

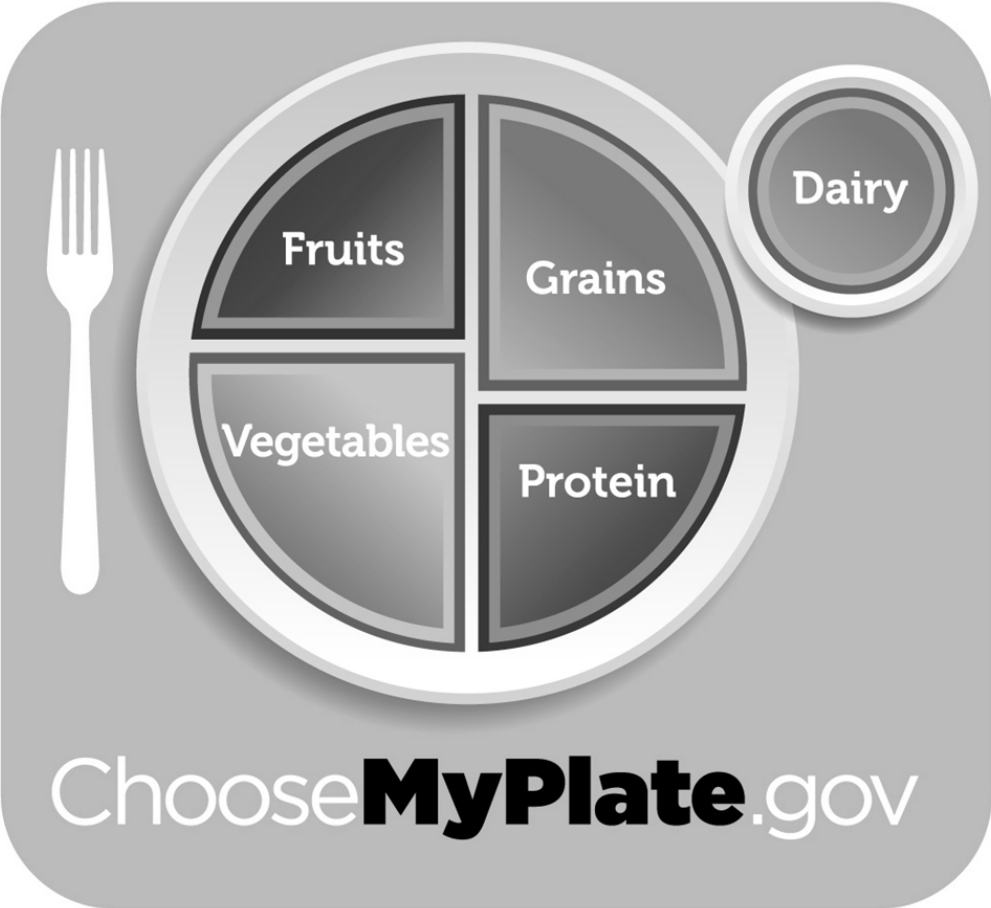
Eat Smart

**Make half your plate fruits and vegetables.
Vary your veggies and fruits.
Eat deep orange and dark green vegetables.**

**Choose fat free or low fat dairy.
Make half your grains whole.
Choose lean protein.**

Fruits
Eat 2 cups every day

Vegetables
Eat 2 ½ cups every day



Dairy
Eat 3 cups every day

Grains
Eat 6 oz eq a day

Protein
Eat 5 ½ oz eq every day

Food groups recommendations based on a 2,000 calories diet

Be Active !

Physical Activity

- A movement of the body that uses energy—Try moderate or vigorous activities

Moderate Activities

- Walking briskly
- Bicycling
- Gardening Dancing
- Canoeing



Get active your way ...

build physical activity
into your daily life...

at home
at school
at work
at play
on the way



.... that's active living !

Vigorous Activities

- Walking fast
- Heavy yard work
- Swimming Laps
- Aerobics

How Much do I Need?

- Adults : 30 minutes 5 days a week
- Children : 60 minutes every day

Tips to Increase physical Activity

- Join a walking group
- Take a bike ride with your kids
- Walk the dog
- Walk, skate or cycle - Drive less
- Stretch or exercise while you watch TV
- Play with your kids
- Get off the bus early
- Have Fun!

