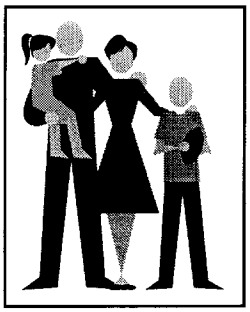

Better Health Begins With You!

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.

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.

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

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

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

6. Limit your intake of sweets and alcoholic beverages.

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

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.

English

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.
For more information, call (404) 651-2542.