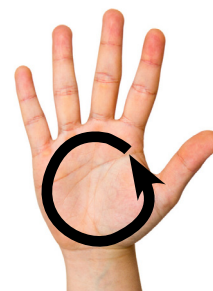


Healthy Tips for a Healthy Lifestyle

1

1 PORTION OF 1 FOOD

A portion size is approximately the size of a person's palm of hand, so try to eat maximum 1 palm size of 1 food per day. Too much of 1 food may not give all the nutrients a body needs.



2

CLOSE 2 NATURE

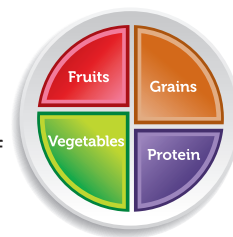


Choose foods that are closer 2 nature and not highly processed. Highly processed food is generally food that is made in a factory and has multiple ingredients. Less processed foods are foods that have no ingredient list or less than 5 ingredients.

3

3 BALANCED MEALS

Your body needs the right mix of foods in the right amounts to get all the nutrients it needs. Use the healthy plate guide to make good meal choices. Half the plate should be vegetables and/or fruit, 1/4 the plate protein, 1/4 the plate whole grains. Also eat home cooked food as often as possible to be healthier.



4

GOOD 4 YOUR BODY



You only get 1 body, so you have to take care of it and choose what is good 4 it! This includes at least 1 hour of activity per day, such as walking, bicycling, and playing! Also spend less than 2 hours a day in front of a screen for entertainment.

5

5 VEGETABLES AND FRUIT

Plant-based foods are some of the healthiest foods. They have many nutrients for your body, so eat at least 5 servings a day! An easy way is to eat at least 1 vegetable or fruit with each of 3 meals and 2 snacks per day.



6

LIMIT SUGAR TO 6 TEASPOONS



Sugar in high amounts is unhealthy. Have maximum of 6 teaspoons of added sugar a day. Food labels use grams: 1 teaspoon=4 grams of sugar, so maximum amount per day equals 24 grams of added sugar. Choose foods and beverages with low added sugar.