

Do The Math—It All Adds Up

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Healthy eating plus an active lifestyle equals a healthy you! Here are some hints from the American Dietetic Association that can help you get the most out of life!

Healthy eating gives you more energy and the physical well-being to help you stay healthy for today and the rest of your life. Know what you are eating and then make wise food choices. Read and understand the Nutrition Facts panel and health claims on food labels.

Eating more fruits and vegetables may be the most important lifestyle change you'll ever make. Think red, orange, yellow, green, blue and purple! Fruits and veggies are packed with vitamins, minerals, phytochemicals and fiber that can help prevent serious diseases and lower blood pressure.

Whatever foods you eat, have a sensible portion size. Knowing the appropriate portion sizes for you is part of smart eating.

Explore the wide world of foods! Expand your tastes and get the nutrients your body needs.

Choose a healthy assortment of foods that includes vegetables, fruits, grains (especially whole grains), skim milk, fish, lean meat, poultry and beans. Choose mostly foods that are low in fat and added sugars.

Be creative in finding enjoyable ways to stay active. The benefits of an active lifestyle mean that you can:

- Walk your way to a healthier life with as little as a mile a day.
- Build muscle and strength at any age with regular weight training.
- Improve your mood, reduce stress and increase energy.