



# HEALTHY EATING

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## Sticking To It

### HEALTHY EATING TIPS

- Set yourself up for success
- Moderation
- Fill up on colorful fruits and vegetables
- Eat healthy carbs and whole grains
- Avoid unhealthy fats
- Limit sugar, salt and refined grains
- Think of exercise as a food group in your diet
- Plan quick and easy meals ahead
- Stock your kitchen to be meal ready

Healthy eating begins with learning how to “eat smart”—it’s not just what you eat, but how you eat. Your food choices can reduce your risk of illnesses such as heart disease, cancer, diabetes, and help defend against depression.

The key to healthy eating is balance, variety and moderation. This means eating a wide variety of foods without getting too many calories or too much of any one nutrient. Food pyramids outline various food groups and food choices that, if eaten in the right quantities form the foundation of a healthy diet.

The basic principles of a food pyramid emphasizes the following:

- Eat more fruits, vegeta-

bles and whole grains

- Reduce intake of saturated fat, trans fat, and cholesterol
- Limit sweets and salts
- Drink alcoholic beverages in moderation, if at all
- Control portion size and the total number of calories you consume
- Include physical activity in you daily routine

Eating a healthy breakfast can jumpstart your metabolism, and eating small meals throughout the day keeps your metabolism going.

People who eat a junk food diet—one that is high in processed meat, chocolates, sweet desserts, fried food,

refined cereals and high-fat dairy products—were more likely to be depressed than people who ate a diet rich in fruits, vegetables and fish.

Although deficiencies of other nutrients can be sustained for months or even years, a person can survive only a few days without water. Average adults need about 8 cups of fluid each day for ideal health.

By taking small steps that build on each other, you can lay the foundation for healthy living and build a lifestyle that protects you from premature illness.

Don’t let your missteps derail you—every healthy food choice you make counts.

### EXERCISE FACTS

- Some exercise is better than none
- Exercise should not be painful
- Physically exercise makes you more alert
- Exercise makes your body healthier and stronger
- Exercise helps you get in shape



Exercise is your best friend. It not only burns calories, but improves your resting metabolism. Research shows that three 10 minute spurts of exercise per day are just as good as one 30 minute workout.

Modest amounts of exercise can help ease depression,

## Benefits of Exercise

enhance your self image, sharpen your brainpower, and improve fatigue and sleep. Exercise also combats chronic diseases such as diabetes, osteoporosis and heart disease.

Find a few activities that will keep you healthy and strong, and stay with them as long as

they are enjoyable. Add other activities or alter the way you do your routine if it becomes boring.

Think of your exercise session as time to yourself. Don’t be discouraged if you skip a few days or even a week. Start again and build up to your old momentum.