



SMART EATING, BETTER HEALING



Well done!

EAT WELL

- Use fresh or frozen vegetables and fruits in place of canned vegetables and fruits.
- Replace high-calorie foods with fresh fruits and vegetables.
- Increase fiber intake by eating beans (legumes), whole-grain products, fruits, and vegetables

GET ACTIVE

- Incorporate physical movement into daily activities (take stairs and extra steps whenever possible)
- Aim for at least 150 minutes (30 minutes at least 5 days per week) of moderate aerobic activity per week.



WHAT TO AVOID:

- Avoid processed meats that are high in saturated fat and sodium (e.g., deli meats).
- Avoid pastries and high-calorie bakery products (e.g., muffins, doughnuts).
- Avoid foods high in sugar

KNOW YOUR RISK FACTORS

- Reduce total fat intake.
- Reduce saturated fat intake
- Begin a tobacco cessation program.
- Take prescribed drugs for diabetes.



CONTROL YOUR STRESS

- Change patterns that add to stress
- Set realistic goals for self.
- Seek professional help if feeling depressed, angry, or anxious.
- Plan time for adequate rest and sleep

NUTRITION TIPS:

- Use the Nutrition Facts panel on food labels and ingredients list when choosing foods to buy.
- Compare the sodium content of similar products and choose products with less sodium.
- Limit use of condiments like soy sauce and ketchup

