

You are What You Eat!

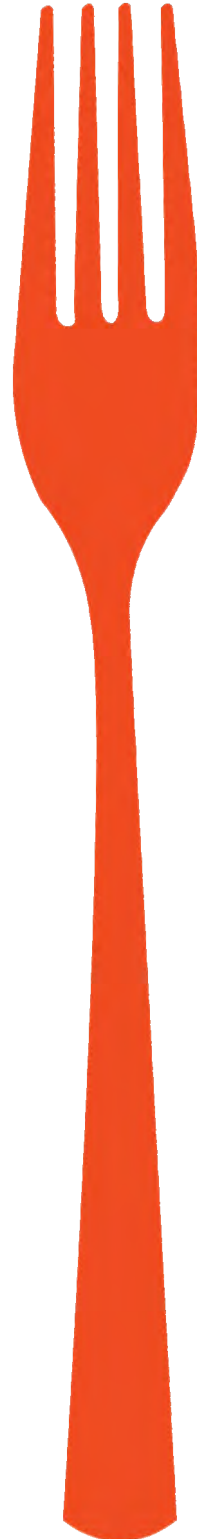
Staying healthy means making better choices.

- ▶ Don't skip meals. Breakfast is really the most important meal of the day.
- ▶ Limit your intake of fried foods. Grilled, baked or broiled is best.
- ▶ Watch your intake of white flour products.
- ▶ Eat more foods that keep your bones strong.
- ▶ Eat foods high in Calcium and Vitamin D such as fortified milk and yogurt.
- ▶ Watch your intake of fast food. These foods are high in sodium and fat and the portions are too big.
- ▶ Eat foods from nature, not the factory.
- ▶ Limit your intake of processed meats like bacon, sausages and cold cuts.
- ▶ Eat more fruits and vegetables. We should have at least 7 servings daily.
- ▶ Avoid sweetened beverages.
- ▶ Don't consume sports drinks unless needed.
- ▶ Drink water every day.

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Know the Sweet Facts on Sugary Drinks

- ▶ **A 20-ounce can of soda contains 15 to 18 teaspoons of sugar.** This is double the amount of added sugar recommended for an entire day.
- ▶ **Sugary drinks include non-diet soda, sports drinks, energy drinks and sweetened fruit drinks.** They have no nutritional value and are loaded with calories.
- ▶ **Sugary drinks are clearly linked to obesity.** An increase of one serving per day raises the odds of being obese by 60 percent.
- ▶ **Cutting down on soda and juice lower the risk for obesity and diseases including diabetes, heart disease, cancer and gout.**
- ▶ **Water is the healthiest beverage choice.**

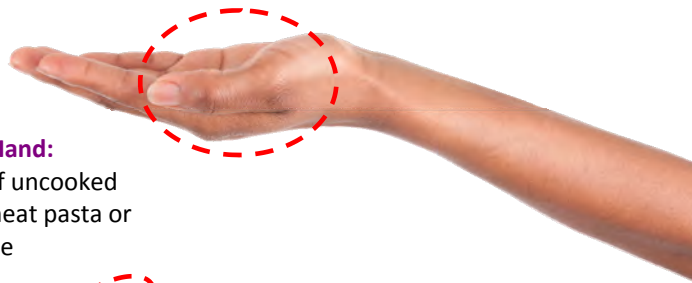
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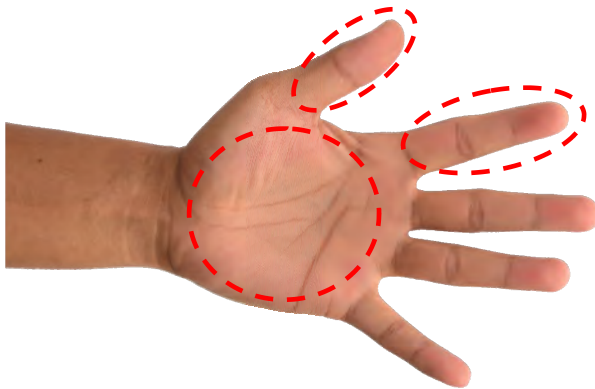
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Hands On Portion Control



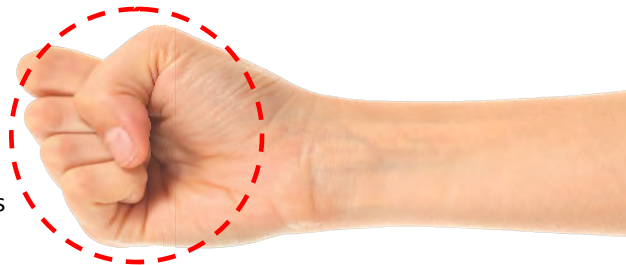
Cupped Hand:
Serving of uncooked
whole wheat pasta or
brown rice



Thumb:
Peanut butter, nuts

Pointer Finger:
3 oz. serving of cheese

Palm:
Grilled chicken, beef,
fish or pork



Fist:
A serving of fruit,
vegetables, dry
cereal, oatmeal, grits
or a cup of milk

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