.3	19.3	22	13.9-18.8	18.8	21
9	14.3-19.5	19.5	22.3	14.0-19.1	19.1	21.3
9.5	14.4-19.7	19.7	22.5	14.1-19.3	19.3	21.6
10	14.5-20.0	20	22.7	14.3-19.7	19.7	22
10.5	14.6-20.3	20.3	22.9	14.4-20.1	20.1	22.3
11	14.8-20.7	20.7	23.2	14.7-20.5	20.5	22.7
11.5	15.0-21.0	21	23.5	14.9-20.9	20.9	23.1
12	15.2-21.3	21.3	23.9	15.2-21.3	21.3	23.5
12.5	15.4-21.5	21.5	24.2	15.4-21.6	21.6	23.9
13	15.7-21.9	21.9	24.5	15.7-21.9	21.9	24.3
13.5	16.0-22.2	22.2	24.8	16.0-22.2	22.2	24.6
14	16.3-22.5	22.5	25	16.3-22.5	22.5	24.9
14.5	16.6-22.7	22.7	25.2	16.5-22.7	22.7	25.1
15	16.9-22.9	22.9	25.4	16.7-22.7	22.7	25.2
15.5	17.2-23.1	23.1	25.5	16.9-22.7	22.7	25.3
16	17.4-23.3	23.3	25.6	17.1-22.7	22.7	25.3
16.5	17.6-23.4	23.4	25.6	17.2-22.7	22.7	25.3
17	17.8-23.5	23.5	25.6	17.3-22.7	22.7	25.3
17.5	18.0-23.6	23.6	25.6	17.3-22.7	22.7	25.3

Announced on June 11th, 2013

5. Self-evaluation: What are the causes of my obesity?

Check whether you have the habits of the following that might cause obesity?

- ☐ I will definitely take the elevator if it is there. I won't take the stairs.
- ☐ I would rather drive or ride a scooter even if it is a ten-minute's walk.
- ☐ I usually eating snacks while watching TV.
- ☐ I usually watch TV, work on computers or play vedio games for more than two hours without stop.
- ☐ I usually stay indoors the whole day without doing much outdoor activities or exercise.
- ☐ I often eat snacks contain high sugar and calories.
- ☐ I do not eat 5 servings of vegetables and fruits everyday.
- ☐ I often eat fried food.
- ☐ I often drink sugary drinks.
- ☐ I often eat snacks, especially late-night snacks.

A little reminder:

Think about which of the obesogenic habits can be changed? If you keep on changing these obesogenic habits, you will be able to maintain a healthy weight.

6. How to maintain a healthy weight?

I How much energy do I need every day?

Adjust to a healthy body weight according to your work type to calculate your daily calorie take-in.

Work Types	Calories needed for underweight people	Calories needed for people with normal weight	Calories needed for overweight and obese people
Sedentary	35 Kcals× current weight (kg)	30 Kcals× current weight (kg)	20~25 Kcals× current weight (kg)
Moderate	40 Kcals× current weight (kg)	35 Kcals× current weight (kg)	30 Kcals× current weight (kg)
Active	45 Kcals× current weight (kg)	40 Kcals× current weight (kg)	35 Kcals× current weight (kg)

Activity Table

Work Types	Activities
Sedentary	A job that requires little movement can be described as sedentary. For example, housewives, office workers, salespersons, which require the worker to be seated for the main part of the working day.
Moderate	Moderately active types of work include operating machine, receiving customers, or doing house chores, which require the worker to stand for a longer time. For example, baby-sitters, nurses, waiters.
Active	Types of work that require physical effort such as working in farms, in constrction sites and catching fish. For example, sportsmen, moving workers.

Examples:

1. What's your BMI?
   Suppose you are 160 cm high and weight 65 kg. Your BMI will be 25.4 kg/m^2 (= 65÷1.6÷1.6). You are "overweight."

2. Calculating the daily calories needed:
   Suppose you are an office worker (sedentary work). The suggested daily calories needed should be from 1300 to 1625 Kcals (= 20~25 Kcals × 65 kg).

3. Working on healthy weight control:
   Eat smartly and exercise joyfully. Obese people should reduce 500 Kcals take-in or avoid 300 Kcals from food take-in each day and exercise to burn 200 Kcals. All these will result in a loss of about 0.5 kg every week. Important reminder: even when you are controlling your weight, you should still have a daily calorie take-in of at least 1200 Kcals.

In order to control my weight,
I have calculated my daily calorie needs:

I have the work type of _____ work.
My suggested daily calorie take-in is
_____X_____(current weight)
=_____ Kcals

II Suggested Daily Servings from Each Food Group

The table shows suggested number of servings from each food group based on various daily intake of calories. Please refer to "Healthy Diet" for more details.

calories / portion size / food groups	1,200 Kcals	1,400 Kcals	1,600 Kcals	1,800 Kcals	2,000 Kcals	2,200 Kcals	2,400 Kcals	2,600 Kcals	2,800 Kcals
Whole-grains & starches	1.5 bowls	2 bowls	2.5 bowls	3 bowls	3 bowls	3.5 bowls	3.8 bowls	4 bowls	4.5 bowls
Meat, beans	3 servings	4 servings	4.5 servings	5 servings	6 servings	6 servings	7 servings	8 servings	8 servings
Low-fat Dairy Products	1.5 cups	1.5 cups	1.5 cups	1.5 cups	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups
Vegetables	1.5 bowls	1.5 bowls	1.5 bowls	1.5 bowls	2 bowls	2 bowls	2.5 bowls	2.5 bowls	2.5 bowls
Fruits	2 servings	2 servings	2 servings	2 servings	3 servings	3.5 servings	4 servings	4 servings	4 servings
Fats & Oils, Nuts, and Seeds	4 tea-spoons	4 tea-spoons	5 tea-spoons	5 tea-spoons	6 tea-spoons	6 tea-spoons	6 tea-spoons	7 tea-spoons	8 tea-spoons

Write down your daily calorie intake and food intake on page 22. Write down your daily diet on page 53. For Food Serving Size Exchange Chart, please turn to page 73.

III How much exercise do I need every day?

For adults: at least 10 minutes every day, five days a week, with a total of 150-minute moderate exercise per week. Write down your exercise intensity on page 59.

IV Some tips to maintain a healthy weight:

1 Eat smartly

a. Drink water; do not drink sugary drinks.
b. Chew carefully and swallow slowly.
c. Eat breakfast, lunch and dinner. Do not skip meals.
d. Eat low-fat food and less fried food.
e. Eat five servings of vegetables and fruits every day.
f. Eat a balanced diet.
g. Eat at least three hours before going to bed.
h. Do not overeat (stop eating when you feel 80% full).
i. Eat more natural and unprocessed food.
j. Do not eat desserts and late-night snacks.

2 Eat smartly

- Regularly exercise for at least 30 minutes every day or at least 10 minutes each time, at least 3 times a day.
- Always look for opportunities to exercise in our daily life. Here are some examples.

- Commute, rather than drive, to work for more walking time.
- During work, exercise for at least 15 minutes in the morning and afternoon.
- Walk to buy or eat lunch and dinner or walk to buy fruits or go grocery shopping during the lunch break.
- Take the stairs rather than take the elevator.
- Walk to the next stop to wait for the garbage truck.
- Help to do house chores.
- Walk the dogs.
- Walk to supermarkets, traditional markets and flower markets.
- Work out on a stationary bicycle or treadmill while watching TV.
- Go hiking or other outdoor activities with your family on holidays.
- Reduce sedentary time such as watching TV, using computers and playing video games.

3 Measure your weight every day, as a reminder to maintain a healthy weight.

4 Have a healthy lifestyle. Keep a regular sleep schedule to avoid hormone imbalance and metabolism disorders, which might cause obesity.

How much have you accomplished in the afro-mentioned tips? If you have accomplished much, then, congratulations! You are now on the right way to success. Next, you should know how to choose the right food and cultivate a healthy lifestyle, and make your own exercise plan to control your weight.

NOTE

1. Healthy and Balanced Diet

A balanced diet means to take in enough calories and nutrition your body needs. No single group of food can contain all the nutrition human body needs. That's why we need to learn how to choose food. Food can be categorized into six groups according to the nutrition it contains. Choose a variety of food that provides the nutrition we need and take in appropriate portion size to have a balanced diet.

Daily Food Guideline

- Whole-grains – carbohydrate, part protein (unrefined contain rich Vitamin B, Vitamin E, minerals and dietary fiber)
- Meat and Beans – protein
- Low-fat Dairy Products – calcium and protein
- Vegetable – Vitamins, minerals, fiber and phytochemicals (vegetables with dark green and dark yellow colors have more Vitamins and minerals than the light-colored ones)
- Fruit – Vitamins, some minerals, and fiber
- Fats & Oil, Seeds and Nuts – fat, fat-soluble Vitamins A, and E

2. Functions and calories of nutrients

Nutrients	Calories Provided	Main Functions
Carbo-hydrates	4 Kcals/	1. As a source of energe 2. Protect body protein for tissue building and repairing 3. Essential for Fat Oxidation 4. Used to form structural elements 5. Used to adjust biological functions
Protein	4 Kcals/	1. Required for building and repair of body cells and tissues 2. Used to regulate bodily processes 3. As a source of energe
Fat	9 Kcals/	1. As a source of energe 2. Maintaining body temperature and insulating body organs against shock. 3. Fats help in the absorption of the fats soluble vitamins in the intestines. 4. Fats add flavor to food and make human body feel full.
Vitamins	–	1. Most vitamins cannot be produced by human body. Their sources are in various food. Vitamins function as the effective lubricant in human body. There are fat-soluble vitamins (Vitamins A, D, E, and K) and water-soluble vitamins (Vitamins B, C). 2. Vitamins can maintain the functioning of the human body.
Minerals	–	1. Minerals are important sources for cells in human body. They provide structure in forming bones, teeth, muscle, blood cells, and nerves. 2. Minerals also help to regulate bodily processes, such as maintaining acid-base balance, muscle contractility and neural conductivity and regulating cell osmolarity.
Water	–	1. Water is a basic element in human body. It is essential to body growth and repair. 2. Water is an important component in effective digestion and absorbtion. 3. Water keeps circulatory and excretory system in human body to work well. 4. Regulates body temperature. 5.Moisten tissues and protect body organs 6. Helps maintain electrolyte balance in human body.

3. How to have a balanced diet?

Refer to the suggested daily calorie takein recorded on page 16, turn to page 16 for "Suggested Daily Servings from Each Food Group" and write down the serving size you need every day:

The daily calories I need are _____ cals.

Food Groups	Servings	Calories	Servings Description
Whole-grains & startches	_____ bowls	280 Kcals/ bowl	A bowl: a bowl of rice (200 g)=multiple grain powder and cereal (80 g)=steamed bun (medium size)=two slices of toast (100 g)
Meat & Beans	_____ servings	55~75 Kcals/ serving	A serving: meat and poultry (about 35 g, the size of half fist of an adult); or traditional bean curd (80 g)=Soybean (20 g) or one cup of Soybean juice (260 c.c.) or an egg
Low-fat Dairy Products	_____ cups	120 Kcals/ cup	A cup: a cup of low-fat milk (240 c.c)=3 spoons of low-fat milk powder (25 g)
Vegetables	_____ bowls	50 Kcals/ bowl	A bowl: 200 g before cooking, about the size of a bowl after cooking
Fruits	_____ servings	60 Kcals/serving	One unit: one medium-sized orange, one small-sized apple, one small-sized banana or a bowl of cut fruits
Fats & Oils, Nuts, and Seeds	_____ teaspoons	45 Kcals/teaspoon or per serving	Every teaspoon of oil: 5 g=2 teaspoons of salad sauce (10 g) Per serving of nuts: 7-8 g

* Weights in parentheses refer to edible weight

4. Suggested Diet Examples

1400 Kcals

Example 1:

	Food and Serving Size		Calories (Kcal)
Breakfast	Oatmeal with Milk		400
	Oatmeal	6 spoons (about 40 g)	
	Cashew nuts	5 nuts (about 8 g)	
	Raisen	1/2 spoon (about 8 raisens, 10 g)	
	Low-fat Milk	1.5 cups (about 360 ml)	
	Total Calories for Breakfast		400
Lunch	Brown Rice	3/4 bowls	210
	Burdock Salad		35
	Sliced Burdock	30 g	
	Sesame Oil	some	
	Chicken with Corn		165
	Chicken Breast	about 35 g	
	Sweet Corn	1/4 cups (about 35 g)	
	Onion	30 g	
	Oil	1 teaspoon	
	Chinese Cabbage with Dried Shrimp		70
	Chinese Cabbage	100 g	
	Dried Shrimp	5 g	
	Oil	1 teaspoon	
	Soup with Soybean Curd and Vegetable		50
	Soybean Curd	1/4 box (about 70 g)	
	Chinese Cabbage	25 g	
	Tangerine	1 (about 150 g)	60
	Total Calories for Lunch		590
Dinner	Brown Rice	1/2 bowls	140
	Braised Fish Fillet		65
	Fish Fillet	about 35 g	
	Oil	1/2 teaspoons	
	Sugar	Some	
	Water Spinach with Dried Fish		90
	Dried Fish	5 g	
	Water Spinach	100 g	
	Oil	1 teaspoon	
	Steamed egg		75
	egg	1 egg	
	Papaya	1/3 (about 120 g)	60
	Total Calories forDinner		430
Total Calories			1420

Example 2:

	Food and Serving Size		Calories (Kcal)
Breakfast	Oatmeal with Sweet Potato		330
	Sweet Potato	(small-sized) 1/2 potato (about 55 g)	
	Oatmeal	6 spoons (about 40 g)	
	Low-fat Milk	1 cup (240 ml)	
	Total Calories for Breakfast		330
Lunch	Brown Rice	3/4 bowls	210
	Roasted Pork		55
	Lean Pork	about 35 g	
	Dried Bean Curd with Oyster Mushroom		130
	Dried Bean Curd	35 g	
	Oyster Mushroom	50 g	
	Oil	1 teaspoon	
	Pickled Tuber Mustard Soup		35
	Pickled Tuber Mustard	50 g	
	Sesame Oil	1/2 teaspoons	
	Guava	large-sized, 1/3 (about 160 g)	60
	Total Calories for Lunch		490
Dinner	Sea Food Congee		375
	Congee	1 bowl	
	Oyster	4 (about 35 g)	
	Cuttlefish	about 20 g	
	Pig Liver	20 g	
	Dried Fish	10 g	
	Crown Daisy	50 g	
	Sliced Carrot	15 g	
	Mushroom	about 10 g	
	Golden Mushroom	25 g	
	Sesame Oil	1/2 teaspoons	
	Peanut Salad		140
	Peanut	20, about 20 g	
	Carrote Cubes	40 g	
	Cucumber Cubes	50 g	
	Sesame Oil	1/2 teaspoons	
	Banana	Small-sized, 1, (about 70 g)	60
	Total Calories for Dinner		575
Total Calories			1395

1600 Kcals

Example 1:

	Food and Serving Size		Calories (Kcal)
Breakfast	Smoked Chicken Hamburger		275
	Hamburger	1, about 50 g	
	Smoked Chicken	about 35 g	
	Tomato	2 slices, (about 20 g)	
	Cucumber	about 10 g	
	Romaine Lettuce	about 20 g	
	Mayonnaise	2 teaspoons	
	Low-fat Milk	1.5 cups (360 ml)	180
	Total Calories for Breakfast		455
Lunch	Noodles with Pork and Pickled Tuber Mustard		310
	Pre-cooked Noodles	1.5 bowls (about 180g)	
	Lean Pork	about 35 g	
	Bok Choy	35 g	
	Picled Tuber Mustard	25 g	
	Carrot	10 g	
	Leeks	10 g	
	Sesame Oil	1/2 teaspoons	
	Marinated Food		190
	Egg	1	
	Marinated Kelp	70 g	
	Dried Bean Curd	35 g	
	Sesame Oil	1/2 teaspoons	
	Small-sized Tomato	about 23 (175 g)	60
	Total Calories for Lunch		560
Dinner	Brown Rice	3/4 bowls	210
	Stir Fried Cuttlefish with Celery Stalks		130
	Celery	50 g	
	Cuttlefish	40 g	
	Oil	1 teaspoon	
	Curry Potato		160
	Potato	1/2, about 90 g)	
	Corn	35 g	
	Onion	30 g	
	Curry Powder	Some	
	Oil	1 teaspoon	
	Soup with Tomato and Soybean Curd		50
	Bok Choy	30 g	
	Tomato	20 g	
	Tofu	1/4 box	
	Apple	Small-sized (about 130 g)	60
	Total Calories for Dinner		610
Total Calories			1625

Example 2:

	Food and Serving Size		Calories (Kcal)
Breakfast	Pan-fried Radish Cake		255
	Radish Cake	2 slices (about 150 g)	
	Oil	1 teaspoon	
	Boiled Egg	1 egg	75
	Low-fat Milk	1.5 cups (360 ml)	180
	Total Calories for Breakfast		510
Lunch	Brown Rice	3/4 bowls	210
	Marinated Deep Fried Pork		135
	Pork Chop	about 50 g	
	Oil	1/2 teaspoons	
	Vegetable Salad		
	Sliced Dried Soybean Curd	25 g	75
	Celery	25 g	
	Sliced Carrot	25 g	
	Sliced Kelp	25 g	
	Sesame Oil	1/2 teaspoons	
	Stir Fry White Cabbage		70
	White Cabbage	100 g	
	Oil	1 teaspoon	
	Soup with Lotus Root and Bitter Gourd		50
	Lotus Root	50 g	
	Bitter Gourd	50 g	
	Waxed Apple	2, about 170 g	60
	Total Calories for Lunch		600
Dinner	Rice	3/4 bowls	210
	Braised Sea Cucumber		115
	Sea Cucumber	50 g	
	Green Soy Bean	25 g	
	Carrot	50 g	
	Oil	1 teaspoon	
	Blanched Cabbage Mustard		40
	Cabbage Mustard	75 g	
	Oyster Sauce	1/2 teaspoons	
	Spicy Pork with Bamboo Shoot		75
	Ground Pork	about 15 g	
	Bamboo Shoot	50 g	
	Spicy Oil	1/2 teaspoons	
	White Gourd Soup		15
	White Gourd	50 g	
	Sliced Ginger	5 g	
	Grapes	13, about 105 g	60
	Total Calories for Dinner		515
Total Calories			1625

1800 Kcals

Example 1:

	Food and Serving Size		Calories (Kcal)
Breakfast	Toast with Cheese and Egg		460
	Toast	2 slices (about 100 g)	
	Fried Egg	1 (about 60 g)	
	Low-fat Cheese	1 slice (about 20 g)	
	Cucumber	20 g	
	Large Tomato	10 g	
	Oil	1 teaspoon	
	Low-fat Milk	1 cup (240 ml)	120
	Total Calories for Breakfast		580
Lunch	Dumplings		420
	Dumpling Pastry	10 pieces	
	Ground Pork	about 35 g	
	White Cabbage	100 g	
	Leeks	20 g	
	Water Chestnuts	3 (about 40 g)	
	Sesame Oil	1 teaspoon	
	Radish Kimchi	50 g	15
	Pig Blood Soup		20
	Pig Blood	55 g	
	Pickled Tuber Mustard	25 g	
	Leeks	10 g	
	Orange	1 (about 130 g)	60
	Total Calories for Lunch		515
Dinner	Brown Rice	1 bowl	280
	Stir Fry Celery Stalks and Shrimps		110
	Celery	25 g	
	Shrimp	about 35 g	
	Oil	1 teaspoon	
	Chicken with Peppers		170
	Chicken Thigh	about 70 g	
	Yellow Pepper	25 g	
	Red Pepper	25 g	
	Oil	1 teaspoon	
	Blanched Sweet Potato Vines		15
	Sweet Potato Vines	70 g	
	Pumpkin Soup		65
	Pumpkin	55 g	
	Low-fat Milk	60 ml	
	Pear	3/4 (about 150 g)	60
	Total Calories for Dinner		700
Total Calories			1795

Example 2:

	Food and Serving Size		Calories (Kcal)
Breakfast	Steamed Bun with Egg		330
	Steamed Bun	1 (about 90 g)	
	Egg Scrambled with Green Onion		
	Oil	1 teaspoon	
	Low-fat Milk	1.5 cups (360ml)	180
	Total Calories for Breakfast		510
Lunch	Sticky Noodle Soup with Mushroom and Pork		450
	Alkaline Noodles	1.5 bowls (about 135 g)	
	Lean Meat	about 35 g	
	Fish Paste	about 35 g	
	Carrot	10 g	
	Bean Sprouts	15 g	
	Mushroom	25 g	
	Sliced Bamboo Shoot	25 g	
	Sesame Oil	1 teaspoon	
	Potato Starch	5 g	
	Cucumber Salad		45
	Cucumber	75 g	
	Chili	Some	
	Sesame Oil	1/2 teaspoons	
	Banana	Small-sized (about 70 g)	60
	Total Calories for Lunch		555
Dinner	Multi-Grain Rice	1 bowl	280
	Asparagus with Pork		190
	Lean Pork	about 35 g	
	Asparagus	50 g	
	Pineapple	2 semi-circular slices (about 130 g)	
	Oil	1 teaspoon	
	Steamed Codfish		80
	Codfish	50 g	
	Green Onion	25 g	
	Simmered Potato and Carrot		100
	Potato	45 g	
	Carrot	50 g	
	Onion	25 g	
	Oil	1 teaspoon	
	Soup with Kelp and Radish		20
	Kelp	20 g	
	Radish	50 g	
	Hami Melon	1/4 (about 195 g)	60
	Total Calories for Dinner		730
Total Calories			1795

2000 Kcals

Example 1:

	Food and Serving Size		Calories (Kcal)
Breakfast	Pork Congee with Chinese Yam		450
	Congee	1.5 bowl	
	Lean Meat	about 50 g	
	Bok Choy	50 g	
	Chinese Yam	2, about 100 g	
	Pine Nut	7 g (about 35 nuts)	
	Malay Cake	1 slice (about 25 g)	80
	Apple	small-sized (about 130 g)	60
	Total Calories for Breakfast		590
Lunch	Brown Rice	1 bowl	280
	Marinated Chicken Thigh		155
	Chicken Thigh	about 80 g	
	Oil	1 teaspoon	
	Scrambled Egg with Onion		135
	Egg	1	
	Onion	50 g	
	Oil	1 teaspoon	
	Stir Fry Chayote Vine		70
	Chayote	100 g	
	Oil	1 teaspoon	
	Radish Soup		15
	Radish	50 g	
	Chinese Parsley	1 teaspoon	
	Perssimon	3/4 (about 70 g)	60
	Total Calories for Lunch		715
Dinner	Vegetable Hot Pot		635
	Angel's Hair	about 40 g	
	Sliced Pork	about 35 g	
	Fish Ball	2 (about 50 g)	
	Corn	1/3 (about 65 g)	
	Pig Blood Cake	35 g	
	Taros	30 g	
	Clams	60 g	
	White Cabbage	50 g	
	Crown Daisy	50 g	
	Golden Mushroom	30 g	
	Carrot	20 g	
	Barbeque Sauc	1 teaspoon (about 5 g)	
	Tangerine	1 (about 150g)	60
	Total Calories for Dinner		695
Total Calories			2000

Example 2:

	Food and Serving Size		Calories (Kcal)
Breakfast	Sticky Rice Roll		430
	Sticky Rice	1 bowl	
	Marinated Egg	1/2	
	Dried Soybean Curd	20 g	
	Salted Mustard Greens	25 g	
	Dried Radish	25 g	
	Pork Floss	1spoon (about 7 g)	
	Sugary Soybean Juice	1cup (300 ml)	170
	Banana	small-sized, about 70 g	60
	Total Calories for Breakfast		660
Lunch	Sea Food Udon Noodle Soup		400
	Udon Noodle Soup	120 g	
	Oyster	65 g	
	Shrimp	30 g	
	Golden Mushroom	25 g	
	Bok Choy	75 g	
	Fried Tofu	55 g	
	Fish Ball	2, about 20 g	
	Sesame Oil	1/2 teaspoons	70
	Bamboo Shoot Salad		
	Bamboo Shoot	100 g	
	Mayonnaise	2 teaspoons	
	Roasted Pumpkin with Sliced Ginger		90
	Pumpkin	55 g	
	Fresh Mushroom	25 g	
	Ginger	10 g	
	Oil	1 teaspoon	
	Kiwi Fruit	1.5 (about 115 g)	60
	Total Calories for Lunch		620
Dinner	Brown Rice	1 bowl	280
	Chicken with Cashew Nuts		200
	Cashew Nuts	7 (about 11 g)	
	Chicken Breast	about 60 g	
	Oil	1 teaspoon	
	Blanched Water Spinach		25
	Water Spinach	100 g	
	Green Pepper with Chinese Yam		95
	Chinese Yam	50 g	
	Green Pepper	50 g	
	Carrot	10 g	
	Oil	1 teaspoon	
	White Gourd and Pork Chop Soup		90
	White Gourd	60 g	
	Pork Chops	2 (about 70 g)	
	Cherries	9 (about 80 g)	60
	Total Calories for Dinner		750
Total Calories			2030

* Note: Serving size refers to edible size. Calories are estimates.

5. How to distinguish low-calorie foods from high-calorie foods?

Food Groups	Low-calorie Food	Medium-calorie Food	High-calorie Food & Empty-calorie Food
Whole-grains, Startches & by products		Rice, toast, steamed buns, noodles, buns, corn, soda crackers, high-fiber crackers, sponge cakes, taros, yams, potatoes, cereals.	All kinds of bread, fried bread stick, fried dough twists, cookies, sweet mashed taro, mashed beans, eight-treasure sweet rice
Meat	Fish, shrimps, crabs, sea cucumbers, squids, salted jellyfish bodies, sea cucumbers, squids, egg white	Fat-free and skin-free poultry and fish, chicken eggs, duck eggs.	Fat meat, pork, beef, animal intestines, fish belly, canned ground pork, canned fish, sausages, ham, pork floss, fish floss, fish chips, fried chicken, fried chicken nuggets, hot dog, chicken wings, fish ball, meat ball, hot pot materials.
Dairy Products	Skim milk, low-fat milk, low-sugar and low fat yogurt	Whole milk, flavored milk, yogurt (jelly), yogurt (drink)	Milk shake, condensed creamer milk, Yakult, ice cream
Beans	Soybean curd, Soybean juice (no sugar added), Dried soybean curd	All kinds of dried beans, sweet soybean jelly and flavored soybean jelly	Fried tofu, fried bean bag, fried stinky tofu, gluten
Vegetables	Fresh vegetable, preserved vegetable, dried vegetable		Fried broad bean, fried peas, fried vegetable
Fruits	Fresh fruit	Juice (no sugar added)	Sugary juice, canned fruit, preserved fruit
Beverages	Water, mineral water		Soft drinks, coca cola, juice, sugary tea, white gourd juice, milk tea
Dessert	Jelly, herbal jelly and Taiwanese jelly (no artificial sweetners added)		Desserts and cookies (western style and Chinese style), pineapple cakes, fruit cakes, cream cakes, candy, chocolate, donuts, jam
Snacks		Jerky, sliced dried fish, dried fish, dried soybean curd	Peanuts, cashew nuts, pistachio nuts, almonds, potato chips, fried snacks

Reminders:
1. Calories in food will vary according to differet ways of cooking. Processed foods and fried food will have higher calories.
2. Drinking juice instead of eating fruits will usually take in more calories than needed. Beverages not made by 100% juice will usually contain extra artificial sugar.
3. Learning how to tell calories in food is the first step to weight management.

6. Ten Healthy Tips to Dine Out

- Choose restaurants carefully by making restaurants offering fresh and healthy food your first priorities and avoiding "all-you-can-eat" restaurants.
- Making whole-grain food your staple and avoiding fats and oils from intake of fried rice and fried noodles.
- Eat enough vegetables of all colors for every meal – at least 3 servings of vegetables (1.5 bowls) for every day. Vegetables contain rich fiber and will speed up bowel transit time and increase satiety.
- Eating white meat (fish, chicken), instead of red meat (beef and pork).
- Eat less fried foods and choose skin and fat-free lean meat; use less puff pastry, crispy crust or any marinated and processed food with high fat.
- Eat more steamed, blanched and boiled food or food salad; reduce food handled with corn starch.
- Eat two servings of fruits. If you are taking squeezed juice, do not filter out the residues and do not add sugar.
- Asking the cook to use less seasoning/dressing and salad sauce.
- Asking the restaurant to provide water or tea without sugar. Drink at least 1500 ml water every day.
- Even if you eat out very often, you should eat three meals and avoid desserts, afternoon tea treats, and late-night snacks.

7. Self-evaluation: How healthy are you?

1 Do I have a healthy diet?

Healthy Diet Index	Never (0)	Seldom (1)	Sometimes (2)	Often (3)	Always (4)
Do I eat three meals a day?					
Do I eat breakfast every day?					
Do I eat enough food from each food group with suggested servings?					
Do I eat fruits (about the size of two fists) every day?					
Do I eat at least 1.5 bowls of vegetables every day?					
Do I eat 1.5 servings of low-fat dairy products every day?					
Do I eat beans or other bean products every day?					
Do I eat nuts every day?					
Do I eat rice and noodles for three meals?					
Do I choose whole-grain food as staple?					
Total Scores					

Explanation and suggestions for points received:

0-20 points:
Not very healthy!! You should check whether you eat too much or too little. Adjust your diet to a balanced one.

21-30 points:
Not bad! If you can pay more attention to the unhealthy part of your diet, you will be healthier.

31-40 points:
Great! Most of your diet is a balanced one. Keep up the good job.

2 Are my eating habits healthy?

Healthy Eating Habits Index	Never (0)	Seldom (1)	Some-times (2)	Often (3)	Always (4)
Do I chew slowly while eating?					
Do I concentrate while eating, not getting distracted?					
Do I eat only 80% full for every meal?					
Do I pay attention to food groups?					
Do I eat only suggested servings of food?					
I do not eat everything served?					
I do not eat rice with gravy, sauce, or animal fat					
I do not eat animal fat. I will remove extra animal fat (such as chicken skin and duck skin)					
When eating fried food, I will remove fried coating.					
I do not add too much dressing on salad.					
I will choose low-calorie, high-nutrition food, such as vegetable, lean meat, and multi-grain rice.					
I will remove sauce before eating cooked vegetable.					
When I am thirsty, I will drink water or sugar-free tea.					
I will brush my teeth right after eating and will not eat again afterword.					
Total Scores					

0-28 points:
Oh-oh! You should examine your own eating habit. Correct your bad eating habits and cultivate healthy ones as soon as possible.

29-42 points:
Not bad, but you still need to improve. Keep the good habits and correct the bad ones.

43-56 points:
Congratulations! You have very healthy habits. Keep up the good job.

3 Do I cook in a healthy way?

Healthy Cooking Index	Never (0)	Seldom (1)	Some-times (2)	Often (3)	Always (4)
I choose brown rice and multi-grain rice.					
I cook at least two kinds of vegetables each meal.					
I cook at most 1 kind of meat dish each meal.					
I fry food for less than three times each week.					
I estimate the amount needed to avoid over-preparation before cooking.					
I steam, boil, blanch most of the food.					
I seldom stir fry and fry food and avoid sweet-and-sour dishes.					
I will use natural spice, such as green onion, garlic, ginger to add flavor to food.					
I seldom add sugar, salt, soybean sauce to avoid strong flavor.					
I do not make more than two stir-fried or fried dishes for each meal.					
I seldom handle my dishes with corn starch or cook with much oil.					
I will reduce oil while cooking.					
Total Scores					

0-24 points:
There is still much space for improvement to make you a healthy cook!!

25-36 points:
Not bad, but you still can improve to make your family healthier.

37-48 points:
Great cook! Your family will be healthy because of your cooking concept.

4 Do I make a healthy choice when eating out?

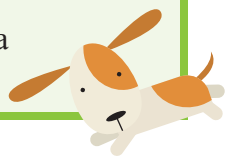
Eating-out Health Index	Never (0)	Seldom (1)	Some-times (2)	Often (3)	Always (4)
When I choose restaurants, I will consider whether they provide healthy food.					
When I go to restaurants and self-serviced diners, I will ask whether they provide multi-grain rice.					
I will ask the restaurants to provide water or sugar-free tea. I will not drink juice or sugary drinks with my meals.					
I will order enough vegetable for each meal.					
I will try not to buy fried food.					
I will not buy and drink sugary drinks.					
I will not buy extra snacks because of the enticements of coupons or when there are promotions.					
When I buy food in package, I will read nutrition facts and calories.					
I will usually order high-fiber and low-fat food.					
I will avoid “all-you-can-eat,” or “all-you-can-order” restaurants.					

0-20 points:
You still need to improve your eating-out habits. Learn more about how to dine out healthily.

21-30 points:
You are OK with your eating-out habits. You can now work on improving some unsatisfactory habits.

31-40 points:
Congratulations! Most of your eating-out habits are great. Keep up the good job.

Do you finish all the tests?
Try to correct unsatisfactory habits and make yourself a health champion!!!



5 In addition to the afro-mentioned tips, there are some others to help you control calorie intake:

	Achieved	Not yet achieved
Set goals for losing weight and rewards for reaching these goals.		
Measure my weight regularly. I will review my diet and exercise plan when I notice weight gains.		
Recognize the chain effects from snake eating behaviors and try to break them off. If I usually finish the whole package of snake at once, I will try to buy smaller packages.		
Recognize he trigger of my desire of eating snacks and try to avoid it. If I always buy snacks when I pass one specific store, I will deliberately try to make a detour to avoid passing such stores.		
I will replace desserts and snacks with fresh fruits.		
Before eating in restaurants for social occasions, I will eat low-calorie vegetable or fresh fruit to increase satiety to control food intake.		
I try not to eat anything three hours before bed time apart from drinking some water, milk and eating some fruit.		

6. I will not try any unhealthy way to lose weight.

Do not compromise your health for losing weight. Healthy and balanced diet is the only way to safely and effectively losing weight. Any extreme and quick claims from advertisement to lose weight once and for all could cause lifelong damage to your health.

Unhealthy Ways to Lose Weight	Weakness
No Calorie Diet	This will cause severe lack of vital nutrients. A sudden loss of weight will also result in muscle loss and kidney and brain damages.
Dessert and Snack Diet	This will result in a severe lack of vital nutrients such as protein, vitamins, minerals and fiber. This diet will also cause muscle loss and the lose-weight results are usually not good.
High-protein and Low-calorie Diet (eg. Eating meat to lose weight)	Imbalanced diet will cause the damage of kidney and brain and even death because of imbalanced electrolyte.
Single-food Diet (eg. Eating only apples)	An imbalanced diet. This diet habit will not last long and will cause muscle loss.
Extremely-low-fat Diet (only eating blanched vegetable and fruit)	This diet will cause a lack in essential fatty acid and will decrease the utilization rate of fat-soluble vitamins. This diet provides only a very few selection of food and will not make human body feel full.
Meal Replacement	More expensive and lack of normal diet. Not tasty and will not last long.

1. Taking illegal diet medicine is actually murdering your health.
2. Illegal diet medicine usually contains amphetamine, laxatives, diuretic, thyroxine, etc. After taking the medicine, you will usually have some uncomfortable symptoms, such as headache, excitement, insomnia, anxiety, nausea, vomiting, diarrhea, stomachache, palpitation, weakness, mental disorder, kidney failure, paralysis, irregular heartbeat and even death.
3. There is no shortcut to losing weight. A balanced diet and regular exercise are the only ways. Do not believe in any “quick ways to lose weight” adverts. Such diet medicine, diet substitutes and drinks will cost you not only a fortune but also health.

1. Physical Activity

Regular physical activities are vital to all healthy weight control. Physical movement will help you maintain a healthy weight. What's more important, exercise shows dramatic benefits for obesity-related chronic diseases, such as cardiovascular disease, diabetes, hyperlipidemia and hypertension. When you start an exercise plan, the most important thing is to maintain the habit. You may then gradually add up your exercise time and intensity. Start with 10 to 15 minutes' physical activity every day.

1 Recognize My Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity includes exercise as well as other activities which involve bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities[1].

1 Source: Website of physical activity of WHO (http://www.who.int/topics/physical_activity/en/)

2 My Physical Fitness

What's your physical fitness?
When you have done the following activities, will you pant?
(points 1-5, 5 means "pant a lot")

	Exercise items / points	No Panting ↔ Pant a lot
Aerobics	1. After taking the stairs	1 2 3 4 5
	2. After running after the garbage truck (*equals to brisk-walking for a distance of medium length)	1 2 3 4 5
	3. After casually going shopping in the market or the hypermarket, (equal to slow-walking for a distance of medium length.)	1 2 3 4 5
Physical Labor	1. After carrying groceries or goods for a length of distance	1 2 3 4 5
	2. After mopping the floor or vaccuming	1 2 3 4 5
	3 After carrying children in your arms for several minutes	1 2 3 4 5
Daily Life Activities	1. After bending down to tie up shoelaces	1 2 3 4 5
	2. After washing your face in the morning	1 2 3 4 5
	3. After reaching out and getting things down from the top of the cabinet	1 2 3 4 5

Points and Suggestions:

points	Explanation and Suggestions
9 to 27 points	Not bad!!! Our suggestion to you is to cultivate the habit of exercise to promote your health.
28 to 45 points	You should start to exercise. Our suggestion to you is to gradually increase physical activities to improve your health.

*Source: American Heart Association(1997), Fitting in Fitness, New York: Random House

3 Reasons of Not Physical activity Regularly:

Let's find the excuses to stop us from physical activity. Pick the description that fits you.

- ☐ **I don't have time for exercise.**
- ☐ **Bad weather.**
- ☐ **I travel or go on business trips a lot.**
- ☐ **No exercise partners and coaches**
- ☐ **I have much housework to do**
- ☐ **Lack of proper and correct exercising skills.**
- ☐ **Physical activity is boring**
- ☐ **Embarrassment**
- ☐ **Exercise makes me exhausted.**
- ☐ **I am afraid of getting injured**
- ☐ **I don't have the resources (lack of a sutible place, facility and money).**

How to remove these obstacles? Please turn to page 47 .

4 Benefits of Physical Activity

If you want to maintain health, you need to exercise. Which of the following are important for you? Please tick in the box.

V	Immediate Benefits	V	Long-term Benefits
	Lower your blood sugar		Extend your lifespan
	Increase metabolism		Improve life quality
	Improve mental health		Lower the risk of heart attack by half
	Boost self-dignity and confidence		Lower stroke risk
	Increase happiness		Lower hypertension risk
	Improve life satisfaction		Decrease triglyceride (natural fat)
	Decrease depression		Increase good cholesterol (high-density lipoprotein)
	Relieve anger		Lower colorectal cancer risk
	Deal with anxiety		Lower breast cancer risk
	Increase energy		Lower testicular cancer risk
	Improve sleep quality		Strengthen immunity
	Help to relax		Lower diabetes risk
	Help to quit smoking		Maintain your weight
	Strengthen muscle tissues		Lose your weight
	Increase pain resistance		Decrease abdominal fat
	Improve hormone function		Reduce abdominal fat
	Boost blood circulation in brain		Vital to weight control
	Promote cognition		Prevent depression
	Help to quit drugs		Prevent anxiety
	Burn calories		Improve immune system
			Strengthen heart function
			Lower falling risk for the elders
			Lower osteoporosis risk
			Ease burden on joints

2. Make Your Own Exercise Plan

1 Do I have enough exercise?

Exercise Intensity Suggesions:

For children and adolescents aged 5-17:

- According to WHO, it is suggested that children and adolescents aged 5-17 should do 60 minutes (1 hour) or more of medium-intensity physical activity each day.
- Physical activity of more than 60 minutes will bring more health benefits for them.
- They should do aerobic activity and muscle-and-bone-strengthening activities at least 3 times a week.

For adults aged 18 and older:

- Adults should do 150 minutes or more of medium-intensity physical activity every week, or at least 75 minutes of vigorous-intensity activity or the combinition of the two every week.
- Each exercise time should last at least 10 minutes. More than 300 minutes of medium-intensity physical activity or 150 minutes of vigorous-intensity physical activity every week will bring more health benefits.
- They should also do muscle-strengthening activities at least 2 times every week.

Aerobic Physical Activities

Also known as cardio, aerobic physical activities focus on large muscles. Activities will last longer (at least 10 minutes). Regular movement will speed up breath and heartbeat. It can be divided into two different groups by activity intensity:

Moderate-intensity physical activity: after 10 minutes' activity, you may still converse with others, but cannot sing. These activities will make you feel a little bit tired, speed up your breath and heartbeat a bit and make you sweat a little.

Vigorous-intensity physical activity: after 10 minutes' activity, you will not be able to talk with others. These activities will make you feel very tired, speed up your breath and heartbeat a lot. You will also sweat a lot.

Moderate-intensity Physical Activity	Vigorous-intensity Physical Activity
• Brisk-walking	• Running
• mountain-hiking	• Climbing hills
• cycling in normal speed	• Walking up the stairs
• dancing (not slow dance)	• Cycling in high speed
• health gymnastics	• Doing aerobics
• playing tennis (double play)	• Swimming in high speed for longer time
• car-washing	• Playing tennis (single play)
• mopping the floor	• Sports (not including bowling)
• gardening	• Shoveling
	• Carrying heavy loads (10 kg or more)

Note: this is only for reference. Physical activities should be judged according to the fact whether one can still talk after doing the exercise.

Other Physical Activities:

Muscle-strengthening activities

- Activities that will strengthen bones and muscles to improve strength, resistance, and muscle mass.
- Core muscles are the ones in legs, hips, back, shoulders, breasts, abdomen and arms.
- The training of muscles in each part: repeat 8-12 times. After the movement, the muscle part should slightly feel tired and sore or stiff.

Muscle training types

- Hands only: push-ups, sit-ups, raising legs.
- With tools: elastic bands, dumbbells, ankle weights
- With facilities: facilities for leg extension and back stretch, full-term (PEC) machine

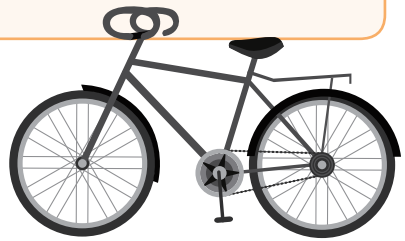
2 My Exercise Plan

Find the description that fits you most. (Not including activities while working)

Description	Tick	Suggested Plan
You are still waiting.		
I do not do vigorous-intensity activities or moderate-intensity activities. Even in the next six months, I do not have the plan either.		Exercise 30 minutes a day and you will see immediate benefit! See page 47 You may start with housework, cycling, or walking. Exercise at least 10 minutes a time and increase gradually.
Ready to go: gradually increase your exercise time.		
I do not do vigorous-intensity activities or moderate-intensity activities yet, but in the next 6 months, I will try to exercise.		If you do not have the habit of exercise, you may start with simple physical activities such as walking 10,000 steps every day. This will bring health to you.
I am doing vigorous-intensity activities and moderate-intensity activities, but not regularly.		You are moving now!!! Try to do moderate-intensity activities, such as cycling, brisk-walking, for 30 to 60 minutes, 5 to 7 days a week.
I do vigorous-intensity activities less than 3 times a week, or moderate-intensity activities less than 5 times a week.		Once you start to exercise regularly, you need to strengthen your cardiovascular endurance and strength. You need to dovigorous-intensity activities, such as running, swimming, doing aerobics, for 20 to 40 minutes every day, 3 to 5 days a week.
You are very active: Keep up the good work.		
I do moderate-intensity activities for 30 minutes every day, at least 5 days a week or vigorous-intensity activities for 20 minutes a day, at least 3 days a week. I have done this for at least 1 to 5 months.		
I am doing moderate-intensity activities for 30 minutes a day, more than 5 days a week, and vigorous-intensity activities for 20 minutes a day, more than 3 days a week. I have done these for at least 6 months.		

! Have you made your choices? Please write them down.

Your physical fitness (Please turn to page 40)	☐ Not bad. (9~27 points) ☐ I need to start physical activity (28-45 points)
Three main reasons for not physical activity regularly	1. 2. 3.
What are the two benefits you want to have most?	1. 2.
Choose one or two activities you really like	1. 2.
Place to do exercise	
Time to do exercise	
Length of time to do exercise	
Exercise partners and coaches	



3. Tips

Warm-ups

Before you start to do intense exercise, your need to have warm-ups to the degree that your heartbeat increases and you are slightly sweating. Making your muscles feel warm before you start to exercise. For example, before you start to run, you can walk as a kind of warm-up to increase joint activity and muscle extensibility to avoid sports injury.

How to remove obstacles to physical activities?

When facilities are limited, we should fisrt look for possible opportunities of physical activites in our daily life. The integration of exercise into your daily life is the key step to exercise regularlly.

Integration Tips:

- Squeeze time to exercise in your daily life: Go to take a walk or swim during your lunch break. Go to exercise in your afternoon-tea time. Exercise 20 or 30 minutes before you take a shower.
- Change your sedentary time into active time:
  1. Take public transportation to work or school and get off one stop earlier to walk to your destination.
  2. Exercise with your children. Take a walk together, play chasing or go cycling.
  3. Do house chores on holidays, mop the floor to exercise.
  4. When you are on a business trip or traveling, walk more and take the stairs. You may also go shopping in local shopping malls to increase physical activities.
- Use resources within easy access:
  1. Use handy tools to exercise: plastic bottles with water can work as dumbbells; towels can be used to do gymnastics.
  2. Search for convenient and less expensive resources near your home and office. For example, join Tai-chi classes in your community, folk dancing clubs and exercise clubs near your office.
- Choose easy exercise: For example: walking, running, jumping ropes and doing towel gymnastics.

Walking is the easiest way to start!

Walking is the simplest exercise. You don't need any special equipment. You only need to dress casually, and put on your sneakers. Keep "Walking Tips" in mind. Walk in the speed of 4 km/hour for at least 10,000 steps and you will burn 300 Kcals every day.

Don't forget to reduce sedentary time.

Recent international research has indicated that long sedentary time will also cause obesity.

What to do when you get injured during exercise?

If you get injured during exercise, do not panic. Stay calm and take necessary steps to check the injuries and deal with the emergency.
Call 119 or local hospitals for help if necessary.

PRISICE: The protocol for immediate treatment of injury

Protection

Protect yourself and do not get injured or protect any injury from further damage.

Rest

Ensure rehabilitation time to allow even a small injury to heal and Rest to avid swollenness.

Icing

Use Ice-pad to reduce the swelling and inflamation and to relive pain.

Compression

Compression of swollen area to help reducing the swelling.

Elevation

Elevating the injured part to above the heart to reduce the blood flow to the area.

Let's Get Healthy Together!

There are numberous benefits of exercise. You will be able to control your weight effectively, lower the risk of cardiovascular diseases, diabetes and metabolism syndromes. Exercise will make your muscles and bones stronger and lower the risk of osteoporosis. For the elders, exercise will make you energetic and will even avoid falling. Let's work together to create an active lifestyle for health.

NOTE

Diet Log—Sample

Date:

Time	Food Intake	Food Groups	Servings	Calories (Kcals)
7:00	Low-fat milk, 1 box（240 c.c.） Steamed bun with egg, 1 Steamed bun, 1 Egg, 1 Oil (estimates), 1 teaspoon	Low-fat dairy products Whole-grains and starches, Beans, eggs, fish and meat Fats & Oils, Nuts and Seeds	1 cup 1 bowl 1 serving 1 teaspoon	120 400
12:20	Spare ribs lunch box, 1 Embryo rice, 1 bowl Fried spare rib, 1 slice Oil, 2 teaspoons Marinated egg, half Stir fry white cabbage, 1 bowl Oil (estimates), 1 teaspoon	Whole-grains and starches Beans, eggs, fish and meat Fats & oil, nuts, and seeds, Beans, eggs, fish and meat Vegetables, Fats & Oils, Nuts, and Seeds	1 bowl 1.5 servings 2 teaspoons 0.5 servings 1 bowl 1 teaspoon	615
18:00	Steamed fish Fish, 70 g Multi-grain rice, 1 bowl Onion with sliced pork Onion, half bowl Sliced pork, 1 spoon Oil (estimates), 2 teaspoons Papaya, small-sized, half	Beans, eggs, fish and meat Whole-grains and starches Vegetables, Beans, eggs, fish and meat, Fats & Oils, Nuts, and Seeds Fruit	2 servings 1 bowl 0.5 bowls 0.5 servings 2 teaspoons 2 servings	150 280 152.5 120

Food Groups	Total	Food Groups	Total
Whole-grain and starches	3 bowls	Vegetables	1.5 bowls
Beans, eggs, fish and meat	5.5 servings	Fruits	2 servings
Low-fat Dairy Products	1 cup	Fats & Oil, Nuts, and Seeds	6 teaspoons

Total Calories: 1830 cals

Today's Results

☐ Within Control ☐ Too Much Calorie Intake

How to Improve:

Step 1: Do I take in too many calories?

Step 2: Do I have a balanced diet? Do I take in enough daily servings from the six groups of food?

Step 3: Write down suggested food for next meal.
For example, less oil while cooking, less desserts and less whole-grain and starches or less rice.

Note: Please refer to page 75 for "Food Serving Size Exchange Chart."

Diet Log

Date:

Time	Food Intake	Food Groups	Servings	Calories

Food Groups	Total	Food Groups	Total
Whole-grain and starches	bowls	Vegetables	bowls
Beans, eggs, fish and meat	servings	Fruits	servings
Low-fat Dairy Products	cup	Fats & Oil, Nuts, and Seeds	teaspoons
		Total Calories:	

Today's Results

☐ Within Control ☐ Too Much Calorie Intake

How to Improve:

Note: Please refer to page 75 for "Food Serving Size Exchange Chart."

Diet Log

Date:

Time	Food Intake	Food Groups	Servings	Calories

Food Groups	Total	Food Groups	Total
Whole-grain and starches	bowls	Vegetables	bowls
Beans, eggs, fish and meat	servings	Fruits	servings
Low-fat Dairy Products	cup	Fats & Oil, Nuts, and Seeds	teaspoons
		Total Calories:	

Today's Results

☐ Within Control ☐ Too Much Calorie Intake

How to Improve:

Note: Please refer to page 75 for "Food Serving Size Exchange Chart."

Diet Log

Date:

Time	Food Intake	Food Groups	Servings	Calories

Food Groups	Total	Food Groups	Total
Whole-grain and starches	bowls	Vegetables	bowls
Beans, eggs, fish and meat	servings	Fruits	servings
Low-fat Dairy Products	cup	Fats & Oil, Nuts, and Seeds	teaspoons
		Total Calories:	

Today's Results	
☐ Within Control	☐ Too Much Calorie Intake

How to Improve:

Note: Please refer to page 75 for "Food Serving Size Exchange Chart."

Exercise Log

Date:

Date	Exercise Types	Accumulated Exercise Time	Calories Burned
		hour(s) minute(s)	
		hour(s) minute(s)	
		hour(s) minute(s)	
		hour(s) minute(s)	
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Date	Exercise Types	Accumulated Exercise Time	Calories Burned
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Note: For calories burned during exercise, please turn to page 77 for "List of Calories Burned During Exercise, Sports, Activities."

Exercise Log

Date:

Date	Exercise Types	Accumulated Exercise Time	Calories Burned
		hour(s) minute(s)	
		hour(s) minute(s)	
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Date	Exercise Types	Accumulated Exercise Time	Calories Burned
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		hour(s) minute(s)	

Note: For calories burned during exercise, please turn to page 77 for "List of Calories Burned During Exercise, Sports, Activities."

Exercise Log

Date:

Date	Exercise Types	Accumulated Exercise Time	Calories Burned
		hour(s) minute(s)	
		hour(s) minute(s)	
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Date	Exercise Types	Accumulated Exercise Time	Calories Burned
		hour(s) minute(s)	
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Note: For calories burned during exercise, please turn to page 77 for "List of Calories Burned During Exercise, Sports, Activities."

My Healthy Weight Control Log

	Mondy	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weely Records
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								

Monthly Results

My Weight:	My Suggested Diet:	My Suggested Exercise:
First day of the month _____kg End of the month _____kg, I lose a total weight of _____kg.		

	Mondy	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weely Records
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								

Monthly Results

My Weight:	My Suggested Diet:	My Suggested Exercise:
First day of the month _____kg End of the month _____kg, I lose a total weight of _____kg.		

My Healthy Weight Control Log

	Mondy	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weely Records
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								

Monthly Results

My Weight:	My Suggested Diet:	My Suggested Exercise:
First day of the month _____kg End of the month _____kg, I lose a total weight of _____kg.		

	Mondy	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weely Records
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								
Date								
Weight (kg)								
Calorie Intake (Kcal)								
Exercise Time (minute(s))								

Monthly Results

My Weight:	My Suggested Diet:	My Suggested Exercise:
First day of the month _____kg End of the month _____kg, I lose a total weight of _____kg.		

Calories in Lunch Boxes

Fried Chicken Thigh Meal (Total Weight: about 560 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
825	45.5	17.1	37.4

Fried Drumstick Meal (Total Weight: about 604 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
714	50.2	13	36.8

Mouthbreeder Fish Meal (Total Weight: about 655 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
807	53	20	27

Marinated Chicken Leg Meal (Total Weight: about 630 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
623	64.5	15	20.5

Fried Pork Meal (Total Weight: about 604 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
1055	53.8	12.9	33.3

Marinated Pork Meal (Total Weight: about 520 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
753	60.7	14	25.4

Marinated Drumstick Meal (Total Weight: about 470 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
1162	53.6	12.1	34.3

Fish Fillet Meal (Total Weight: about 715 g)

Total Calories (Kcals)	Carbohydrate (Calorie percentage %)	Portein (Calorie percentage %)	Fat (Calorie percentage %)
774	56.3	20	23.7

Fast Food Calories

Food	Calories (Kcals)	Weight (g)	Protein (g)	Fat (g)	Carbo-hydrate (Kcals)	Fat/Calories Percentage (Kcals)
Hamburger (with Bacon, Cheese and Egg)	322	13	19.1	24.5	53.4%	116
Hamburger (with Beef and Cheese)	665	28	39.4	50.7	53.3%	285
Double Deck Beef Hamburger	800	53	49	35	55.1%	268
Rice Burger with Pork	488	11.8	21.3	60.6	39.3%	185
Hamburger (Pork and Cheese)	400	23	22	28	49.5%	108
Fried Chicken Burger	560	27	30	45	48.2%	178
Roasted Chicken Burger	411	23.4	14.7	46.3	32.2%	173
Fried Fish Fillet Burger	533	20	30.1	47.2	50.8%	193
Fried Shrimp Burger	390	16.4	17.7	41.2	40.8%	162
Fried Drumstick	236	15.7	14.1	11.5	53.8%	90
Chicken Nuggets	431	19.2	34.8	10	72.7%	92
French Fries	470	6	24	57	46.0%	126
Tacoyaki Pizza (for 1 person)	768	28.2	37.8	76.8	44.3%	228
Kimchi and Pork Pizza (for 1 person)	798	31.2	31.2	72.6	35.2%	252
Sea Food Pizza (for 1 person)	702	34.2	39	76.8	50.0%	228

Chinese Food Calories

Food	Calories (Kcals)	Weight (g)	Protein (g)	Fat (g)	Carbo-hydrate (Kcals)	Fat/Calories Percentage (Kcals)
Chinese Omelet	263	10.8	9	34.3	30.8%	117
Tuna Fish Omelet	345	13.7	17.2	44.8	44.9%	167
Cheese Omelet	344	15.7	15.6	35.2	40.8%	140
Corn Omelet	292	11.5	9.7	39.3	29.9%	147
Ham Omelet	297	14.6	9.8	36.9	29.7%	141
Tuna Fish Rice Roll	226	6.4	5.3	38.2	21.1%	106
Black Glutinous Rice Roll	418	14.1	12.1	60.6	26.1%	202
Fried Dumpling (10)	753	18.2	35	89.9	41.8%	246
Fried Bread Stick	252	4.5	19.2	15.9	68.6%	45
Clay Oven Roll	256	7.2	7.2	40.8	25.3%	80
Fried Radish Cake (2 slices)	357	16.5	11.6	46.2	29.2%	115
Steamed Bun	444	14.4	2.4	92.4	4.9%	180
Steamed Dumpling (6)	378	11.4	24.4	27.2	58.1%	169
Fried Dumpling with White Cabbage	259	8.9	11.3	30	39.3%	106
Steamed Bun (with Pork)	484	15.1	22.9	52.7	42.6%	153
Steamed Bun (with Vegetable)	363	4.5	11.7	59.7	29.0%	166
Fried Cake with Ground Pork	324	7.8	20.2	27.4	56.1%	100
Cabbage Dumpling (10)	488	16.3	31.3	34.3	57.7%	262
Meatball (large-sized)	362	5.1	12.9	61.3	32.1%	207
Chinese Burrito	397	14.2	21.4	40.1	48.5%	221
Scallion Pancake (2 slices)	541	8.1	28.8	62.2	47.9%	143
Oyster Omelete	455	14.2	21.5	51.6	42.5%	272
Sandwich	468	13.5	21.7	54.7	41.7%	181
Congee with Duck Egg and Pork	165	10.1	4.3	21.8	23.3%	390

Calories in Drinks

Drink Types	Drink	Size	Calories (Kcals)
Juice	Tomato Juice	280 ml/bottle	84
	Orange Juice	400 ml/bottle	180
Soda	Sprite	600 ml/bottle	282
	Apple Sidra	630 ml/bottle	240
	Coca cola	600 ml/bottle	252
	Soda	600 ml/bottle	216
	Root Beer	600 ml/bottle	252
Sports Drink	Pocari Sweat	580 ml/bottle	151
Tea	Woolung Tea	600 ml/bottle	103
	Barley Tea	600 ml/bottle	120
	Black Tea	600 ml/bottle	180
	Lemon Tea	600 ml/bottle	216
	Jasmine Tea	600 ml/bottle	204
	Milk Tea	600 ml cup/bottle	240
	Plum Juice	350 ml/bottle	183
	Herbal Tea	600 ml/bottle	168
	Sugar-free Tea	600 ml/bottle	0
Bubble Tea	Pearl Milk Tea	700 ml/cup	550
	White Gourd Tea	700 ml/cup	256
	Watermelon Juice	700 ml/cup	221
Smoothie	Choclate Smoothie (with froth)	591 ml/cup	512
	Coca cola Smoothie	700 ml/cup	217
Vinegar Drink	Fruit Vinegar Drink	100 c.c.	45
Coffee and Cocoa	3-in-1 Coffee Powder	20 g/ package	90
	Coffee	250 ml/bottle	138
	Cocoa Powder	30 g	138

※Calories in drinks will vary with brands. Please read the nutrition facts printed on package.

List of Calories for Snacks and Desserts

Types	Items	Size (weight)	Calories per serving (Kcals)
Snacks and Desserts	Nougat	15 g/1 piece	70
	Adzuki Bean Milk Popsicle	88 g/stick	158
	Taro Cake	55 g/1 piece	200
	Sun Cake	55 g/1 piece	215
	Ice Cream	89 g/1 box	220
	Adzuki Bean Cake	95 g/1 piece	230
	Caramel Treats	35 g/1 piece	230
	Chocolate Bar	50 g/box	240
	Dounuts	50 g/1 piece	250
	Cake with Pork Floss	75 g/1/8 slice	285
	Mung Bean Cake	100 g/1 piece	420
	Pineapple Cake	45 g/1 piece	440
	Longan Cake	60 g/1 piece	460
	Chips	140 g/1 can	730

Food Serving Size Exchange Chart

Food Groups	Equivalent Food Size	
Whole-grain and starches (280 Kcals/bowl)	Rice 200 g=1 bowl	Water Chestnut 200 g=28 pieces (edible portion)
	Congee 500g=2 bowls	Yam 220 g（edible portion）
	Toast 100g=4 slices	Corn 260 g or one ear of corn
	Buns 100g=4 buns	Taro 220 g
	Steamed Bun 120 g=medium-sized	Potato 360 g (edible portion)
	Pre-cooked Noodles=240 g=2 bowls	Oatmeal 80 g
	Soda Cracker 80 g=12 pieces	Dumpling Skin 120 g=12 pieces
	Radish Cake 200g	Rice Noodles 120 g=2 bowls
Low-fat Dairy Products (120 cals/cup)	Low-fat Milk 240 c.c/per cup	
	Low-fat Milk Powder 25 g/3 spoons	
Skim Dairy Products (80 cals/cup)	Skim Milk 240 c.c.=1 cup	
	Skim Milk Powder 25 g= 3 spoons	
Beans, eggs, fish and meat (Edible portion) (55 Kcals/serving)	Fish 35 g	Drumstick 40 g
	Shrimps 30 g (about 6 shrimps)	Chicken Fillet30g
	Clam 60 g (about 22 clams)	Beef Shank 35 g
	Oyster 65 g (about 8 oysters)	Soybeans and Blackbeans 20 g
	Cuttle Fish 40 g	Soya beans 50 g
	Sea Cucumber 100 g	Bean bag 30 g
	Pork Tenderloin 35 g	Soybean Juice 260 c.c
Beans, eggs, fish and meat (Edible portion) (75 Kcals/serving)	Pork Ribs or Pork Loins 30 g	Codfish 50 g
	Pork Leg 35 g	Egg 60 g=1 egg
	Pork Rectums 55 g	Fried Tofu 55 g
	Mutton 35 g	Seasoned Dried Soybean Curd 35 g
	Steak 30 g	Bean Curd Roll 40 g
	Chicken Wings 40 g	Dried Soybean Curd 70 g
	Milk Fish or Salmon 35 g	Traditional Tofu 80 g（thin slices） 3 quarters
Vegetables (25 Kcals/half bowls)	Sorted Vegetable weights 100 g before cooking, and weights only half after cooking.	

Food Groups	Equivalent Food Size	
Fruits (60 Kcals/serving)	Watermelon 365 g	Strawberry170 g
	Grape Fruit 250 g	Guava 160 g
	Melon 245 g	Pear 140 g= one small-sized pear
	Mongo 225 g	Grapes 130 g (13 grapes)
	Orange 190 g	Green Apple 130 g=one small-sized Apple
	Papaya 190 g	Longan 130 g=10 pieces
	Litchi 185 g=9 pieces	Pineapple 130 g (remove skin)
	Waxed apples 180 g =2 pieces	Kiwi fruit 125 g=1½ pieces
	Star Fruit 180 g	Plum 110 g= 1 piece
	Small Tomatos 175 g	Banana 95 g (about half a a large-sized banana or a small-sized one)
Fat & Oil, Nuts and Seeds (45 cals/teaspoon)	Vegetable Oil 5 g/teaspoon	Cashewnuts 8 g=5 pieces
	Animal Fat 5 g/teaspoon	Peanuts 8g=10 peanuts
	Salad Sauce 10 g/2 teaspoons	Pistachio nuts without shells 7 g= 10 pieces
	Walnut (not cooked, without shell) 7 g= 2 pieces	
	Sorted Sunflower Seeds (without shell) 7-8 g=1 spoon	
	Sesame (white and black) 8 g=2 teaspoons	
	Almond 7 g=5 pieces	

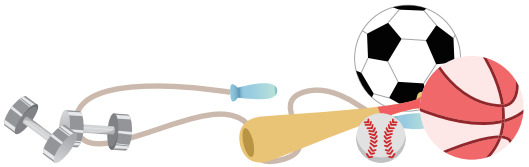
*Edible portion: the weight of edible parts of food before cooking. For example, the weight of shrimps after removing shells.

List of Calories Burned During Exercise, Sports, Activities

Items / Weight	Calories Burned (Kcals/per kg/hour(s))	Calories Burned after 30-minute Exercise (Kcals)			
		40 kg	50 kg	60 kg	70 kg
Walking					
Slow-walking (4 km/hour)	3.5	70	87.5	105	122.5
Brisk-walking (6 km/hour)	5.5	110	137.5	165	192.5
Taking the Stairs					
Going down the Stairs	3.2	64	80	96	112
Going up the Stairs	8.4	168	210	252	294
Running					
Jogging (8 km/hour)	8.2	164	205	246	287
Fast-running (12 km/hour)	12.7	254	317.5	381	444.5
Fast-running (16 km/hour)	16.8	336	420	504	588
Cycling					
Cycling (Normal Speed, 10 km/hour)	4	80	100	120	140
Cycling (Fast Speed, 20 km/hour)	8.4	168	210	252	294
Cycling (Very Fast Speed, 30 km/hour)	12.6	252	315	378	441
House Chores					
Mopping the Floor	3.7	74	92.5	111	129.5
Gardening	4.2	84	105	126	147
Working					
Fixing or Using Tools (eg. plumbers)	5.3	106	132.5	159	185.5
Farming, Fishing, Pasturing, and Logging	7.4	148	185	222	259
Carrying Heavy Loads	8.4	168	210	252	294

Calories burned in every 30 minutes of exercise : Kcal

Items / Weight	Calories Burned (Kcals/per kg/hour(s))	Calories Burned after 30-minute Exercise (Kcals)			
		40 kg	50 kg	60 kg	70 kg
Other Exercise					
Yoga	3	60	75	90	105
Dancing (slow), Yuanji Dancing	3.1	62	77.5	93	108.5
Dancing (fast), Ballroom Dancing	5.3	106	132.5	159	185.5
Playing Frisbee	3.2	64	80	96	112
Playing Volleyball	3.6	72	90	108	126
Play Bowling	3.6	72	90	108	126
Taiji Boxing	4.2	84	105	126	147
Table-tennis	4.2	84	105	126	147
Baseball and Softball	4.7	94	117.5	141	164.5
Playing Golf	5	100	125	150	175
Roller-skating	5.1	102	127.5	153	178.5
Playing Badminton	5.1	102	127.5	153	178.5
Swimming (slow)	6.3	126	157.5	189	220.5
Swimming (fast)	10	200	250	300	350
Basketball (half session)	6.3	126	157.5	189	220.5
Basketball (whole session)	8.3	166	207.5	249	290.5
Aerobics	6.8	136	170	204	238
Tennis	6.6	132	165	198	231
Soccer	7.7	154	192.5	231	269.5
Jumping Ropes (slow)	8.4	168	210	252	294
Jumping Ropes (fast)	12.6	252	315	378	441



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