

BENEFITS OF HEALTHY CHOICES

Healthy choices make you feel better, look better and gives you the energy boost you need to stay alert through the day.

Making healthy choices may lower your risk of heart disease, some cancers, type 2 diabetes, high blood pressure, stroke, high cholesterol levels and other diseases associated with obesity and overweight.

STOCKING A HEALTHY SNACK BOX OR VENDING MACHINE

Ask your vendor to include these options:

- Baked or reduced fat chips
- Salt free or low salt peanuts
- Low-sodium pretzels
- Reduced fat cookies and crackers
- Granola bars /cereal bars
- Fresh, canned, or dried fruit
- Raw vegetables
- Lowfat yogurt
- 100% juice
- Water



MONEY SAVING TIPS

Look for sales and coupons to help you stretch your food dollars.

Apply for free or reduced meals for your children from the National School Lunch Program.

Food Stamp and WIC benefits can help stretch your food dollars.



Purchase store brand products to save money.

Never shop when you are hungry.

TIME SAVING TIPS

Plan ahead with a shopping list of items that need to be purchased when grocery shopping and stick to it.

To save time, shop at a supermarket where you are familiar.

Have ready-to-go healthy snacks.

Cook two meals: save one meal for next day.

Funded by the USDA Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance for people with low income. It can help you buy nutritious food for a better diet. For information about the Food Stamp Program call 951-358-3000. For more information about how to eat healthy or be active, log onto www.cachampionsforchange.net or call 1-888-328-3483.

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Healthy Choices



helpful tips for home & work



HEALTHY CHOICES AT HOME

Make a commitment to eat well by making healthy choices a "habit."

Start your day with breakfast: try lowfat yogurt with fruit, whole wheat toast with reduced fat peanut butter, or cereal with lowfat or nonfat milk.



Eat foods high in fiber to help you feel full and with fewer calories. Whole grain cereals, legumes, vegetables, and fruits are good sources of fiber.

Be physically active before you go to work - take a walk, ride a bike, or move to your favorite exercise video.

Limit television and computer time.

HEALTHY CHOICES AT WORK

Instead of chips, cookies, soda and candy, try nutritious and filling snacks such as, a piece of fresh fruit, cut raw vegetables, baby carrots, diced fruit, raisins, celery sticks with reduced fat peanut butter.

Be size wise about muffins, bagels, croissants and biscuits. A jumbo muffin has twice the fat grams and calories than a regular size muffin. Watch your portion sizes.

Portion sizes at restaurants are usually more than one serving, which can result in overeating.



When eating out select foods that are grilled, steamed, stir-fried, poached, broiled or baked.

Pack a healthy lunch from home. This saves time and money and you'll have a healthier future.

Avoid purchasing snacks from vending machines, since most items are high in saturated fat, trans fat, sugar and sodium.

INCREASING PHYSICAL ACTIVITY AT WORK

Strive to do at least 60 minutes of physical activity every day to maintain heart health and a healthy weight.

Choose to eat fruits and vegetables before and after physical activity.

Take an activity break every two hours. Use the stairs instead of the elevator, do stretches at your desk, or go for a walk.

Devote a portion of your lunch break to physical activity (e.g., walking).

Walk to someone's desk rather than using the intercom or email.

Walk five times a week instead of three. Boost the intensity of your workout. Turn your walks into jog/walks.

Park the car AS FAR AWAY from the entrance as possible to increase physical activity.



HEALTHY CHOICES FOR YOUR FAMILY

Keep a bowl of fresh fruits in your refrigerator for a quick snack for your family.

Keep easy-to-eat vegetables and lowfat dip in the refrigerator where your kids can reach them.

Set a good example by snacking on fresh fruit like oranges, apples, grapes, and bananas.

Eat two or more vegetable servings with dinner.

Only purchase healthy foods when grocery shopping for your family.

Read the food label to know what you are eating, especially when it comes to checking serving sizes on snacks, juices, or sweetened beverages.

Drink only 100% fruit juices, but NO more than 6 oz. of juice per day.

Drink water instead of sweetened drinks.

Choose nonfat or 1% lowfat milk.

Pack healthy snacks and lunches for your family, like trail mix, raw vegetables, or fruit.

