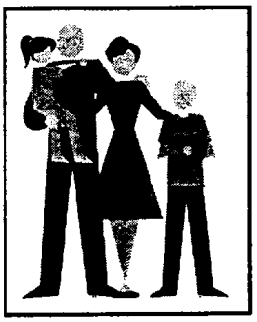

Better Health Begins With You!

¡Una Mejor Salud Comienza con Usted!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Coma de 6 a 11 porciones pequeñas de pan bajo en grasa, cereal, arroz o fideos diariamente. Por ejemplo, escoga cereal para el desayuno, un "sandwich" para el almuerzo, y arroz para la cena.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Coma 5 porciones de frutas y verdures cada día. Por ejemplo, tome jugo de naranja en el desayuno, coma una ensalada en el almuerzo, coma algunas habas verdes, papas hervidas y uvas frescas en la cena.

3. Drink at least 8 glasses of pure, fresh water every day.

Tome por lo menos 8 vasos de agua pura diariamente.

4. Eat lean, low-fat meats, such as chicken or fish.

Coma carnes que son bajas en grasa, tal como pollo y pescado.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Escoga priductos lácteos bajos en grasa o sin grasa, tal como leche descremada y yogur congelado.

6. Limit your intake of sweets and alcoholic beverages.

Limite la ingestion de dulces y bebidas alcohólicas.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Participe en algun actividad física diariamente. Tome una caminata, baile, o haga deportes.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Utilice aceite vegetal o aceite canola en lugar de manteca. Los aceites vegetales son mejores para usted porque no contienen el colesterol.

Spanish Language Version
These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service.
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