

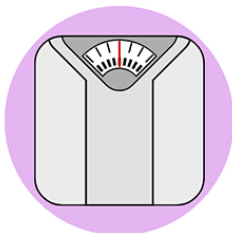
LIVING LIFE TO THE HEALTHIEST

National Nutrition Month invites you to learn about making healthy food choices. A balanced eating plan that focuses on nutritious foods and beverages can help ensure you're getting essential nutrients to maintain optimal health, manage health conditions, and fuel your body for exercise.



Educate

Try planning and prepping meals to have throughout the week. Know healthy cooking terms like grilled, broiled, steamed, sautéed. Avoid fried or breaded food.



Losing Weight

Healthy weight loss isn't just about a "diet" or "program". It's about lifestyle changes in daily eating and exercise habits. Know how many calories your body needs and keep portion sizes to a reasonable amount.



Making Small Changes

For a snack, carry fresh sliced fruit and veggies vs. a bag of chips. Carry a water bottle to avoid grabbing sugary drinks when thirsty. You can even add fresh fruit or mint to your water for added flavor.



Exercise

Get your body moving! House/yard work, yoga, walking, running, hiking, hunting, firewood, and gardening are all great ideas. The goal is to move more, sit less.



Eat with Intention

Trying cooking more meals at home with friends and family. Aim to eat more vegetables, fruit, and lean proteins. Eliminate sugary snacks and processed food as much as possible.



Extra Tips

Encourage friends and family to make healthy choices with you. Shop the outside aisles in the grocery store.