

Top 10 Tips for a Healthy Body

1. Eat more fruits and vegetables. Aim for at least 5 servings everyday.
(1 serving = 1 piece of fruit, 1 cup of raw vegetables, or ½ cup cooked vegetables)
2. Limit 'screen time' (television, computer, and videogames) to no more than 2 hours a day.
3. Be active for at least 1 hour everyday.
4. Drink more water or low fat milk (fat free or 1%). Avoid sugar-sweetened beverages. Juice should be limited to 4 oz or less per day, and make sure it is 100% fruit juice.
5. Eat breakfast - something small and quick is better than nothing.
6. Eat more fiber by choosing more whole grains. Look for at least 3 grams of fiber per serving on your bread, cereal, pasta, and crackers.
7. Be aware of your food portions:
 - ⊗ Your meat/protein portion should be about the size of your palm or a deck of cards.
 - ⊗ Your starch portion should be no more than your fist or ½ to 1 cup.
 - ⊗ Half of your plate should be vegetables &/or fruit. Feel free to have as many vegetables to satisfy your appetite because your body needs lots!
8. Choose mainly unsaturated fats such as olive or canola oil, natural peanut butter, and trans fat-free margarine.
9. Snack smart. Nutritious snacks keep your energy stable between meals.
10. Strive for more home-cooked meals. Eat as a family. Avoid eating in front of the screen (TV, video games, computer).

