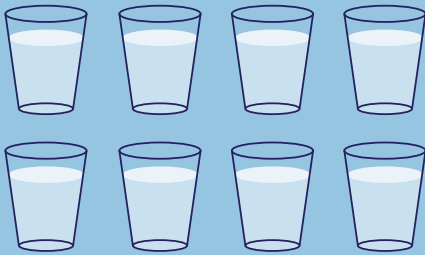


for a

healthier TOMORROW



Drink water instead of sugary drinks.



Make at least half your grains whole grains.

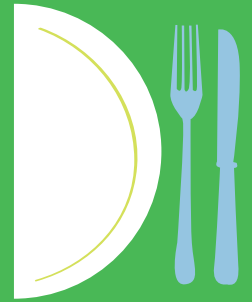
20 To 30

minutes of aerobic exercise per day

3,500

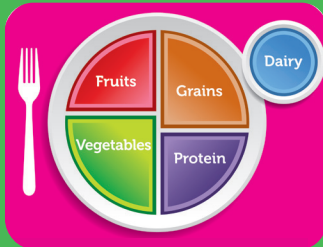
CALORIES = 1 POUND OF FAT
(reduce intake by 500 calories per day to lose 1 pound a week)

Make half your plate fruits and vegetables.



Choose a variety of protein-rich foods, like seafood, lean meat, poultry and eggs, etc.

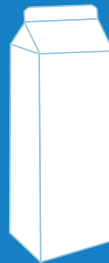
🌱 🍎 🥦 Eat $3\frac{1}{2}$ cups of rainbow-colored vegetables a day. 🌱 🍎 🥦



Less than **2,300** mg. of sodium

Depends on ethnicity, age and health. Talk with your doctor.

SWITCH TO fat-free or low-fat milk (1%).



MI HEALTHIER TOMORROW TO-DO LIST

- Call your doctor and make an appointment
- Know BMI and weight, blood pressure, cholesterol and blood sugar numbers
- Set reasonable goals and non-food rewards
- Take your starting measurements
- Fill your water bottle and drink up
- Clean up your pantry and fridge
- Find some new healthy recipes
- Plan your meals and snacks for the week
- Grocery shop for healthy foods
- Read labels
- Go outside for a 20-minute walk
- Plan exercise for the week
- Find a work-out buddy
- Eat at the table with TV off
- Experiment with spices and herbs
- Practice portion control
- Eat 5 small meals a day
- Keep a food journal – write down what you eat and drink, the time and how you're feeling
- Envision what losing 10% would feel like
- Ask friends and family for support

Avoid **OVERSIZED** portions.

Strive for **7-8** hours of sleep per night.