

NEWeighs Fact Sheet

NUTRITION'S HIGH 5

Read the label to set a better table
Eat slowly, in a relaxed atmosphere
Eat 5 fruit and vegetables everyday
Enjoy physical activity and relaxation daily
Brush and floss your teeth regularly

5 Ways to Eat Wise

Eat a variety of foods for a variety of nutrients
Get vitamins and minerals from foods you eat
Remember, Food Ads Sell products not good nutrition
Too much sugar, salt, and fat is not where it's at! Practice moderation
Eat less, more often throughout the day – prevent hunger, don't tr“eat” it

5 Ways to Exercise

Start slowly – little things mean a lot
Being by devoting 5 minutes at one time
Incorporate physical activity into daily activities
Get your rear in gear – often the toughest part is starting
Design a plan you can stand – if you don't like it you won't do it

5 Ways to Energize

Enjoy physical activity and relaxation daily
Match your food intake with moods and energy levels
Identify helpers and hinderers, get assistance if you need it
Avoid the 3 D's of Dieting – denial, deprivation, and depression
Seek happiness over perfection. Don't let the best be the enemy of the good

5 Quick Ways to Cut Cholesterol

Eat high fiber foods – fruits, vegetables, breads, cereals, legumes
Eat less fatty and fried foods – hamburg, fries, chips, dips
Stop smoking – help make smoking history
Enjoy physical activity and relaxation daily
Manage stress before it manages you

5 Weighs to Weight Less

Eat slowly, in a relaxed atmosphere
Eat small portions for small proportions
Emphasize exercise – maximize movement
Eat more earlier on in the day, before 5 P.M.
Be creative. Vary food intake. Boring is out.
Don't let your weight get in your way

5 Ways to Change Behavior

Make positive changes – it is easier
Start slowly – little things mean a lot
Measure behavior to monitor and change
Set long and short-term goals and rewards
Communicate with helpers and hinderers