



# HEALTHY *YOUR* WAY

Healthy looks different for everyone. Be healthy your way by integrating these simple tips into your daily routine.

## ❖ CHOOSE QUALITY FOODS<sup>1</sup>

Quality foods contain essential nutrients (i.e., vitamins and minerals) that help our bodies grow and function normally. Without them, we can become weak and develop chronic diseases (i.e., type 2 diabetes, heart disease)

**Goal:** Eat food high in essential nutrients and avoid foods low in essential nutrients.

**Tips<sup>2</sup>:** Choose low-sodium (low-salt) foods.  
Choose foods low in cholesterol, saturated fat, and added sugars.  
Choose foods high in fiber and protein.  
Choose water instead of sugar-sweetened beverages (i.e., soda, sports drinks)

## ❖ BUILD A HEALTHY PLATE<sup>2</sup>

There are five food groups: fruits, vegetables, grains, protein, and dairy.

**Goal:** Meals should consist of 3 different food groups; Choose 2 different food groups

**Tips:** Have a fruit or vegetable to have with each meal or snack.  
Focus on whole grains (i.e., brown rice, whole grain bread, quinoa, oats)  
Choose lean protein (i.e., poultry, eggs, beans, nuts, seeds)  
Switch to low-fat or fat-free dairy (i.e., milk, yogurt, cheese)

## ❖ STOP SKIPPING MEALS<sup>3</sup>

What would happen if you tried driving a car on an empty fuel tank? Your body needs fuel just like cars need fuel to function properly. Skipping one or more meals per day will cause low energy, low athletic performance, decreased ability to learn, and increased hunger. This may result in weight gain and increase your risk of developing a chronic disease.

**Goal:** Eat three meals per day plus snacks.

**Tips:** Meal prep meals ahead of time. Keep extra snacks in your backpack.



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## ❖ BE ACTIVE<sup>4</sup>

Physical activity can increase bone health, strength, and school performance while decreasing your risk for injury.

**Goal:** Be active for 60 minutes per day.

**Tips:** Break it up throughout the day (six, 10-minute increments)  
Gym class and sports count!  
Walk your family pet, ride your bike, or go swimming.  
Destress with yoga.

Hungry for more? Visit

<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label> or  
<https://www.myplate.gov/> for more information.