



Nutrition

Get smart about sugar

1. Avoid drinks with added sugar. This includes many popular coffee drinks. Check nutrition labels before you take a sip.
2. Look for hidden sugar. Some foods that appear to be healthy have added sugar. These include yogurt, condiments, canned veggies, fat-free foods and cereal.
3. Choose foods that are naturally sweet, like fresh fruit, over those with added sugar.

Also, drink plenty of water. Often when we think we are hungry, we are really thirsty. It's OK to enjoy sugar every once in a while, just be smart about it!

Source: Wellsource/Momentum Health Shelf

Trivia time:

What are two ways fruits and veggies lower cancer risk?

*Answer: 1. They offer lots of nutrients that can protect you from some cancers.
2. Low in calories, they help with weight control.
If you have too much stomach fat or are obese, you have a greater cancer risk.*

Fill up on fruits and veggies

Filling up on fruits and veggies can help curb your craving for sugar. It can also help lower your risk for cancer if you eat at least five servings a day.

Try fitting more fruits and veggies into your diet by:

- Eating salads with leafy greens, carrots, peppers, tomatoes and broccoli
- Noshing on dried fruit for a snack
- Drinking only 100 percent fruit or vegetable juice
- Getting out and enjoying a farmers market. Treat yourself to something local that you may not have tried before.

Source: Wellsource/Momentum Health Shelf

Sweet talk

You probably already know that eating too much sugar is bad for you. But, do you know why? Too much sugar almost doubles your risk of having heart disease. It also damages your bones and teeth, increases your chances of getting some cancers, and of course, makes it more likely for you to have high blood sugar.

Source: Wellsource/Momentum Health Shelf

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What is a healthy diet?

We often hear that we are supposed to eat a healthy diet. But what does that mean? A healthy diet is a way of eating that will help you get to and stay at a healthy weight. It will benefit your health and prevent chronic disease.

What makes for a healthy diet?

Eat from the five food groups: fruits, vegetables, grains, protein and dairy.

Food group basics:

- > Fill half of your plate with fruits and veggies
- > Make sure at least half of the serving of grains you eat are whole grains
- > Vary proteins
- > Eat dairy that is low-fat or fat-free

Also, choose foods that do not have added sugar and that are low in sodium and saturated fat.

Source: Wellsource/Momentum Health Shelf

Trivia time:

True or false: broccoli is a good source of calcium.

Answer: True!

Variety, variety, variety!

Treat your body to a variety of foods. Below is just a small list of options from the five food groups. For more complete lists and info about the five food groups, visit choosemyplate.gov.

Whole grains

- > Buckwheat
- > Brown rice
- > Muesli
- > Popcorn
- > Quinoa

Fruits

- > Acai berries
- > Blackberries
- > Huckleberries
- > Cranberries
- > Cherries

Veggies

- > Arugula
- > Bok choy
- > Collard greens
- > Endive
- > Swiss chard

Protein

- > Pumpkin seeds
- > Pistachios
- > Bison
- > Catfish
- > Chicken

Dairy

- > Almond milk
- > Coconut milk
- > Rice milk
- > Gouda
- > Feta

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