

Good for the Neighborhood

Supported by the INDEPENDENT HEALTH FOUNDATION

Have a Healthy Weight

Achieving a healthy weight means living a balanced life. Use the ideas below to help you balance your calories, avoid overeating and live a healthy lifestyle.

1.

BUILD A HEALTHY PLATE

Make half of your plate fruits and vegetables. Substitute whole-grains for processed products. For example, eat whole wheat bread instead of white bread.



2.



DRINK WATER

Cut calories by drinking water. Soda, energy drinks and sports drinks add a lot of added sugar and calories.

3.

AVOID OVERSIZED PORTIONS

Use smaller plates, bowls and glasses. Portion your foods before you eat them. When eating out, choose a smaller item, share a dish, or take home part of your meal.

4.

BALANCE YOUR CALORIES

Find out how many calories you need for a day by going to www.ChoseMyPlate.gov.

Notes:
