



TIPS FOR LIVING A BALANCED AND HEALTHY LIFE

WANTING TO LIVE A MORE HEALTHY, BALANCED LIFESTYLE? NUTRITION, EXERCISE AND MINDFULNESS! FIND A WELL-BALANCED MIX OF EACH. HERE'S A FEW SIMPLE TIPS!

GO FOR WHOLE GRAINS!

Grains are a great source of fiber, B-vitamins and iron. Make half your grains whole grains like oatmeal, brown rice and wheat.

EAT THE RAINBOW!

Get 5 servings each day. Fresh fruits and vegetables are packed with powerful nutrients to keep your body healthy and feeling good.

HOW WELL DO YOU READ FOOD LABELS?

Understand the basics of reading Food Labels and use the information in your daily life.

MANAGE YOUR SODIUM.

Sodium is linked to high blood pressure, heart disease and stroke. Limit daily sodium to 2300mg. Read labels and know how much you're getting. Food with >20% is considered "high in sodium".

GET ENOUGH WATER!

Choose water! It helps regulate body temperature, absorb nutrients better, protects vital organs, and helps your skin stay hydrated.

STAY ACTIVE

At least 30 minutes of daily physical activity is linked to improved cardiovascular health and supports weight management.