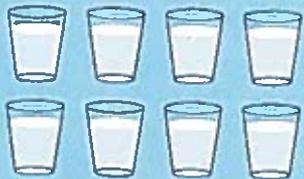


MI Daily PLAN

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

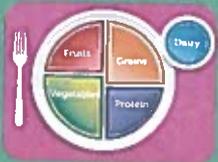
CALORIES = 1 POUND OF FAT (reduce intake by 500 calories per day to lose 1 pound a week)

Make half your plate fruits and vegetables.

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



Eat 3 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.

To determine 10%

of your body weight, do the math (your weight in pounds) x .10 = your 10% weight loss goal (pounds)

Avoid OVERSIZED portions.

The 4 key health measures closely linked to chronic disease.

- Weight and Body mass index
- Blood pressure
- Cholesterol level
- Blood sugar level

Talk

with your doctor before you start any weight loss program.

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



Pledge to lose 10%

Strive for 7-8 hours of sleep per night.

