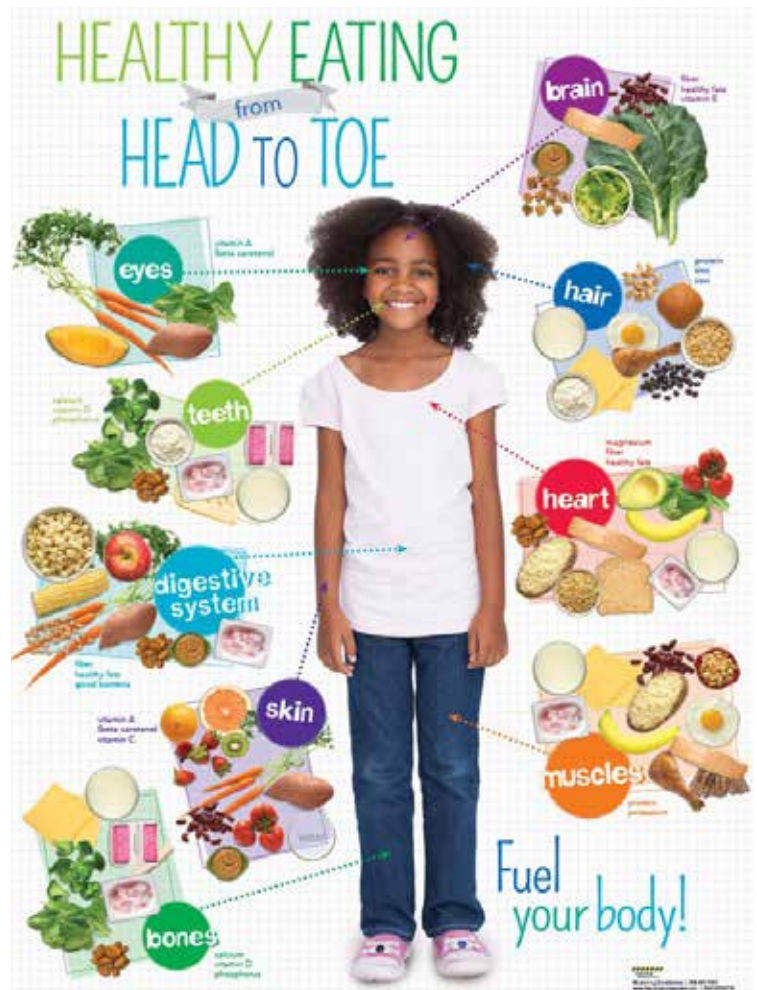




# EATING A RAINBOW BANNER (\$150)



# HEALTHY FROM HEAD TO TOE BANNER (\$150)



# WHAT YOU SHOULD KNOW ABOUT NUTRITION (\$120)

### What You Should Know About

**Foods to Increase**

Many adults and children do not get enough key nutrients from foods, including fiber, magnesium, potassium, dietary fiber, calcium, and vitamins A, C, D, and K.

**Vegetables**

- Vegetables provide vitamins and minerals and are relatively low in calories.
- Many vegetables can be cooked quickly or used in soups.
- When eating out, choose a salad or vegetable as your side dish.

**Lean Protein**

- Eat a variety of protein foods.
- Include beans, peas, lentils, nuts, and seafood as your protein choices more often.
- Choose lean meats and poultry.

**Low-Fat and Fat-Free Dairy Foods**

- 1 to 2 cups of low-fat milk, yogurt, and cheese provide calcium, potassium, protein, and other nutrients.
- Look for low-fat and low-fat dairy foods with these and let us know what you think.
- Try calcium-fortified soy products.

### NUTRITION

**Tips to reduce solid fats, added sugar, and sodium:**

- Drink water instead of sugary sodas. Just one 20-oz soda has about 17 teaspoons (68 grams) of sugar.
- Choose fruit and 100% fruit juice instead of sugary desserts and fruit-flavored drinks.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Limit high-sugar, high-fat foods to occasional treats.
- If alcohol is consumed, limit it to one drink per day for women or two per day for men.

**Things to Reduce**

Limit foods with large amounts of solid fats, added sugars, and salt (sodium). Added sugars and saturated and trans fats are full of more calories, and too much sodium may increase your blood pressure.

### Finding Your Balance

Maintaining appropriate body weight is a key to good health and quality of life. Weight management is generally a matter of calorie balance, which is the relationship between calories consumed from foods and beverages and calories expended during recreational activities, household and through physical activity.

**Tips for keeping calories down**

- Eat more whole grains, vegetables, and fruits.
- Drink fewer sugar-sweetened beverages and alcoholic beverages.
- Limit portion sizes.
- Read Nutrition Facts labels to keep track of calories, fat, sugar, and nutrients.

**Getting physical activity your way**

- Avoid periods of inactivity as much as possible.
- Children and teenagers should get at least 60 minutes of physical activity a day.
- Adults should get 150-300 minutes of moderate or 75-150 minutes of vigorous physical activity each week.
- Strength training adds health benefits, as well.

Walk, run, swim, bike, or whatever else you enjoy to get going and keep moving!

**Choose MyPlate.gov**

Make half your grains whole.

Choose fat-free or low-fat dairy.

Go lean with protein.

Half your plate should be fruits and vegetables.

**Vegetables**—Vary your veggies. Eat more red, orange, and pink greens vegetables.

**Fruits**—Focus on fruits. Have fruit for dessert and as a snack.

**Grains**—Choose the ingredients list on food packages to find whole-grain foods. Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.

**Dairy**—Get your calcium-rich foods. Fat-free and 1% milk have the same amount of calcium and other essential nutrients as whole milk but less fat and fewer calories.

**Protein Foods**—Fish, beans, and lean meats and poultry are great protein sources.

**Frutas**

- Frutas provide dietary fiber, potassium, vitamin C, and folic acid and are low in calories, fat, and sodium.
- Add fruit to foods you already eat, such as adding strawberries to cereal or pineapple to a salad.
- Keep a bowl of fruit on your table or in your refrigerator!

**Whole Grains**

- Substitute 100% whole-grain bread and brown rice for white bread and rice.
- Protein is a great source of grain fiber.
- Check labels carefully for products that are "whole grain" and "whole wheat."

**Nutrition Facts**

Serving Size 1 (1/2 Cup)  
Amount Per Serving  
Calories 200 Total Fat 12g

	% Daily Value
Total Fat 12g	24%
Saturated Fat 6g	12%
Total Fat 12g	24%
Cholesterol 50mg	10%
Sodium 100mg	20%
Total Carbohydrate 21g	42%
Dietary Fiber 3g	6%
Sugars 12g	24%
Protein 8g	16%
<b>% Daily Values are based on a diet of other people's secrets.</b>	

# ADDITIONAL PROPS/ACTIVITY GUIDES

- GRAB 'N GO BOX (CONTAINING LFCHD SERVICES INFO)
- DERMASCAN MACHINE (\$1,000)
- SECRETS OF GOOD HEALTH HATBOX (HAT BOX WITH PROPS INSIDE AND SCRIPT) (\$50)
- FAT & MUSCLE BLOBS (5# IN PURPLE BAG) (\$200)
- PRODUCE MAN (\$5,000)
- TEETH IN TOBACCO JUICE (\$80)
- GLOW GERM (\$50)
- INFLATABLE COLON (\$5,000)
- MY PLATE POCKET CHART (\$50)

