



Building a Healthy Body & Soul Healthy Eating and Physical Activity Tips

Practice the following food and physical activity habits to help reduce your risk of developing diabetes, cancer and heart disease and to control or lose weight:

- Respect your body by eating healthy foods and increasing your physical activity. Your family will love you for it.
 - Eat the recommended amount of fruits and vegetables daily. Visit www.mypyramid.gov for information on your personal health recommendations.
 - Make physical activity a regular part of your day. Try taking a walk, climbing the stairs, doing house and yard work, or dancing to your favorite music.
 - Cook greens and beans with skinless turkey thighs, turkey bacon or ground turkey breast.
 - Drink 100 % fruit juice, fruit smoothies or water instead of soda.
 - Eat steamed vegetables or salad with lowfat dressing with meals more often.
 - Use fruits and vegetables without added fat such as oranges, raisins, broccoli, carrots or cucumber instead of bacon, olives and cheese in salads.
 - Offer fresh fruit salad, frozen fruit bars or sorbet for snacks, instead of chips, candy, cakes and ice cream.
 - Prepare sweet potatoes or yams with cinnamon and orange juice instead of butter.
 - Stir-fry okra with vegetable spray, broth, or olive oil (1 tablespoon). Flavor with tomatoes, onions, and seasonings and serve with rice or beans for a healthy entrée or side dish.
 - Talk with family and friends or visit your grocery store produce manager to learn how to select ripe fruits and vegetables in season to lower costs.
 - Broil, steam, bake, grill, stir-fry or microwave foods instead of frying.
 - Listen to your body signals:
 - Try not to use food to cope with guilt, boredom, stress, depression, or anger.
 - Try not to use food for pleasure, reward, punishment, love, or comfort.
 - Plan what you and your family will eat in advance and pack healthful snacks to help everyone stay on track when they're in a hurry.
 - If there's no time for exercise, try being active during 10-minute breaks. It can add up quickly to the recommended level of physical activity you need each day.
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