



7 Healthy Tips

1. **Rethink your drink:** Do you pay attention to what or how much you drink each day? For many of us, the availability of high-calorie sodas and fruit drinks makes it easy for us to grab a drink on the go - without thinking about how healthy that drink is. So before picking up that can of soda, think about replacing it with something your body needs, like water, milk or 100% fruit juice!
2. **Right size your portions:** When it comes to portion sizes, bigger is not always better! Because we live in a culture that promotes getting the most for your money, our idea of a correct portion size might not always be accurate. One way to make it easier to right size your portions is to prepare more meals at home.
3. **Tame the tube:** How much TV does your family watch? If you are like many American families, turning the TV on is the first thing you do in the morning, and turning it off is the last thing you do before bed. By changing these habits, you can decrease your child's risk for becoming overweight, foster your child's social skills, and spend more "quality time" together as a family.
4. **Move more everyday:** Getting enough physical activity can be achieved by simply moving your body. Even simple routine changes like taking the stairs instead of the elevator can make a big difference. All of us can benefit from moving more, whether it's by biking instead of driving to the store, or taking a walk on your lunch break.
5. **Eat more healthy meals at home:** Many people think that eating meals at home is too time consuming, expensive, or hard to manage. Eating Smart at home is not as hard as you think - it can even save you time and money! Planning meals ahead of time will go a long way in ensuring that your meals at home are healthier and an enjoyable experience for everyone, too!
6. **Eat more fruits and vegetables:** You might already know that fruits and vegetables offer essential nutrients, can help prevent some chronic diseases, and are low in calories to help us maintain a healthy weight. So work on making colorful fruits and vegetables a substantial part of your diet every day.
7. **Breastfeed your baby:** There are countless benefits to breastfeeding your baby, both for you and your newborn. These benefits include assurance of the correct percentage of proper nutrients for your baby, increased immunity to illness, reduced risk of overweight, and reduced risk of ovarian cancer for breastfeeding mothers.

