

TEN HEALTHY LIFESTYLE TIPS

- 1) Be active! Aim to get 30-45 minutes of exercise 4-5X week.
- 2) Have at least 3-5 servings of vegetables per day.
- 3) Use high fiber sources of carbohydrates (beans, wild rice, sweet potato, whole wheat pasta, oatmeal, etc.)
- 4) Avoid fried foods and foods with a lot of saturated fat (ribeye steak, alfredo sauce, pizza, etc.)
- 5) Be mindful of portions. Use measured utensils at home to help estimate portions.
- 6) Drink 8, 8-oz glasses of water per day.
- 7) Have 2-3 servings of fresh or frozen fruit per day
- 8) Avoid regular sodas, sweet tea, fruit punch and juices.
- 9) Use lean protein sources such as white meat poultry, fish, seafood, 2% cheese/cottage cheese, lite yogurt, tofu, beans, sirloin, tenderloin, flank or round steak.
- 10) Use healthy sources of fats such as dry roasted nuts/seeds, avocados, olive oil, canola oil, and nut butters.

