

EAT SMART - LIVE WELL

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Mix up your choices within each food group

- **Focus on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- **Vary your veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- **Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 ounce of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Find your balance between food and physical activity.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.

CONSIDER THIS:

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

This information and much more can be found at www.Nutrition.gov

Why Run?

- Running is the most effective form of cardiovascular exercise. Thirty plus minutes a day, four days a week will yield an excellent level of fitness in the shortest possible period of time. Regular, moderate running may reduce the risk many diseases.
- Running is the most accessible and affordable sport. No matter where you live, work, or travel, an excellent area for running is almost always nearby.
- Running is inexpensive and simple to learn. All you need is a good pair of running shoes, appropriate running clothing, and motivation to start running. Running is natural and information on proper training is widely available through books, websites, magazines, etc.
- Running is the best way to reduce stress. Thirty plus minutes of running will work wonders in dissolving stress accumulated on the job.
- Running is an excellent component of any weight control program. Few activities burn calories as quickly and effectively.
- Running is a flexible method of training. You can run at your own pace, with or without company, at whatever time of day best suits your schedule.
- Running makes you feel good. Fitness, self esteem, empowerment and confidence all increase with exercise.
- Running offers a unique opportunity for recreational runners to mix with world-class athletes. On almost any given weekend, recreational runners can compete in racing events with the fastest people in the sport.
- Running is for families and individuals of all ages. There are running programs for kids, beginners, women-only races, masters programs for those over 40, and events for families. Set an example for your children and make running and a healthy lifestyle a family priority.
- Running puts you in good company. Millions of people already run for health, fun, fitness and competition, including US Presidents, governors, law makers, celebrities, CEO's, mothers, grandfathers, and many more. There are running clubs in almost every community in the country and if your town does not have a running club, the RRCA provides information to help you develop a club.