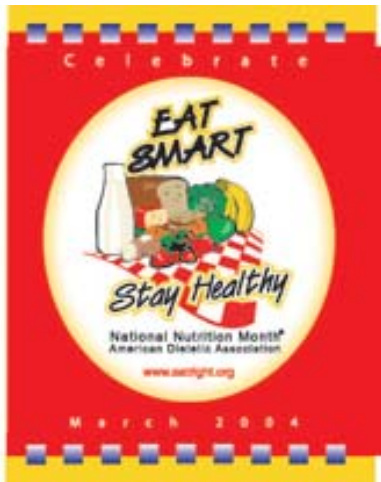


Eat Smart, Stay Healthy



What you eat today can affect the rest of your life!!!

- Developing healthy eating habits will give you more energy and the physical well-being to help you stay healthy **TODAY** and the **REST OF YOUR LIFE!**

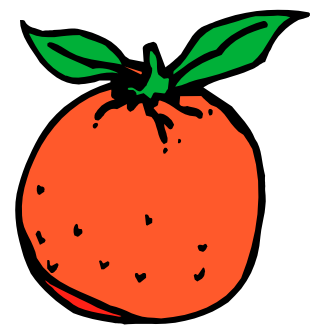


Be smart!

Make wise food choices!

- Know what you are eating, so you can make wise food choices.
- Understand the food labels.
 - Serving size
 - Calories
 - Fat
 - Vitamins and Minerals

Nutrition Facts			
Serving Size		3/4 Cup (30g/1.1 oz.)	
Servings per Container		About 14	
Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk	
Calories	110	150	
Calories from Fat	10	10	
% Daily Value**			
Total Fat 1g*	2%	2%	
Saturated Fat 0g	0%	0%	
Cholesterol 0mg	0%	0%	
Sodium 210mg	9%	11%	
Potassium 120mg	4%	10%	
Total Carbohydrate 23g	8%	10%	
Dietary Fiber 4g	14%	14%	
Soluble Fiber 1g			
Sugars 6g			
Other Carbohydrate 13g			
Protein 3g			
Vitamin A	15%	20%	
Vitamin C	0%	2%	
Calcium	0%	15%	
Iron	45%	45%	
Vitamin D	10%	25%	
Thiamin	25%	30%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B ₆	100%	100%	
Folic Acid	100%	100%	
Vitamin B ₁₂	100%	110%	
Phosphorus	10%	20%	
Magnesium	10%	15%	
Zinc	25%	30%	
Copper	4%	6%	
* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			



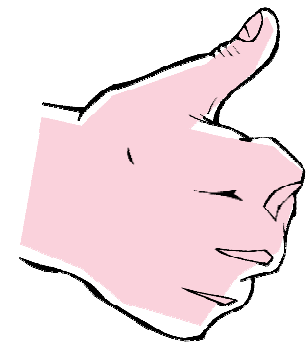
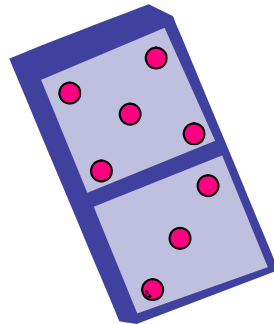
Eat a variety of fruits and vegetables!

- This may be the most important lifestyle change you'll ever make.
- **Think green and orange!**
- Fruits and vegetables are packed with vitamins, minerals, fiber, and phytochemicals that can help prevent diseases and lower blood pressure.



Pay attention to portion sizes!

- Knowing the correct portion size is part of eating smart.
- Sensible portion sizes can help you maintain a healthy weight. Larger portion sizes often lead to weight gain.



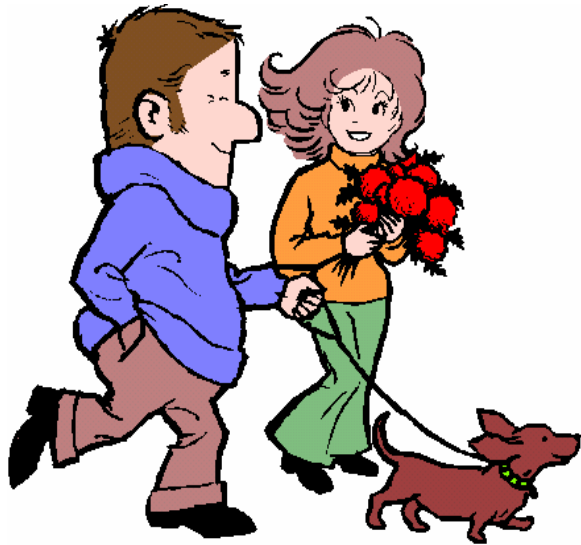
Incorporate variety into your diet!

- **Never stop trying new foods.**
- **Expanding your tastes is a great way to get the nutrients your body needs.**
- **Choose a healthy assortment of foods:**
 - Vegetables -- Fruits -- Fish -- Poultry
 - Lean -- Whole -- Beans -- Skim
 - Meat Grains Milk

Stay active!

- **Keeps your body healthy.**
- **Benefits of staying active:**
 - 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.

Be creative in finding enjoyable ways to stay active.



Walking



Gardening



Swimming



Biking

Be Healthy!

