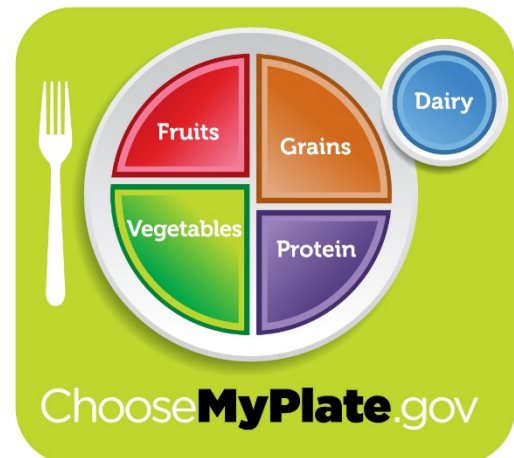


10 Steps to a Healthier Diet

Exercise is vital to maintaining your health, but an equally important component is what you choose to eat. Many a healthy fitness routine is thwarted by an unhealthy diet. There is a lot of information out there that can make a simple thing like eating seem very complicated. That's why we have put together these 10 simple tips to help you fuel your body to compliment your **Live 2 B Healthy®** exercise program.

1. **Balance calories** - No matter the latest health craze (low carb, low fat, keto, paleo, etc.), the simple, truth is: if you take in more calories that you expend in energy, you will not be able to maintain a consistent and healthy weight.
2. **Enjoy food but eat less** – Take the time to more fully enjoy your food. Eat at the table instead of standing at the counter; turn off the television during meals. Begin to pay more attention to your body cues as to when you are actually hungry, or when you have eaten your fill.
3. **Avoid oversized portions** – We have become accustomed to large portion sizes. Many of us are also proud members of the “clean plate club”. A great method of fighting the urge to overeat is to use smaller plates at mealtimes. Dishing out portions in the kitchen instead of bring serving plates to the table makes a second helping more of a mindful consideration, as opposed to just eating what was is in front of us.
4. **Stock up on these Foods** – Eat more vegetables, fruits, whole grains and lowered fat dairy products. These foods supply the necessary nutrients for health and should be the basis of meals and snacks.
5. **Half of the plate should be fruits and vegetables** - Choose red, orange and dark green vegetables, like tomatoes, sweet potatoes and broccoli along with other vegetables with meals. Add fruit to meals or use as part of side dishes or dessert.
6. **Switch to lower fat dairy products** - Which still contain all of the necessary nutrients, but fewer calories and fat.
7. **Half of grains should be whole grains** – Substitute whole grain products for refined grains. For instance, choose whole grain bread instead of white bread or brown rice instead of white rice.
8. **Foods to eat less often** – Cut back on foods high in solid fats, added sugars and salt. These include cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.
9. **Compare sodium in foods** - Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled “low sodium”, “reduced sodium” or “no salt added”.
10. **Drink water instead of sugary drinks** - Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories in many of our diets.

For more information: www.ChooseMyPlate.gov



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<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.