



The University of Georgia

®

**Eating
right and
staying ac-
tive will
enhance
your qual-
ity of life**

Learning For

**The University
of Georgia
Cooperative**

**Contact your
local office at**

Becoming A Healthier You!!



Choices you make today determine how healthy and productive you will be in your later years.

**Here are 15 helpful hints for
becoming a healthier you!
Each one can make you feel**



15 Tips To Help Build A Healthier You!



“It is easier to know exactly what you are eating when you prepare your meals at home.”



1. Control your calories if you are overweight.

Multiply your desired weight by 10 to get the calories you need to lose weight.

2. Watch portion sizes.

Use smaller plates, bowls, and glasses.

When eating out

- Take home a portion of your meal.
- Share a dish.
- Choose small meal options.

3. Enjoy your food.

- Eat slower.
- Don't read or watch T.V.
- Eat ONLY when hungry and stop when full.



4. Prepare meals at home more often.

- Don't fry—steam, bake, grill, microwave and broil.

5. Eat a rainbow of vegetables and fruits.

- Fill half of your plate with vegetables and fruits.

6. Make half of your grains whole grains.

Look for products that say “whole grain” or “whole wheat.”

7. Choose lean sources of protein.

- Skinless chicken or turkey
- Beef or pork trimmed of extra fat
- Beans
- Tofu
- Seafood

8. Drink fat-free or reduced-fat milk.

Everything else is the same as whole milk except the fat and calories.

15 Tips To Help Build A Healthier You!

9. Hold the sauces and the gravies. Sprinkle shredded, low-fat cheese on your vegetables instead of cheese sauce. Serve a sauce or gravy on the side. Dip your fork in before spearing a piece of food.

10. Indulge in naturally sweet desserts.— fruit!

Serve

- Fruit salad
- Baked apples or pears topped with cinnamon
- Fruit parfait with yogurt



11. Drink more water, milk, 100% juice and unsweetened beverages. Drink less sugary soda, tea, and lemonade.

12. Try new foods and recipes with family and friends.

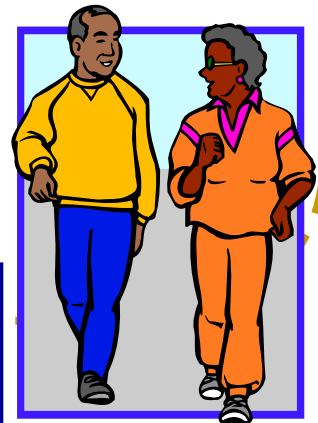
13. Choose lower sodium versions of your favorite foods. Look for products that say “Reduced sodium,” “Low sodium,” or “No salt added.”

14. Use foods high in solid fats, sugar, and salt moderately. Eat sweets and fatty food such as ribs, sausage, bacon, and hot dogs once or twice a week or less.

15. Be active at least 30 minutes a day.

For more information on exercising visit

www.nihseniorhealth.gov/exerciseforolderadults



Eat colorful fruits and vegetables to

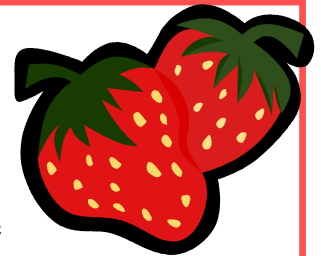
Red

Fruits

- Strawberries
- Cranberries
- Pink/red grapefruit
- Raspberries

Vegetables

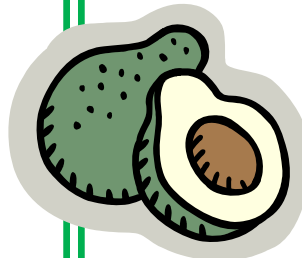
- Beets
- Red peppers
- Tomatoes
- Red cabbage
- Red onion



Green

Vegetables

- Green peas
- Asparagus
- Broccoli
- Okra
- Spinach
- Green beans
- Cucumbers
- Leafy greens



Fruits

- Avocados
- Green grapes
- Honeydew
- Limes
- Kiwifruit

White and Brown

Fruits

- Bananas
- Dates
- White peach
- Pears
- Apples




Vegetables

- Cauliflower
- Garlic
- Ginger
- Mushrooms
- Onions
- Potatoes
- Turnips
- White corn

CONTINUED...


Orange and Yellow

Fruits	Vegetables
<ul style="list-style-type: none">• Apricots• Cantaloupe• Grapefruit• Lemons• Mangoes	<ul style="list-style-type: none">• Butternut squash• Pumpkin• Carrots• Yellow peppers• Rutabagas
<ul style="list-style-type: none">• Oranges• Peaches• Pineapples• Tangerines	<ul style="list-style-type: none">• Sweet corn• Sweet potatoes• Yellow tomatoes



Blue and Purple

Fruits	Vegetables
<ul style="list-style-type: none">• Blackberries• Blueberries• Concord grapes• Prunes	<ul style="list-style-type: none">• Egg plant• Black olives• Purple peppers
<ul style="list-style-type: none">• Purple grapes• Plums• Raisins• Purple figs	



Support your local Farmer's Market or roadside produce stand. To find a local Farmer's Market near you call your local extension office.

