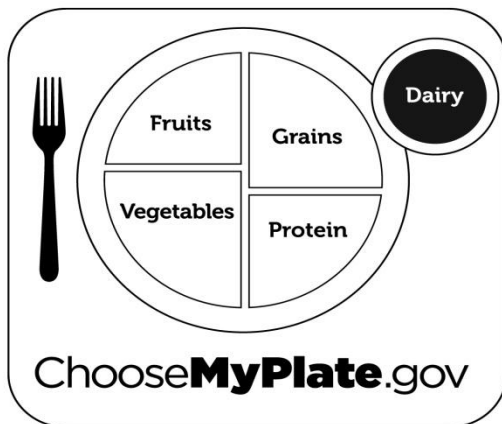


## 10 tips for a healthy plate

- Balance Calories
- Enjoy your food, but eat less
  - Take time...it can take up to 20 min. to fill full
- Avoid oversized portions
- Foods to eat more often
  - Vegetables, fruits, whole grains
- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat milk
- Make half your grains whole grains
- Foods to eat less often
  - High fats, high sugar, high sodium
- Compare sodium in foods
- Drink water instead of sugary drinks



## Healthy Eating



A Recreation Therapy  
Intervention

## Benefits of Eating Well

### Eating Well Promotes Health

- Eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia.
- Healthy eating may also assist in decreasing your risk of high blood pressure, cholesterol, and manage diabetes

### Eating Well Promotes Energy

- “By consuming enough calories you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you’re a man or woman, your height and weight, and how active you are.”  
-National Institute of Health (NIH)

### Food Choices Can Affect Weight

- Consuming the appropriate number of calories for your activity level assists in controlling your weight
- When you age, you may become less physically active; with these changes you will need to decrease your caloric intake.

### Food Choices Affect Digestion

- “Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits, and vegetables or drinking more water may help with constipation.” - NIH

### Make One Change at a Time

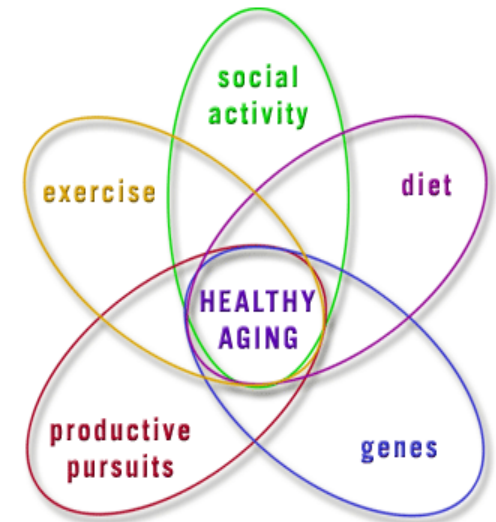
- Eating well shouldn’t be considered a “diet”, rather more of a way of life or lifestyle to lead a healthier life.
  - Make small goals to lead to the larger goal of a healthy lifestyle

### Checking With Your Doctor

- “If you have a specific medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.”  
-NIH

### Start Today

- Regardless of your age, making positive changes in your life should start now! Eating well and participating in exercise regularly can assist you in leading a healthier, independent, quality life.



“Take care of your body. It’s the only place you have to live in.” –Jim Rohn