

A Checklist to Good Health & Nutrition

✓ Variety: Consume a variety of foods within and among the basic food groups while staying within your energy needs.

How to: Wrap an egg and a slice of low-fat cheese topped with 2 spoonfuls of tomato salsa in a tortilla for a fast one-handed breakfast.

✓ Activity: Be physically active every day.

How to: Climb stairs whenever possible. Park your car further away; walk daily.

✓ Proportionality: Choose fats and carbohydrates wisely. Increase your daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products.

How to: Combine canned tuna with sliced celery, apples, grapes and walnuts. Serve over lettuce and tomato salad with olive oil and vinegar dressing. Pair with whole-wheat crackers and low-fat cheese for a light meal anytime.

✓ Moderation: Control calorie intake to manage your body weight.

How to: Enjoy a grilled chicken patty on a whole-wheat bun with a handful of mini carrots, a sliced apple and a cup of low-fat chocolate milk.



✓ Gradual Improvement: Take small steps to improve your diet and lifestyle each day.

✓ Personalization: Choose nutrient dense foods from your favorite foods to eat regularly. If you drink alcoholic beverages or salt your food, do so in moderation. Keep food safe to eat.

