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## Being Active

- Lowers stress
- Uses fat for energy
- Maintains strength of bones
- Lowers blood pressure
- Increases energy

Keep moving: gardening, taking the stairs, dancing

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## Healthy Eating Healthy Snacking

- Coloring your plate with vegetable and fruit
- Read food labels to measure portion size
- Limit products with added sugars on label
- Carry on-the-go snacks

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## Grocery Shopping Strategy

- Avoid shopping when hungry
- Start in veggie and fresh fruit aisles
- Create a list and stick to it
- Look for whole grain and fiber rich foods

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## Be aware of the sugar in your beverages

- Daily sugar limits 27-30 grams
- 1 teaspoon of sugar is 4 grams
- 1 can of coke has 24 grams of sugar
- McDonalds 32 ounce sweat tea has 69 grams of sugar
- Water has zero!!

## Schedule yearly checkups

- Especially if:
- Over 45 years
  - Overweight
  - At risk of diabetes
- Ask your doctor for a blood glucose screening