

Seven Healthy Tips



1 RETHINK YOUR DRINK Do you pay attention to what or how much you drink each day? It's easy to grab a high-calorie soda or fruit drink on the go, but all those extra calories can quickly add up. Before picking up that can of soda, think about choosing something healthy, like water, low-fat or non-fat milk!

2 RIGHT SIZE YOUR PORTIONS When it comes to portion sizes, bigger is not always better! Portion sizes have increased greatly over time, which can lead to eating more calories than we really need. Super sized meals may seem like a good value, but we may pay for it with poor health.

3 TAME THE TUBE How much TV does your family watch? Most children today spend more time watching TV than ever before. By turning off the TV, you can lower your family's risk for being overweight and allow for more quality time together.

4 MOVE MORE EVERY DAY Even small amounts of regular physical activity can improve your health. Make simple changes like taking the stairs instead of the elevator and parking further from a store entrance. You can also walk or bike your kids to school—every step can really add up.

5 EAT MORE HEALTHY MEALS AT HOME Eating smart at home will not only reduce the amount of fat and calories you eat—it can even save you time and money! Have your family help with planning, shopping and preparing meals to make it a true team effort.

6 EAT MORE FRUITS AND VEGETABLES Fruits and vegetables offer important nutrients and can help prevent some diseases. They are also low in calories, and help you keep a healthy weight. Whether fresh, frozen, canned or dried, fruits and vegetables are quick, delicious and convenient. They will help keep you healthy all year round.

7 PROVIDE THE BEST START More and more women are choosing to breastfeed their babies. Breastfeeding helps your baby get the important nutrients it needs. Breastfed babies are also more resistant to illness and have less risk of being overweight. Mothers who breastfeed also have less risk of ovarian cancer. Breastfeeding is the best start to eating smart.



For more information, visit EatSmartMoveMoreSC.org