

Healthy Choices

The building blocks of a healthy lifestyle



From L to R: Image by silviarita, skeeze, Vivian, and silviarita from Pixabay

Tips for Healthy Eating

- Eat colorful fruits and vegetables frequently.¹
- Choose whole grains¹ like oats, brown rice and quinoa instead of white bread and French fries.
- Avoid salty, processed foods.¹
- Watch out for added sugar¹ in cookies, candy and soda.
- Make fiber your friend! Fiber is found in foods such as fruits and vegetables.² It works to keep the sugar in your blood steady and protect your heart.^{2,3}

Pro tip: To create a positive environment, involve the whole family for the greatest impact.⁴

Eating a healthy diet and lifestyle can help protect you from diabetes, heart disease and obesity.⁵ It is the combination of nutritious food choices, physical activity and healthy behaviors that leads to wellness.⁶

1

CHOOSE WHOLE FOODS

Limit fast food and junk food and opt for fruits and veggies instead.⁷

2

DRINK UP!

Replace sugary drinks like soda with water.⁷

3

GET MOVING

Aim for 60 minutes of exercise each day.⁸ Dance, run, or play your favorite sport!



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ADDITIONAL RESOURCES

To learn more healthy habits, check out these resources:

- ▶ MyPlate
choosemyplate.gov
- ▶ Let's Move
letsmove.obamawhitehouse.archives.gov
- ▶ Healthy Eating Plate
hsph.harvard.edu/nutritionsource/healthy-eating-plate/
- ▶ American Diabetes Association
diabetes.org