

# TAKE CHARGE *of your* HEALTH



**Start NOW with 5 healthy choices:**



## **Start Your Day with Fiber**

- Whole grain cereals
- Oatmeal with berries, apples, peaches, or pears
- Whole grain bread with peanut butter or avocado
- Grapefruit, oranges, plums, kiwi, or cherries

## **Add Color to Your Meals Every Day!**

- Fill half your plate with non-starchy vegetables like leafy greens, broccoli, cauliflower, cabbage, brussel sprouts, bell peppers, tomatoes, cucumbers, zucchini, asparagus, carrots and celery
- Fill one quarter of your plate with lean proteins like turkey, chicken, lean ground beef, beans and legumes, salmon, tuna, tofu, cottage cheese, pork loin, eggs or quinoa
- Fill one quarter of your plate with a healthy complex carbohydrate which will digest more slowly such as brown rice, whole-wheat pasta, sweet potatoes, whole grain bread, quinoa and barley

## **Snack on Fiber**

- Start each week by pre-cutting fruits and veggies
- Raw vegetables with hummus or guacamole
- Handful of healthy nuts (almonds, walnuts, pecans, macadamia) or seeds (sunflower, pumpkin)
- A few wheat crackers and reduced fat cheese
- Plain air popped popcorn
- Reduced fat yogurt and nuts
- High fiber fruit like berries, apples, peaches, pears, oranges, plums, kiwi, cherries

## **Read Labels at the Grocery Store!**

- Avoid foods high in calories, sugar, sodium and saturated or trans fats

## **Incorporate 30 Minutes of Moderate Activity into Your Daily Routine.**

- Take a brisk walk, jog, bicycle, swim, dance, play basketball, soccer or do housework or yard work