

# South Central's Health on Blast

## Eating Right for a Healthy Weight Pt. 4

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.**
  - **Set healthy, realistic goals.**
  - **Get a personalized eating plan.**
- **Balance your plate with a variety of foods.**
- **Start your meal with low calorie foods like fruits, vegetables and salads.**
  - **Get plenty of fiber from fruits, vegetables, beans and whole grains.**
    - **Focus on your food.**
  - **Know when you've had enough to eat.**
    - **Snack smart.**
- **Watch portion sizes to manage your calorie intake.**

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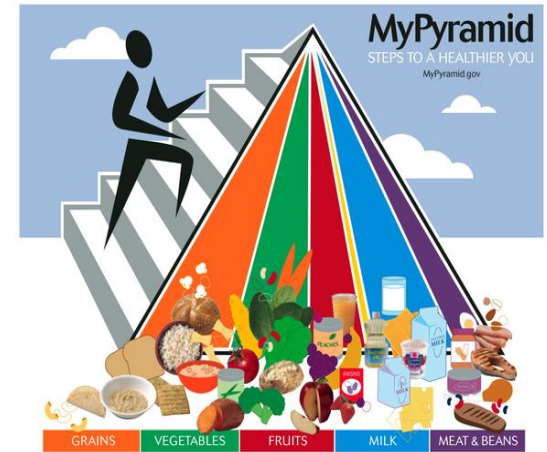
Make sure your weight management plan is right for you.

Does it include:

- Foods from all five food groups?



- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?



If the answer is “yes” to all the questions, your weight management plan is right for you and you are on your way to a healthy nutritious active lifestyle.