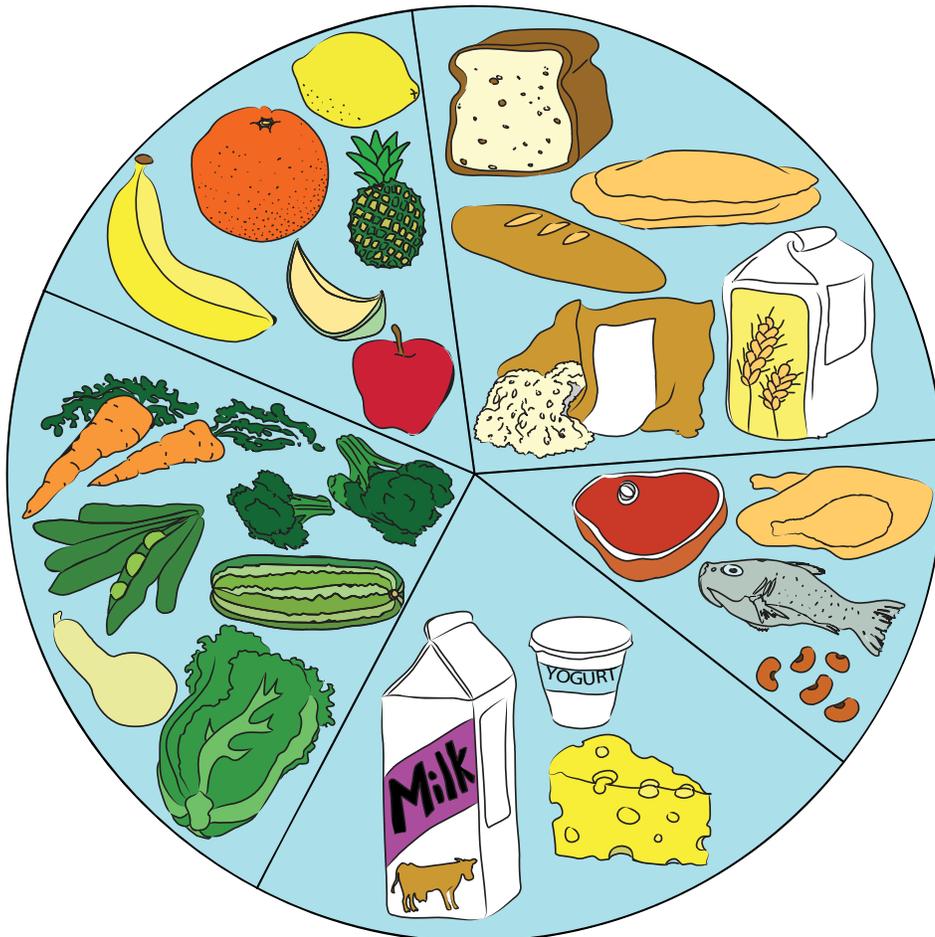


## HEALTHY FOOD FOR HEALTHY ADULTS

- Eating healthy food means eating a variety of food everyday, including whole grains, fruits and vegetables, milk and other dairy products, and meat, seafood, or beans.
- Eating healthy food also means not eating large amounts of fat, sugar, and salt.
- Whole grains such as brown rice, whole wheat breads, whole wheat pasta, and cereals like oatmeal are an important source of fiber.
- It is important to eat a lot of fruits and vegetables, at least five times a day. When fresh fruits and vegetables are not available, choose frozen or canned fruits and vegetables.
- Limit the amount of fast food and processed food that you eat because these foods are very high in fat and salt.
- **Eating healthy food will help you and your family stay strong and healthy and do well at work, school, and play.**



## BREAST MILK FOR HEALTHY BABIES

- Breast milk is the best food for babies.
- Feed babies only breast milk until four months of age and continue breastfeeding until your child is at least one year old.
- Introduce solid foods when your baby is between four and six months old.
- Feed each new food for several days in a row before starting another new food.
- Do not put your baby down to sleep with a bottle to avoid tooth decay.
- **Breast-fed babies have fewer medical problems than bottle-fed babies.**



## HEALTHY FOOD FOR HEALTHY CHILDREN

- Children need the same healthy food as adults but in portions appropriate for their age.
- Give your children a variety of food every day, including whole grains, fruits and vegetables, milk and other dairy foods, and meat, seafood, or beans.
- Limit the amount of sugary drinks and sweets your children eat.
- Limit the amount of high fat foods, such as chips, cakes, cookies, and fried foods, that your children eat.
- Children need to drink milk for strong bones and teeth.
- **Eating healthy food helps children stay healthy and strong, do better in school, and avoid becoming overweight.**



## STAY ACTIVE TO STAY HEALTHY

- Get at least 30 minutes of activity every day (1 hour for children).
- Add more activity into your life by taking the stairs, parking your car far from the store, and walking when possible.
- Walking is an easy and inexpensive way to get your daily activity.
- Plan physical activities that the whole family can enjoy such as walks, playing in the park, gardening, and dancing.
- Children should play outside when possible rather than staying inside and watching television.
- Medical doctors recommend that children younger than two years watch no television, and children older than two years watch no more than two hours a day of quality television and video games.
- Encourage physical activities indoors such as playing active games, jumping rope, or dancing.
- **Being active helps you and your family stay healthy, have more energy, feel better, and maintain a healthy weight.**



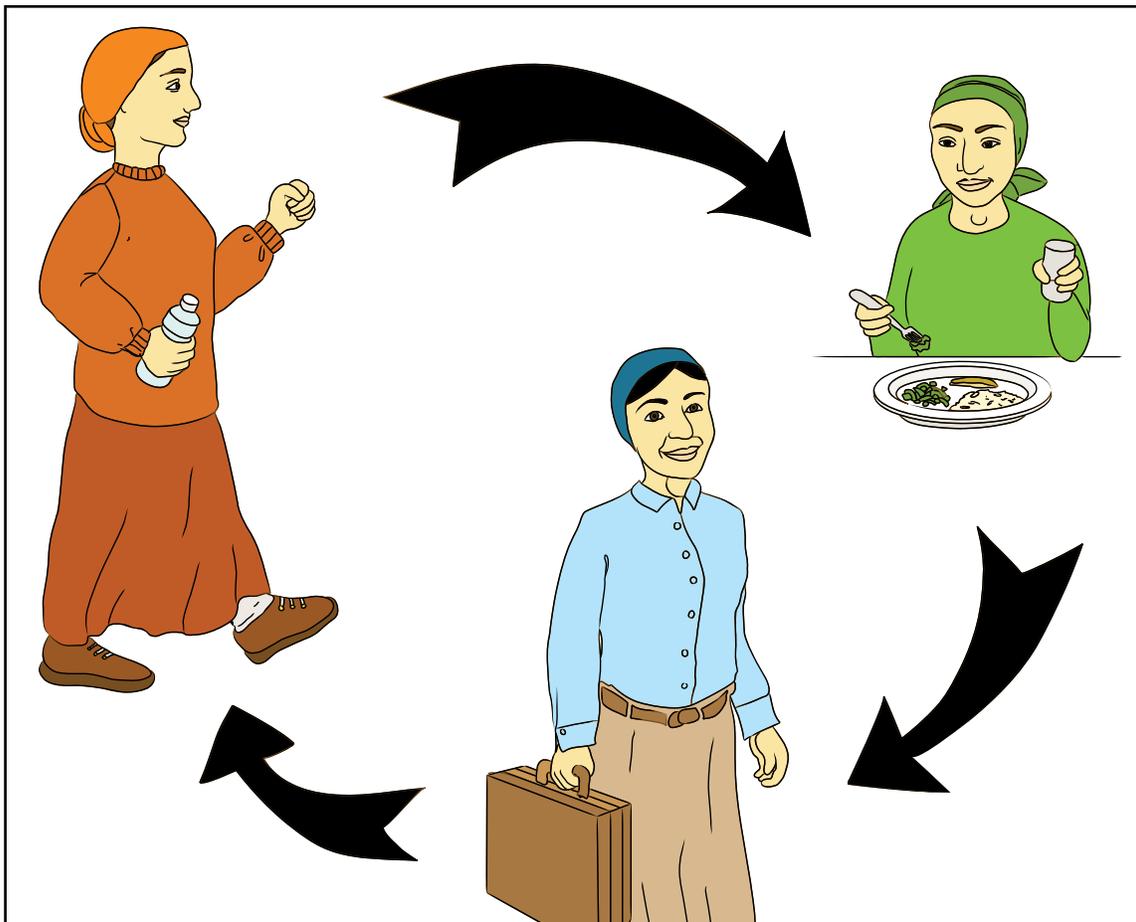
## MEAL TIME IS FAMILY TIME

- Prepare healthy meals for your family and eat them together.
- Use family meal time to find out about your children's day and to share your culture and values with them.
- Do not let children watch television or play video games during meal time.
- Sharing family meals help families stay strongly bonded.
- **Children who eat with their family on a regular basis are healthier and do better in school.**
- **Children who share regular meals with their family stay more closely connected to their family.**



## MAINTAIN A HEALTHY WEIGHT

- You eat too much when you eat more food than your body uses.
- When you eat too much and do not exercise enough, you gain too much body weight.
- Maintaining a healthy weight is important for you to stay healthy
- There are steps you can take to maintain your weight. They are
  - Limit foods high in fat and sugar
  - Reduce portion sizes
  - Stop eating when you are full
  - Increase activity
- **Maintaining a healthy weight reduces your risk for conditions such as:**
  - Joint problems**
  - High blood pressure**
  - Diabetes**
  - Heart disease**
  - Some cancers**



## GOOD HYGIENE FOR SAFE FOOD

- Always wash your hands with soap before you cook food or eat food.
- Rinse fruits and vegetables with water before eating them.
- Keep uncooked meat and seafood away from other foods.
- Store dairy products, meat, and seafood in the refrigerator.
- After preparing food, wipe the counters and cutting boards with soap and water.
- Do not leave prepared food out on the counter for longer than two hours.
- Store food leftovers in a sealed container in the refrigerator or freezer.
- **Good hygiene in food preparation helps keep your family free from sickness caused by spoiled food.**
- **Storing food the right way helps keep you and your family free from sickness caused by spoiled food.**



## SMART SHOPPING

- Plan your meals and make a list before you go food shopping
- Shop after you have eaten a meal, not when you are hungry.
- Read labels and choose foods low in fat, sugar, and salt.
- Use coupons for items that you need.
- Shop for items on sale that you can use.
- Compare brands and buy the lowest cost brand to save money.
- If fresh fruits and vegetables cost too much, buy frozen or canned ones.
- Buy only the items on your list, the items necessary to prepare the meals you have planned.
- **Planning before food shopping helps you save time and money.**
- **By knowing your food store you can save money and buy healthy foods for you and your family.**

