HEALTH
Facts

Health Tips for Healthy Life

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person

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Physical activity and exercise

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- Eat three healthy meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
- The bulk of food consumption should consist of healthy foods, such as fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Incorporate lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts) into a healthy diet.
- Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients.
- Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Healthy snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.