



## 10 tips for healthy eating & physical activity for you!

### 1. **Start your day with breakfast.**

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better at school or work. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!

### 2. **Get moving!**

It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to get at least of 30 minutes of physical activity most days.

### 3. **Snack smart.**

Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter or raisins, or some dry cereal. If you eat smart at other meals, cookies, chips and candy are OK for occasional snacking.

### 4. **Work up a sweat.**

Vigorous workouts - when you're breathing hard and sweating - help your heart pump better, give you more energy and help you look and feel best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

### 5. **Balance your food choices - don't eat too much of any one thing.**

You don't have to give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals, such as vitamins C & A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts panel on food labels will help you get all of these nutrients.

### 6. **Get fit with friends and family.**

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like bike riding or hiking, with a group each week.

## 7. Eat more grains, fruits and vegetables.

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as 100% whole-wheat bagels and pita. Spaghetti and oatmeal are also in the grain group. Bananas, strawberries and melons are great tasting fruits. Try vegetables raw, on a sandwich, in a salad, with pasta or even as a pizza topping!

## 8. Join in physical activities at school, at work, or at recreation/activity centers.

Whether you take a physical education class at school, a dance or aerobics class, a weight lifting class or do other physical activities, such as intramural sports, structured activities are a sure way to feel good, look good and stay physically fit.

## 9. Foods aren't good or bad.

A healthy eating style is like a puzzle with many parts. Each part - or food - is different. Some foods may have more fat, sugar or salt, while others may have more vitamins or fiber. There is a place for all of these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. And don't forget about moderation. If two pieces of pizza fill you up, you don't need a third.

## 10. Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous - try new sports, games and other activities, as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try changing too much at once.



**Grains: Eat 6 oz. every day & make half your grains whole.**

**1 oz = 1 slice bread,  $\frac{1}{2}$  bagel or English muffin,  $\frac{1}{2}$  cup cooked cereal or dry cereal,  $\frac{1}{2}$  rice or pasta, 6 small crackers**

**Vegetables: Eat  $2\frac{1}{2}$  cups every day & Vary your Veggies.**

Eat more dark-green and orange veggies and include more beans.

**Fruits: Eat 2 cups every day and Focus on Fruits,**

Not fruit juices. Choose fresh, frozen or dried fruit.

**Milk: Get 3 cups a every day & Get your Calcium Rich Foods. 1**

**cup = 1 cup milk or yogurt,  $1\frac{1}{2}$  ounces natural cheese or 2 ounces processed cheese**

**Meat & Beans: Eat  $5\frac{1}{2}$  ounces every day & Go Lean with Protein.**

**1 oz = 1oz. cooked lean meat, poultry, fish,  $\frac{1}{4}$  cup cooked dry beans, 1 egg, 1 TBSP peanut butter,  $\frac{1}{2}$  oz. nuts**

### *How many calories do you need?*

**Sedentary women, some older adults:** approximately 1,600 calories

**Children, teenage girls, active women, sedentary men:** approximately 2,000 calories

**Teenage boys, active men:** approximately 2,600 calories



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