

FOR THE HEALTH OF IT

Tips to help you eat better, move more, and manage stress.

EAT MORE



Vegetables of all types – dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables. Include fresh, frozen, and canned options.

Try spinach, bell pepper, winter and summer squash, black beans, and potatoes of all kinds.



Fruits – especially whole fruits which are rich in antioxidants. Include fresh, frozen, and canned options.

Try berries, apples, melon, banana, grapes, and citrus.



Grains – at least half of which are whole grain. Whole grains contain more nutrients and fiber.

Try oats, quinoa, whole wheat bread, brown rice, popcorn, and whole wheat cereals.



Dairy – include more fat-free or low-fat milk choices.

Try milk, yogurt, and cheeses. For dairy alternatives include options fortified with calcium, like soy milk.



Protein – including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products.

Try lean choices like 93% lean ground beef, pork loin, and skinless chicken breasts.

Try seafood with healthy fatty acids and lower in methylmercury, such as salmon, anchovies, and trout.

Try vegetarian or vegan options like beans, peas, nuts, seeds, and soy products-such as tofu.



Oils – including vegetable oils and oils in food, such as seafood and nuts. Focus on quality of oils, but still enjoy in moderation.

Try oils rich in unsaturated fatty acids like canola oil, olive oil, nuts, and seeds.



Water – hydration is essential for normal body functions. Focus on low- or no- calorie beverages.

Try plain coffee or teas, sparkling water, seltzers, and flavored waters.

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MOVE MORE

Adults should get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise each week to promote good health. If you cannot reach that goal work your way up. Start small with 10 minutes at a time and build from there. Try starting by taking the stairs, parking further away, or taking an extra lap around the grocery store.

INTENSITY	EXAMPLES
Light	Walking slowly, cooking, light housework
Moderate	Brisk walking, dancing, swimming
Vigorous	Jogging, biking, tennis

STRESS LESS

Excess stress can be harmful to health. Stress can also trigger cravings for comfort food, including excess sugar-sweetened beverages and sweets. This typically results in lower intake of nutrient dense foods, like fruits, and vegetables. This can lead to a higher risk of insulin resistance, excess visceral fat, type 2 diabetes, and heart related risk.

- **De-stress.** Relaxation activities, such as meditation, guided imagery or breathing exercises.
 - **Stay Connected.** Socializing with friends and loved ones for emotional support during stressful situations
 - **Stay rested.** Inadequate sleep has been linked to greater risk of heart disease, obesity, and other health issues
 - **Get support.** Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress
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