

WHAT DOES HEALTHY LOOK LIKE?

- A healthy person eats breakfast everyday.
- A healthy person eats 2 or more servings of fruit everyday.
- A healthy person eats 1-2 (or more) servings of vegetables everyday.
- A healthy person drinks 2-3 glasses of low-fat or skim milk everyday.
- A healthy person drinks lots of water and avoids drinks high in sugar like soda, Gatorade, kool-aid, and too much juice.
- A healthy person eats 2-3 servings of protein foods everyday, and tries to pick lower-fat protein foods like lean red meats, turkey, chicken, fish, eggs, and beans.
- A healthy person eats sugary foods in moderation. One sweet a day is fine if you are eating healthy foods most of the time.
- A healthy person eats appropriate portions. It is helpful to visualize appropriate serving sizes by comparing it to objects you are familiar with;

One serving:

- 2-3 ounces of meat
- 1/2 cup of pasta/rice/cereal
- 2 tablespoons of peanut butter
- 1 ounce of cheese
- 1 teaspoon butter/mayonnaise

Looks like:

- a deck of cards
- tennis ball or ice cream scoop
- ping pong/golf ball
- four dice
- size of a thumb tip

- A healthy person tries to listen to their hunger.

- 1 = fainting from hunger/starving- get out of my way
- 2 = shaky from hunger/uncomfortably hungry
- 3 = hunger pangs/hungry!
- 4 = starting to get hungry
- 5 = neutral- no hunger/no fullness
- 6 = satisfied/starting to get full
- 7 = comfortably full
- 8 = loosening button/uncomfortably full
- 9 = barely able to move/stuffed
- 10 = stuffed and nauseous/so stuffed it hurts

- A healthy person plans regular physical activities as a family.
- A healthy person limits TV, video games or computer time to 1-2 hours/day
- A healthy person is physically active everyday.
- A healthy person sleeps 8-9 hours every night.
- A healthy person chooses healthy snacks/food choices *most* of the time:

More healthful

Mozzarella cheese
 Frozen yogurt/low fat ice cream
 Fruit Smoothies

Wheat toast or bagels
 Pretzels, Low fat chips
 Unsweetened cereals/Oatmeal
 Graham Crackers with low fat yogurt
 Fresh Fruit or Fruit in own juice

Bean Burrito
 Veggie Pizza, thin-crust
 Grilled, Broiled, or Roasted Chicken
 Roast Beef, Turkey, Ham sandwich
 Plain hamburger without sauce
 Baked Potato/Broccoli topping

Less healthful

Cheddar or Jack Cheese
 Ice Cream
 Milkshakes

Pastries or Doughnuts
 Potato Chips or Candy Bars
 Sweetened Cereals
 Chocolate chip cookie/brownie
 Fruit Canned in Heavy Syrup

Quesadilla
 Pepperoni or Sausage Pizza
 Fried Chicken Nuggets or Strips
 Pastrami, Egg salad sandwich
 Big Mac, Quarter Pounder
 French Fries or Onion Rings

One day at a time, one step at a time, one change at a time....to being healthy!!