

The 8 Good Health Guidelines



Staying healthy while you lose

The Weight Watchers approach centers on healthy weight loss. The 8 Good Health Guidelines help give you the nutrients, vitamins, and minerals you need to boost your health while losing weight. You can track some of these “Healthy Checks” in the Plan Manager each day.



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The 8 Good Health Guidelines



1. Fruits & vegetables: Eat at least five ½-cup servings of fruits and vegetables per day.

A serving is ½ cup, except for leafy greens which are 1 cup per serving. For those over 350 pounds, 9 servings is recommended.



2. Whole grains: Choose whole grains whenever possible.

Choose whole-wheat (or oat or multigrain) bread, instead of bread made with refined white flour; whole-wheat pasta instead of white; and brown rice instead of white.



3. Milk products: Get at least two 1-cup servings of milk a day.

Eat at least 2 servings of non- or low-fat milk products each day. A serving is 1 cup. Increase to 3 servings if you're over 50 or weigh more than 250 pounds.



4. Water: Drink at least six 8-ounce glasses of water each day.

If this is hard for you, try flavoring your water with fruit or cucumber. Cups with measurements and/or built-in straws help too. Up to half of your daily fluid intake can come from decaffeinated drinks other than water, such as milk, juice or herbal tea.



5. Oil: Have 2 teaspoons of healthy oil each day.

Two teaspoons of olive, canola, safflower, sunflower or flaxseed oil are recommended — so your body gets the vitamin E and essential fatty acids it needs.



6. Protein: Make sure you get enough protein.

A serving or two a day will keep you healthy. Choose low-fat sources such as skinless poultry, lean meat, fish and eggs.



7. Sugar and alcohol: Limit your intake.

Both contain empty calories. Avoid processed foods with added sugar. And experts recommend no more than one serving of alcohol per day for women, and no more than two per day for men.



8. Vitamins: Take a multiple vitamin-mineral supplement every day.

Everybody's different, so talk to your doctor to figure out the right multivitamin for you.