

Obesity has reached epidemic proportions leading to conditions which have high illness and death rates. According to the American Medical Association *OBESITY* and *OVERWEIGHT* have lead to increases in type 2 diabetes, cardiovascular disease, several types of cancer (endometrial, postmenopausal breast, kidney and colon), musculoskeletal disorders, sleep apnea, and gall bladder disease.

*track you body weight, energy expenditure, and caloric intake with DINE Healthy.*

More than 20 percent of adults are clinically *OBESE* as defined by a body mass index (BMI) of 30 or higher, and an additional 30 percent are *OVERWEIGHT*, having a BMI between 25 and 29.9.

*track your body mass index and energy balance with DINE Healthy.*

*GASTROESOPHAGEAL REFLUX DISEASE (GERD)* with symptoms of heartburn and acid regurgitation affects approximately 60 percent of persons during the course of a year and 20 to 30 percent of people weekly. Offending foods include fried foods, spicy foods, chocolate, coffee, citrus fruits and juices, tomato products, caffeine containing beverages and alcohol.

*track calories per meal, total fat, saturated fat and caffeine with DINE Healthy.*

If you are a woman who wants to avoid *OSTEOPOROSIS*, eat plenty of calcium-containing foods and get lots of exercise...

*track calcium and iron with DINE Healthy.*

*DIABETES* affects more than 20 million Americans. Diabetics should monitor their total daily carbohydrate intake and energy balance...

*track complex carbohydrates and energy balance with DINE Healthy.*

According to data from the National Heart, Lung and Blood Institute, as many as 60 million Americans may have *HIGH BLOOD PRESSURE*, a primary risk factor for heart disease. Recent research has shown that exercise, weight loss, reduced salt and alcohol intake can be an effective form of therapy for hypertension...

*track exercise, weight change, sodium and alcohol with DINE Healthy.*

Men who eat more potassium and drink more fluids have a lower risk of developing *KIDNEY STONES*...

*track potassium and fluid intake with DINE Healthy.*

Women's *BLOOD CHOLESTEROL* levels rise from 2 years before to 6 years after menopause during which time they experience a higher risk of *HEART DISEASE*...

*track dietary cholesterol and saturated fat with DINE Healthy.*

Eventually, 1 in 6 men will get *PROSTATE CANCER*. Those on the hit list are men who eat a high fat diet (especially animal fat)...

*track animal fat and percentage of fat with DINE Healthy.*

Dietary fiber and animal fat seem to exert opposite effects on the development of *COLON CANCER*...

*track dietary fiber and animal fat with DINE Healthy.*

Fat intake has been positively correlated with the incidence of *BREAST CANCER*...

*track fat with DINE healthy.*

The formation of carcinogens such as nitrosamines or nitrosamides, thought to be responsible for the development of *STOMACH and/or ESOPHAQGEAL CANCERS* along with retarded wound healing can be prevented by ingesting vitamin C...

*track vitamin C with DINE Healthy.*

*HEADACHES* may be triggered by certain food additives such as artificial sweeteners (Aspartame). One study conducted by the *Centers for Disease Control* reported that 67% of the subjects experienced headaches after consuming drinks artificially sweetened with Aspartame...

*track Aspartame with DINE Healthy.*

*PREGNANCY* constitutes a major challenge to calcium and iron equilibrium because of fetal and maternal requirements and postpartum lactation...

*track calcium and iron with DINE Healthy.*

The American College of Sports Medicine and the American Heart Association recommend engaging regularly in *AEROBIC EXERCISES*, such as brisk walking or bicycling, and *STRENGTH-TRAINING* activities such as weight lifting...

*track physical activity with DINE Healthy.*

Studies have shown that both men and women put on a weight-training program by exercise physiologists were able to *INCREASE THE SIZE AND STRENGTH OF THEIR MUSCLES*, enabling them to walk faster and longer – even at 90 years of age...

*track your prescribed exercise regimen assigned by your health professional.*

Healthy adults who *WALK* briskly for just 15 to 60 minutes three to five times a week can reap the benefits of extra calories burned, reduced anxiety, lower blood cholesterol, increased bone mass, and greater overall fitness...

*track the number of calories you burn with DINE Healthy.*

Physically inactive people are almost *twice as likely* to develop *CORONARY HEART DISEASE* as people who engage in regular physical activity. Therefore, the importance of physical inactivity ranks almost as high as some of the well-known risk factors such as cigarette smoking, high blood pressure, and high cholesterol...

*track physical activity with DINE Healthy.*

Improve your “*BIOMARKERS:*” two of the *10 determinants of aging* you can control are *EXERCISE* and *DIET*. Engage in an energy-enhancing exercise and diet program designed to increase muscle mass, strength, bone density and decrease blood pressure and cholesterol level...

*track your exercise program and diet with DINE Healthy.*

Energy utilization enhances *WEIGHT LOSS* and is important in preventing and managing obesity, coronary heart disease, and diabetes mellitus...

*track physical activity and weight loss with DINE Healthy.*

More people are at risk for *CORONARY HEART DISEASE* due to physical inactivity than for any other single risk factor...

*track sport, recreation, and leisure activities with DINE Healthy.*