



Healthy Delta Action Kit



MISSISSIPPI STATE DEPARTMENT OF HEALTH



All across the Delta, a healthy change is taking place.

People are finding simple ways to eat smarter and get active for a bright, healthy new day. Here, you will find straight-forward, easy-to-follow steps to help make sure that you and those you care about can live healthier and better.

So, let's get started. We think you'll discover that good health isn't so hard. And, that even little steps can make a big difference.



Know how much you can spend for food each week.

The basics of eating better. 🍏

Healthy eating habits offer all kinds of benefits.

- Improved blood pressure
- Improved cholesterol levels
- Decreased weight problems
- Lower chances of chronic conditions such as heart disease, diabetes, and certain cancers
- Feeling better

Just take it at your own speed.

- Cut down on fried foods like french fries
- Choose more fresh ones like crispy baked chicken
- Reduce your portion sizes
- Switch out soft drinks with water

Before long, your diet will be more balanced and you will notice a difference.

You'll have more energy, you'll be more focused, and, overall, you'll feel better.

Balance is good.



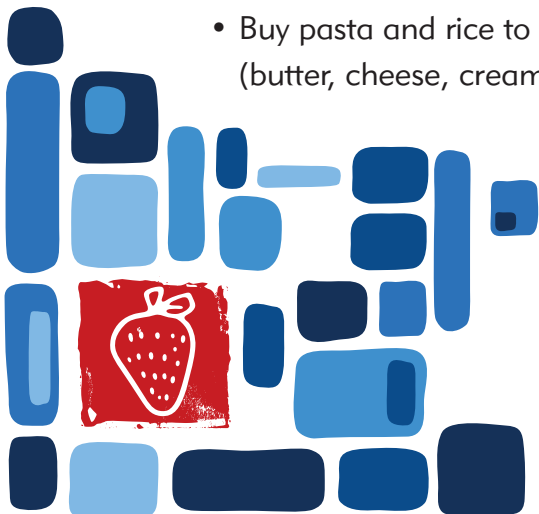
Eat before going food shopping. If you're hungry, you will be more tempted to buy foods not on your list.

The basics about your five major food groups 🍏

For a balanced daily diet, both children and adults need to be getting at least five servings of fruits and vegetables; five to six servings of grains, breads, and cereals; three cups of milk; and only about five and half ounces of lean protein (meat, fish, beans) per day. Here are some very helpful tips from the American Council For Fitness & Nutrition in regard to what we should all be eating for maximum health.

Grains, Breads and Cereals

- Eating grains, especially whole grains, provides health benefits.
- Make ½ of your grains whole grains.
- Choose whole grain breads, rolls, rice, and pasta when available.
- Look for “whole” before the grain name on the ingredient list.
- Buy dry cereals; most are low in fat. Avoid sugar-sweetened cereals.
- Buy pasta and rice to use as entrees. Avoid the high-fat sauces (butter, cheese, cream).



Source: Hebni Nutrition Consultants, Inc.

Check to see if multiple-item specials are really a good price.

Fruits

Fruits are very low in saturated fat and total fat, and have no cholesterol. A diet high in fruit may also help to improve cholesterol levels for those with heart disease or those who are at high risk of developing it.

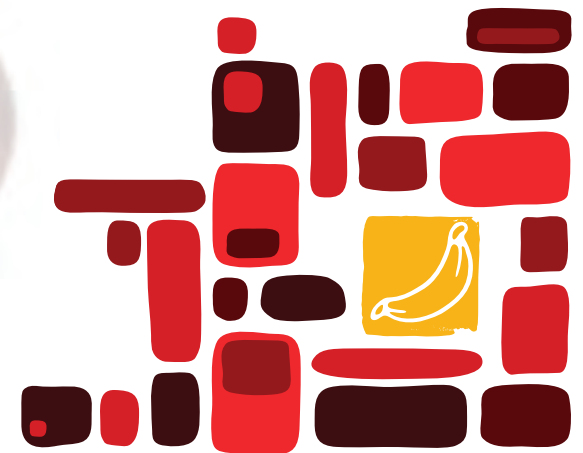
- Eat a variety of fruits.
- Buy fruits and vegetables to eat as snacks, desserts, salads, side dishes, and main dishes.
- Serve fresh fruit for dessert or freeze bananas, berries, melon, or grapes for a delicious frozen treat.
- Display fresh fruit in a bowl in the kitchen to make it easier to grab as a snack.
- It's better to eat fruit than to drink juice, but if you drink juice, choose 100% fruit juice.
- Fruit may be fresh, frozen or dried.

Examples:

apples, bananas, blueberries, cantaloupe, grapefruit, grapes, peaches, pears, plums, strawberries, watermelon.



Buy foods that you use a lot in large packages only if you can use it all before it spoils.



Source: Hebni Nutrition Consultants, Inc.

Vegetables

Vegetables are very low in saturated fat and total fat, and have no cholesterol. A diet high in vegetables may also help to improve cholesterol levels for those with heart disease or those who are at high risk of developing it.

- Choose a variety of vegetables.
- Add a variety of vegetables to meat stews or casseroles or make a vegetarian (meat-less) main dish.
- Wash and cut up raw vegetables (carrots, broccoli, cauliflower, lettuce, greens, celery, mushrooms, etc.) and store in the refrigerator for quick use in cooking or snacking.
- Buy fresh vegetables in season.

Examples:

black-eyed peas, broccoli, collard greens, corn, green beans, kidney beans, lettuce, lima beans, mustard greens, potatoes, spinach, squash, sweet potatoes, turnip greens.



Shop alone, if possible. You will be less distracted.

Milk

It is recommended that individuals consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. If you now drink whole milk, you will probably find it easier to switch to fat-free milk in steps, so your taste buds can adjust. Drink 2% milk for a few weeks, then 1% milk, and finally fat-free. You will get used to the new taste gradually. With each step, you will cut down on saturated fat and cholesterol.

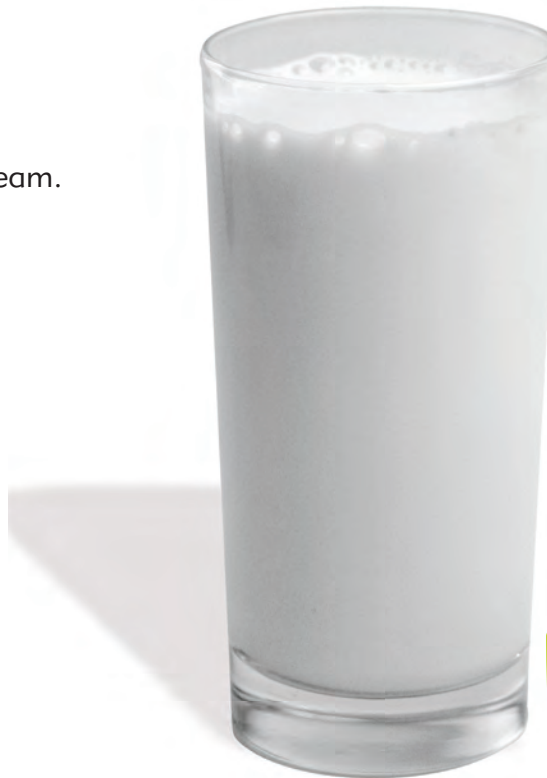
- Choose low-fat, calcium-rich foods.
- Eat low-fat or nonfat yogurt alone, or as a topping, or in recipes.
- Try low-fat or nonfat sour cream or cream cheese blends. Many taste as rich as the real thing, but have less fat and fewer calories.
- Include milk as a beverage at all meals.
- Add fat-free milk or low-fat milk instead of water to oatmeal or hot cereal.
- Eat low-fat ice cream or sherbert instead of full-fat ice cream.

Examples:

8 oz. of fat-free or 1% milk, 6 oz. of low-fat or fat-free yogurt, 2 slices of swiss cheese (3/4 oz. each slice), 1/3 cup of shredded cheddar cheese, 1/2 cup chocolate pudding, 1/2 cup of frozen yogurt.

Lactose Intolerance

Many of us have problems with the lactose sugar in some dairy products, causing gas, bloating, and diarrhea. It is recommended that you use lactose-free dairy products in place of regular dairy products to avoid those problems.



Use a calculator to keep a total of what you are spending as you put foods in your cart.

Meat and Beans

- Go lean with protein, 5 to 6 ½ ounces for the entire day.
- Choose chicken and turkey without skin or remove skin before eating.
- Egg yolks are high in dietary cholesterol and should be limited to no more than 3 yolks per week, including egg yolks used in cooking.
- Egg whites have no cholesterol, and you can substitute them for whole eggs in recipes. Two egg whites are equal to one whole egg. Cholesterol-free egg substitute can be used in place of eggs.
- Dry peas and beans are great meat substitutes that are low in saturated fat and cholesterol. They are high in fiber, which can help to lower blood cholesterol. Add ½ cup of beans to pasta, soups, casseroles, and vegetable dishes.
- Eat at least two servings of fish each week, preferably fatty fish such as trout or salmon.

Examples:

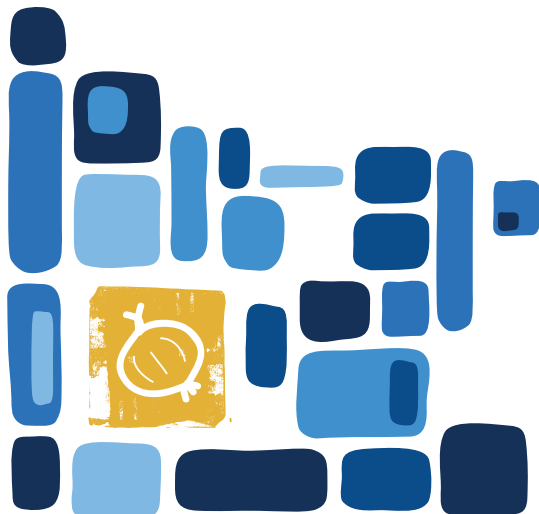
3 oz. pork chop, 3 oz. chicken breast (skinless and boneless),

6 oz. salmon, 7 medium-sized shrimp, 1 oz. of nuts.

* If you normally use ham hock, pig tails, or neck bones to season vegetables, a healthier alternative is smoked turkey necks, which will give the flavor desired without the fat, or beef bouillon, which has little fat.



Pick your own berries, fruits, or vegetables at local farms or farmer's markets.

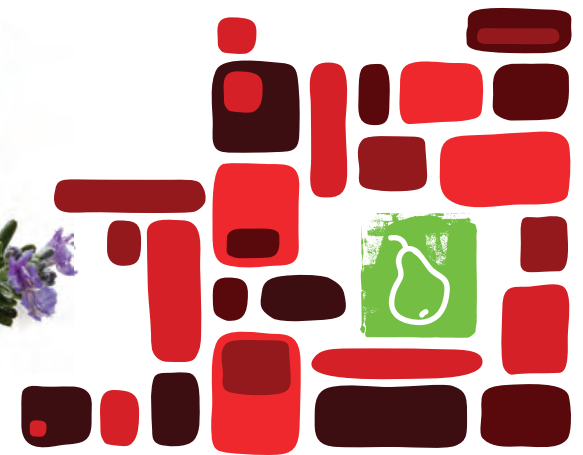


Source: Hebni Nutrition Consultants, Inc.

Fats and Oils

Foods such as chitterlings (chitlins), fresh pork neck bones, fat back, hog jowls, streak-o-lean, pig feet, and sausage are sometimes used as meat by many of us. Due to the high fat content, these foods should be used only occasionally and in very small amounts.

- Choose liquid vegetable oils that are high in unsaturated fats, like canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils.
- Read the ingredient label to choose products that contain liquid vegetable oil as the first ingredient rather than hydrogenated or partially hydrogenated oil.
- Choose soft tub or liquid margarine or vegetable oilsreads.
- Limit butter, lard, fatback, and solid shortenings. They are high in saturated fat and cholesterol.
- Buy light or nonfat mayonnaise and salad dressing instead of the high-fat kind. For example, two tablespoons of regular Italian dressing can add as many as 14 grams of fat.
- Choose smoked turkey necks to season vegetables.



It is more economical to buy frozen juice concentrate instead of ready-to-drink 100% juice.

Source: Hebni Nutrition Consultants, Inc.

Sweets and Desserts

Try these healthier options instead.

- Angel food cake topped with fruit puree or fresh fruit slices
- Fat-free or low-fat brownies, cakes, cheesecake, cupcakes, and pastries
- Cookies like animal crackers, Graham crackers, fig and other fruit bars, ginger snaps, and vanilla or lemon wafers
- Pretzels or butter-free air-popped popcorn or 100-calorie snack packs
- Frozen low-fat or nonfat yogurt, fruit ices, ice milk, sherbet, and sorbet
- Gelatin desserts and puddings made with 1% or fat-free milk (watch the whipped cream!)
- Low-calorie drinks

Remember, 1 tsp. of sugar = 16 calories.



Source: Hebni Nutrition Consultants, Inc.

Buy plain pasta shapes like macaroni, which is often less expensive than fancy shapes.

How Much Should You Eat?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called “super size,” while others have simply grown in size until they provide enough food for two people. With this growth have come increases in waistlines and body weight. Avoid super-sizing meals. Order a kid’s portion whenever possible.

- A “portion” can be thought of as the amount of a specific food you choose to eat for dinner, a snack, or other eating occasions.
- A “serving” is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food.



Buy fruits and vegetables that are in season.



The nutrition facts label inside and out

Nutrition Facts

Serving Size 1 package (272g)

Serving Per Container 1

Amount Per Serving

Calories 260

Calories from Fat 70

| | | % Daily Value* | |
|--------------------|--------|----------------|-----|
| Total Fat | 8g | | 11% |
| Saturated Fat | 2.5g | | 13% |
| Trans Fat | 0g | | |
| Cholesterol | 30mg | | 10% |
| Sodium | 680mg | | 28% |
| Potassium | 510 mg | | 15% |
| Total Carbohydrate | 31g | | 10% |
| Dietary Fiber | 5g | | 20% |
| Sugars | 4g | | |
| Protein | 17g | | |
| Vitamin A | 90% | Vitamin C | 8% |
| Calcium | 15 % | Iron | 10% |

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

| | | | | | |
|-----|---|--------------|---|---------|---|
| Fat | 9 | Carbohydrate | 4 | Protein | 4 |
|-----|---|--------------|---|---------|---|

Serving Size

The serving size for this food is one package. All the nutrition numbers listed are based on this amount. Compare the serving size to the amount you eat and adjust the numbers as needed. For example, if you ate only half the package of this food, you'd divide the numbers shown by two (e.g., 130 calories).

Servings Per Container

Note carefully! This package contains one serving, but sometimes even small packages contain more than one serving.

Nutrition Numbers

The label lists the number of Calories and the number of Calories from Fat in one serving. Also listed are the grams of Total Fat, Saturated Fat, Trans Fat, Total Carbohydrate, Dietary Fiber, Sugars, Protein and milligrams of Cholesterol and Sodium. Sometimes labels list extra information. For example, this label lists the grams of Monounsaturated Fat and Polyunsaturated Fat and milligrams of Potassium.

Percent Daily Values

These percentages show how much of each nutrient one serving provides in a 2,000-calorie diet. For this label, one serving of food provides 11% of the Total Fat and 15% of the Calcium recommended for the day.

Hit Your Targets...Not Too High

For nutrients we sometimes get too much of (Fat, Saturated Fat, Cholesterol and Sodium), your daily goal is to total 100% or less of the Daily Value. There is no Daily Value for Trans Fat, but experts recommend keeping intake as low as possible.

Hit Your Targets...Not Too Low

For nutrients such as Potassium, Dietary Fiber, Calcium, Iron, Vitamin A and Vitamin C, your daily goal is to reach 100% of the Daily Value. Look for foods that are good sources (10-19% of the Daily Value) or excellent sources (20% or more of the Daily Value) of nutrients like these. This label shows that one serving of the food is an excellent source of Dietary Fiber and Vitamin A and a good source of Potassium, Calcium and Iron.

Select low-fat luncheon meat and low-fat sausage to replace higher-fat versions of these meats.

Serving Size Card

This serving size card can be reproduced and cut out to be placed in your wallet or purse.

What is a portion size?

Grain Product
 1 cup of cereal flakes = fist
 1 pancake = compact disc
 ½ cup of cooked rice, pasta, or potato = ½ baseball
 1 slice of bread = cassette tape

Dairy and Cheese
 1 oz. of cheese = 4 stacked dice or 2 cheese slices
 ½ cup of ice cream = ½ baseball

www.acfn.org

What is a portion size?

Fats
 1 tsp. margarine or spreads = 1 die

Vegetables and Fruit
 1 cup of salad greens = baseball
 1 baked potato = fist
 1 med. fruit = baseball
 ½ cup of fresh fruit = ½ baseball
 ¼ cup of raisins = large egg

Meat and Alternatives
 3 oz. meat, fish, and poultry = deck of cards
 3 oz. grilled/baked fish = checkbook
 2 tbsp. peanut butter = Ping-Pong ball

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If you are away from home, use the hand jive method to portion your foods.



fist = 1 cup
 (Example: 2 servings of pasta or oatmeal)



palm = 3 oz.
 (Example: a cooked serving of lean meat)



thumb tip = 1 teaspoon
 (Example: 1 tsp. of margarine)

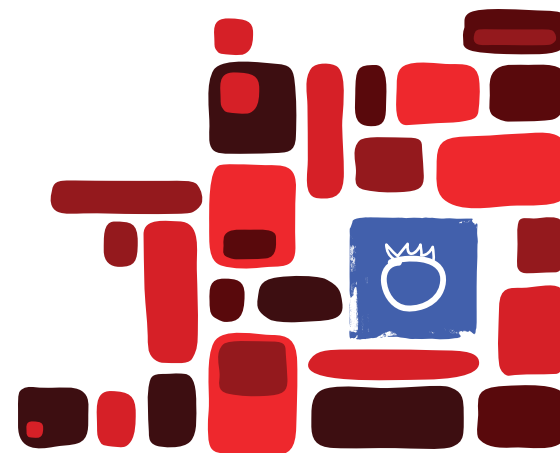


handful = 1 or 2 oz. snackfood
 (Example: 1 oz. of nuts = handful
 2 oz. of pretzels = 2 handfuls)



thumb = 1 oz.
 (Example: a piece of cheese)

Look for in-store specials and coupons near the entrance of the store and throughout the aisles.



Calorie per person chart.

| 1,600 Calories | 2,000 Calories |
|---------------------------|-------------------------------------------|
| Many Women & Older Adults | Children, Teens, Active Women, & Most Men |
| Grains, Breads, & Cereals | |
| 5 servings | 6 servings |
| Vegetables | |
| 2 cups | 2 1/2 cups |
| Fruits | |
| 1 1/2 cup | 2 cups |
| Milk | |
| 3 cups | 3 cups |
| Meats & Beans | |
| 5 oz. | 5 1/2 oz. |

Don't drink your calories.

| Sweetened Sodas | Calories | Sweetened Fruit Punches | Calories |
|-----------------|----------|-------------------------|----------|
| 44 Ounces | 600 | 44 Ounces | 715 |
| 12 Ounces | 150 | 12 Ounces | 195 |
| 8 Ounces | 100 | 8 Ounces | 130 |

Look for your favorite beverages in low-calorie or unsweetened varieties — new formulations have made these options flavorful and healthy.

Use coupons for items you usually buy.



Eating better can even taste better.

Here are some new takes on some down-home Delta favorites.

Blackened Catfish

Ingredients:

| | |
|-------------------------------|------------------------|
| 4 catfish fillets | 1 teaspoon salt |
| 1 teaspoon paprika | ½ teaspoon oregano |
| 1 garlic clove, finely minced | ½ cup yellow corn meal |
| ½ medium red onion | ¼ cup olive oil |
| 1 teaspoon cayenne pepper | juice of 2 lemons |
| ½ teaspoon black pepper | |

Directions:

Sprinkle fillets with paprika, garlic, onion, cayenne, black pepper, salt, and oregano, refrigerate for one hour. Heat the olive oil in a skillet. Dredge the catfish in the corn meal. Shake off any excess. Place the catfish in the hot oil and cook 2 to 3 minutes on each side until blackened. Before removing from heat add the lemon juice.

Serving Size: 1 fillet



Learn the layout of the store you usually shop at, so you can find foods quickly.

Source: Hebni Nutrition Consultants, Inc.

Meatloaf

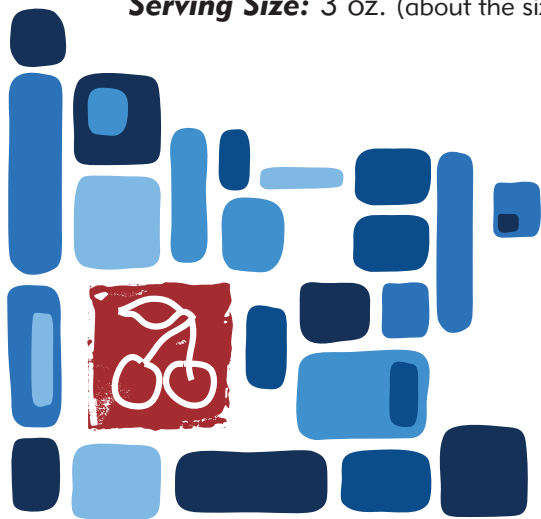
Ingredients:

| | |
|--------------------------------|----------------------------------|
| 2 teaspoons olive oil | 2 teaspoons Dijon mustard |
| 1 medium onion, chopped | 2 teaspoons Worcestershire sauce |
| 2 garlic cloves, minced | ¼ teaspoon hot sauce |
| 1 cup egg substitute | ½ cup evaporated skim milk |
| ½ teaspoon dried thyme | 2 lbs ground turkey breast |
| 1 teaspoon salt | ⅔ cup oatmeal |
| ½ teaspoon ground black pepper | ⅓ cup minced parsley |

Directions:

Heat oven to 350°. Heat oil in medium skillet. Add onion and garlic; sauté until softened, about 5 minutes. Set aside to cool. Mix egg substitute with salt, pepper, thyme, mustard, Worcestershire sauce, hot sauce, and milk. Add to meat in large bowl along with oatmeal, parsley, and cooked onion and garlic. Mix with fork until evenly blended and mixture doesn't stick to the bowl. If it sticks, add milk. With wet hands, pat mixture into 9"x5" loaf shape. Place in foil-lined baking pan for easy clean up. Bake about 1 hour. Cool at least 20 minutes and serve.

Serving Size: 3 oz. (about the size of a deck of cards)



Buy day-old bread or rolls and use them quickly, freeze them, or use them for cooking.

Southern Potato Salad

Ingredients:

| | |
|--------------------------------------------------|-------------------------------|
| 3 pounds potatoes | 1 teaspoon yellow mustard |
| 4 hard-boiled eggs, chopped | ¼ teaspoon salt |
| 4 tablespoons low-fat mayonnaise or Miracle Whip | ¼ teaspoon pepper |
| 2 tablespoons sweet pickle relish | Paprika, sprinkled over salad |

Directions:

Rinse potatoes thoroughly under running water. Place potatoes into a large pot and cover with at least two inches of cold water. Bring water to rolling boil and cook potatoes until tender. Don't allow the water to boil out. Once potatoes are done remove from heat, pour out water, and allow to cool. Clean large pot because you will use it later to mix potato salad.

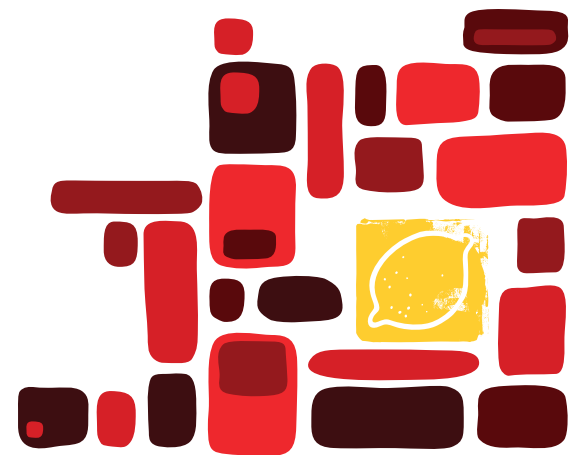
Place eggs into a small pot and add cold water, bring to a rolling boil. Once the water is boiling, turn off the heat, cover the pot and let sit for 20-30 minutes. Remove from pot of water and allow to cool before chopping.

When potatoes have cooled, peel and mash them one at a time into large pot. Add chopped eggs, mayonnaise, yellow mustard, sweet pickle relish, salt, and pepper, and mix thoroughly. Start with the exact measurements and adjust to your desired taste. Spoon the combined mixture into a bowl with lid. For presentation, top mixture with a sprinkle of paprika and parsley. Cover with lid and refrigerate. Serve salad cold.

Serving Size: ½ cup



Save money by buying a block of cheese and slicing or grating it yourself.



Oven Crispy Chicken

Ingredients:

| | | |
|------------------------------------------------------|-----------------------------------|-------------------------|
| 1 tablespoon each of dried sage, thyme, and rosemary | 1 ¼ teaspoons ground cumin | 1 cup all-purpose flour |
| 1 tablespoon dry mustard | 1 ¼ teaspoons ground white pepper | 2 cups bread crumbs |
| 2½ teaspoons onion powder | ½ teaspoon garlic powder | 1 egg |
| 1¾ teaspoons curry powder | ⅓ cup skim milk | 1 fryer chicken |

Directions:

Combine all dry spices in a plastic bag with bread crumbs. Combine milk and egg and set aside. Cut chicken into about 8 pieces (breasts, legs, thighs, wings). Remove skin and visible fat from chicken pieces. Rinse chicken under cold water and pat dry with paper towels. Pour flour into a separate plastic bag and set aside.

In a large bowl, whisk together milk and egg. To coat each piece of chicken, shake in flour bag, dip in milk and egg mixture, then thoroughly coat by shaking in bread crumb and seasoning bag. Place coated chicken on baking sheet, cover with plastic wrap and refrigerate at least 1 hour. Preheat oven to 350°. Place wire rack in large shallow baking pan and arrange chicken on rack. Evenly space chicken so that it's not touching. Bake 45-50 minutes on oven center rack. Don't turn chicken during baking. The chicken is done when clear juice runs from it when pierced.

Serving Size: 3 oz.



Buy some foods in bulk. They are displayed in bins so you can buy only the amount you need.



Red Beans and Rice

Ingredients:

1 cup dried red kidney beans
5 cups water
1 smoked turkey neck
1 teaspoon salt
½ teaspoon crushed red pepper flakes
½ teaspoon dried thyme
2 cups rice uncooked

Directions:

Soak the beans overnight in 5 cups of water in a cool place or in the refrigerator. Drain the beans and place them in a 5-quart pot. Add 4 cups of water, the turkey neck, red pepper, and thyme. Heat to boiling, then reduce the heat to a bare simmer. Cover and cook until the beans are almost tender, about 1 hour. Stir 1 cup of water and the rice and salt into the beans. Heat to boiling, reduce the heat to a simmer, and cook, covered, until the rice and beans are tender and the liquid is absorbed, about 25 minutes. Check the seasonings. If you like, remove the meat from the turkey necks and add it to the mix.

Serving Size: ½ cup



Plan meals to use the type of products you can buy at a good price.



Steamed Cabbage

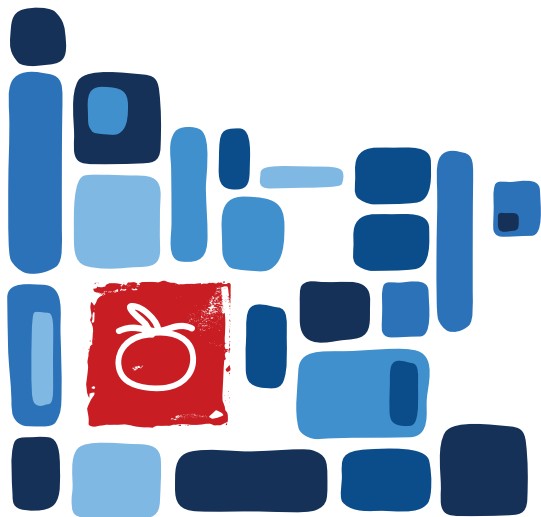
Ingredients:

3 pounds green cabbage
1 tablespoon olive oil
½ cup water
1 teaspoon sugar
1 tablespoon salt
1 green pepper, quartered
½ teaspoon freshly ground black pepper

Directions:

Cut the cabbage into quarters and remove any wilted and discolored outer leaves. Next cut out the core from the cabbage pieces and dice the cabbage into 1-inch pieces. Heat the olive oil and sauté green peppers and cabbage. Bring water to a simmer in a 4-quart pot; stir in the cabbage and green peppers, sugar, salt, and black pepper. Cover the pot and cook, stirring occasionally, until the cabbage is tender, about 25 minutes.

Serving Size: ½ cup



Buy brown rice or regular white rice, which are often less expensive than instant rice.

Sweet Potato Soup

Ingredients:

2 tablespoon extra virgin olive oil
1 large sweet potato, diced
1 stalk celery, chopped
1 medium onion, chopped
2 carrots, thinly sliced

4 cups vegetable stock or water
1 ½ teaspoon coriander
½ teaspoon dried thyme
¾ cup evaporated skim milk
Chopped cilantro for garnish

Directions:

In a soup pot, heat oil and sauté sweet potatoes, onions, celery, and carrots until softened, about 5 minutes. Add the vegetable stock or water, coriander, and thyme and bring to boil. Reduce heat and simmer, covered, for about 1 hour. For a chunkier soup, puree only half the soup in a blender or food processor before simmering; for a creamy soup, puree all the soup. Return to the pot and add evaporated skim milk. Garnish with chopped cilantro.

Serving Size: ½ cup



Buy a boneless chuck roast to cut up for soup, stew, and stir-fry.



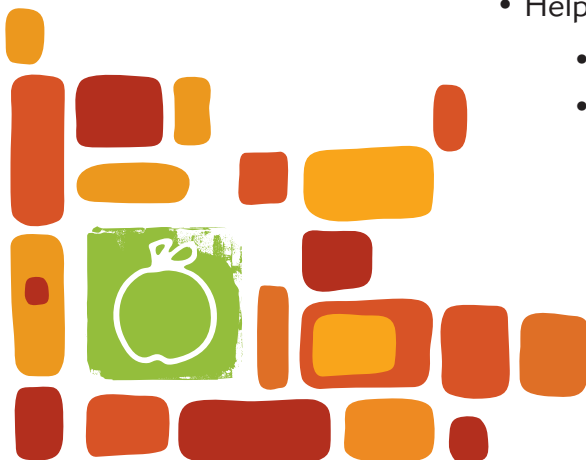
Why it's so good to get active 🍏

Now that you have the basics of eating better, let's look at the flip side to being healthy: Getting active. Moving more. Taking time to stretch those legs, breathe fresh air, maybe even start taking the whole family out for a daily walk.

Becoming more physically active, like enjoying a more balanced diet, offers many benefits, including better overall health, a higher energy level, an increase in your ability to maintain a healthy body weight, and a decrease in many of the risk factors that affect your health.

According to the American Council for Fitness and Nutrition, physical activity:

- Reduces the risk of stroke
- Reduces the risk of having a heart attack for the second time
 - Lowers "bad" cholesterol levels and increases HDL ("good" cholesterol)
 - Helps reduce blood pressure for those who have developed hypertension
- Reduces risk of developing colon cancer
- Helps individuals maintain a healthy body weight
 - Promotes psychological well-being and lowers feelings of stress, depression, and anxiety
 - Helps build and maintain healthy bones, muscles, and joints
 - Helps older adults become stronger and better able to move without injuring themselves
 - Reduces risk of ever developing high blood pressure, and more.



Cut whole chicken into pieces yourself, which is often less expensive than pre-cut pieces.

Tips for fitting physical activity into your day.

The American Council for Fitness and Nutrition recommends several “Quick Tips” to include physical activity in your daily routine, at work, and at home.

At Home:

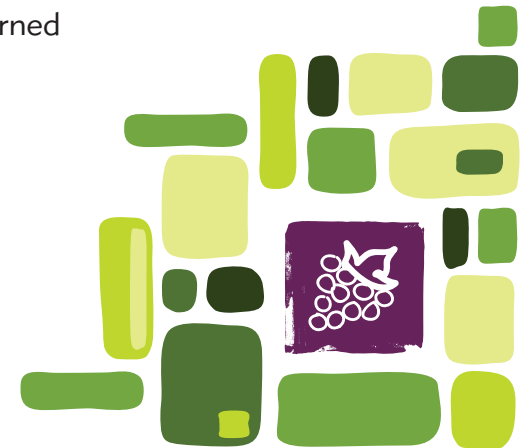
- Take a short walk. This small additional activity will keep your metabolism at a healthy rate.
- Use a pedometer; gradually work your way to 10,000 steps a day.
- While watching TV or talking on the phone, attempt to do a few sets of leg lifts or crunches.
- When shopping and running errands, choose a parking space farthest from the mall or grocery store.



Yard work and cleaning the house also count as extra physical activity.

- Mowing the lawn for half an hour = 150 calories burned
- Gardening for 30-45 minutes = 150 calories burned
- Raking leaves for half an hour = 150 calories burned
- Vacuuming for half an hour = 100 calories burned
- Washing windows for 15 minutes = 50 calories burned
- Sweeping for 15 minutes = 50 calories burned

Buy dried beans, peas, and lentils to make hearty, low-cost soups and casseroles.

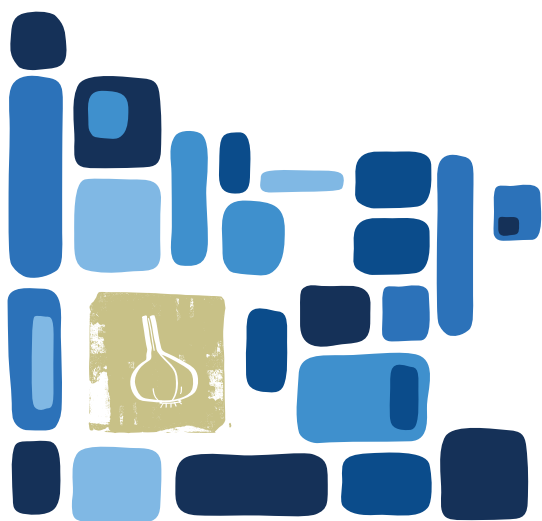


At Work:

Some individuals work in settings that offer little or no physical activity.

Remember the tips below to stay active at work.

- Instead of sending e-mails to colleagues, walk your messages to their offices.
- Get away from your office. If you must eat lunch at your desk, go outside for a 10-minute walk. This can help you avoid the post-lunch slump and tiredness.
- Be proactive and seek work-related activities like recreational sports teams.
- Take the stairs instead of the elevator. Stair-walking for 15 minutes burns 150 calories.



Use a grocery list every time you shop for food.

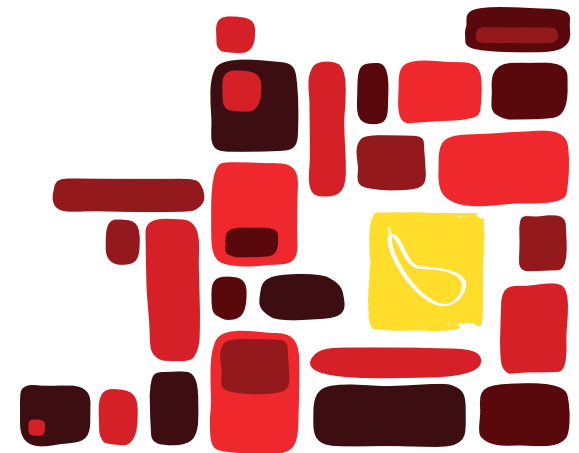
A word of caution before beginning an exercise program 🍏

Adults who have been physically inactive for a long time should start out slow. Consider beginning an exercise program with 10-minute brisk walks daily, and then gradually increase the difficulty and length of exercise.

When you start an exercise plan, here are some very simple tips that will help you stick with it:

1. Choose something you like to do, and make sure it suits you physically. Certain exercises can improve certain ailments.
2. Get a partner. Try exercising with someone else to make the experience more fun.
3. Vary your routine. You may be less likely to get bored if you do a different exercise routine each day you work out. Consider physical activities you don't normally do to change up your routine.
4. Choose the most convenient time of day. If you know you're extremely busy in the evening, wake up early in the morning to get the exercise out of the way, and vice versa, and don't work out too soon after eating a meal.
5. Don't get discouraged. It can take weeks or months before you notice some of the changes from your exercise program. These things take time.
6. Forget "no pain, no gain." Soreness is normal after first starting an exercise program, but pain isn't. Stop if you are in pain.
7. Make exercise fun. Read, listen to music, or watch TV while riding a stationary bicycle, or walking/running on a treadmill.

Select fresh, canned, or frozen fruits and vegetables on weekly specials.

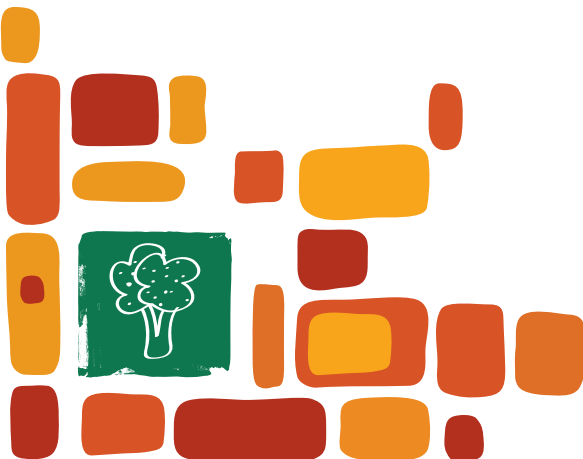


Now that you're more active, how about your kids?

Children living in the U.S. are becoming more physically inactive every year. Watching TV and playing video games have become the norm, in place of playing games outside or riding bikes.

A child who is active will:

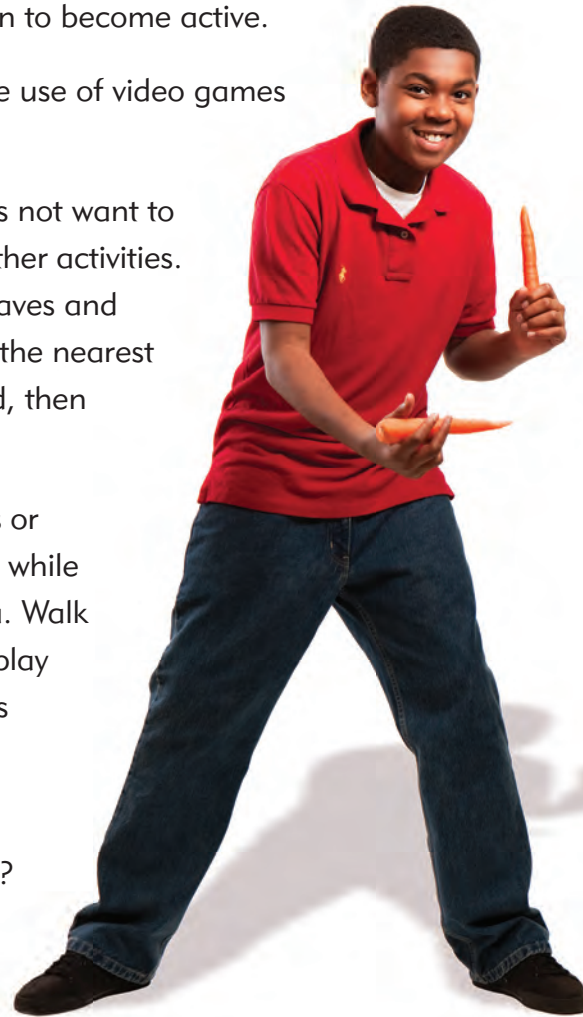
- Be less likely to become overweight
- Have stronger muscles and bones
- Have a leaner body because exercise helps control body fat
- Decrease the risk of developing type 2 diabetes
- Lower blood pressure and blood cholesterol levels
- Have a better outlook on life



Purchase only the size that you can use by that date.

Active parents make for active kids 🥕

- Set a good example – Active parents encourage children to become active.
- Limit TV time – Make sure you also consider limiting the use of video games and the computer.
- Promote the activity, not the exercise – If your child does not want to play sports and is not physically competitive, consider other activities. If your child enjoys art, go on a nature hike to collect leaves and rocks for a collage; if your child likes to climb, head for the nearest jungle gym or climbing wall; or if your child likes to read, then walk or bike to the neighborhood library for a book.
- Start Young – If you are designing a program for toddlers or preschoolers, let them see how much fun they can have while being active. Don't just run with them. Run like a gorilla. Walk like a spider. Hop like a bunny. Stretch like a cat. Also, play games your elementary school child loves, like tag, cops and robbers, Simon says, and red light green light.
- Lastly, make chores a family affair or turn them into a game: Who can pull the most weeds out of the garden? Who can collect the most litter in the neighborhood?



Watch for special, lower prices on meat, fish, chicken, fruits, and vegetables.



Activities To Remember

You know you and your family should move more. Sometimes we forget how much fun it is to play. List the activities you and your family enjoy or would like to try. Use the list to help you plan activities on most days of the week.

Outdoor Activities At Home

Outdoor Activities Away From Home

Indoor Activities



Did you know that moving more does not have to mean organized sports, being part of a team, or going to a gym? Activities can be as simple as taking a walk after dinner, playing in the park, or dancing to your favorite songs.

Eating Smart At Home

PLAN

Plan meals for your family for a week, two weeks, or longer—whatever works for you.

SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.

FIX

Stick to your plan for your meals. Make simple healthy meals for your family.

EAT

Eat together as a family without the TV.



Meals To Remember

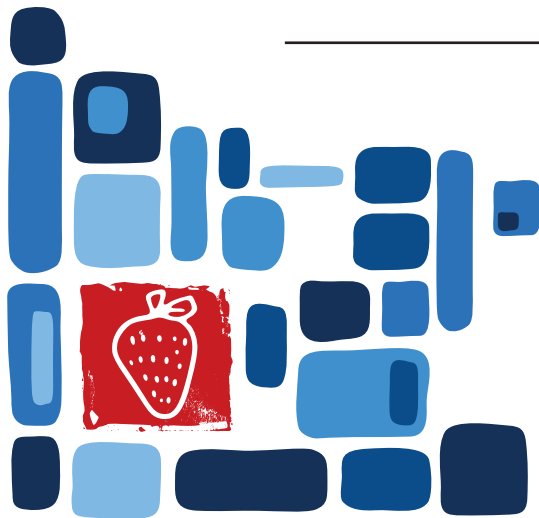
Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Main Dish

(chicken, beef, pork, fish, pasta, beans, etc.)

Side Dishes

(salad, vegetables, fruit, potatoes, rice, etc.)



Did you know that most families eat the same meals over and over? Try something new and add it to the list!

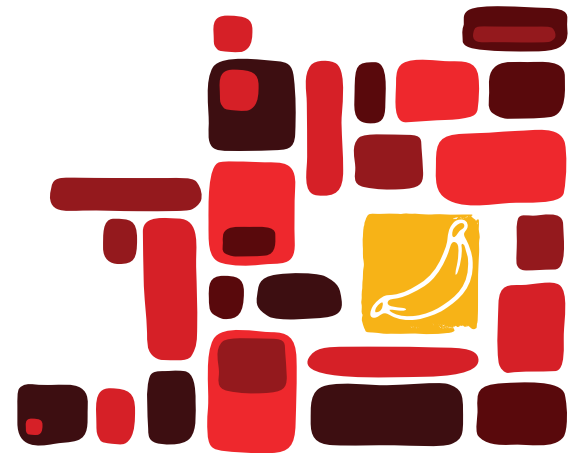
Eating Smart On The Run

Fast Food Survival Guide

1. Don't super-size. Super-sizing usually provides more fries, more soft drink, and more calories.
2. Think twice when ordering the value meal combo. They usually contain larger serving sizes.
3. Eat and prepare more meals at home. Choose fast food only occasionally.
4. Order a smaller hamburger and a smaller order of fries.
5. Order a kid's meal. You will get less food for less money.
6. Share your meal with a family member or friend.
7. Order water instead of soft drinks.



Eating at home = Eating healthy



Shopping List

Preparing and eating more meals at home is the healthy way for your family.

Fruits and Vegetables

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meats

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen and Canned

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Breads and Cereals

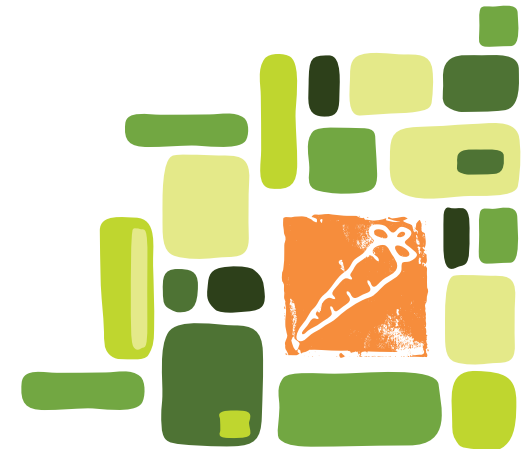
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WEEKLY MEAL PLANNER

Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____



Moving More, Watching Less

Simple Solutions to Help You and Your Family Watch Less Television

1. Watch with your children. Discuss the shows and the advertising.
2. Plan how much TV you and your family are going to watch.
3. Set clear limits and be a good TV role model.
4. Make a list of activities you want to do instead of watching TV.
5. Don't keep the TV on all the time... tune into specific shows.
6. Eat together as a family without the TV.
7. Get the TV out of the bedroom.

