

# South Central's Health on Blast

## Eating Right for a Healthy Weight Pt. 2

National Nutrition Awareness Month-focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

### Review

- **Start with a plan for lifelong health.** Focus on the big picture
- **Set healthy, realistic goals.** Make small changes
- **Get a personalized eating plan.** Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for a plan

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- **Balance your plate with a variety of foods.**

½ your plate should be fruits and vegetables,

¼ lean meat, poultry or fish,

¼ with grains.

To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

- **Start your meal with low calorie foods like fruits, vegetables and salads.** These foods are packed with nutrients your body needs.
- **Get plenty of fiber from fruits, vegetables, beans and whole grains.** Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

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