

FOR IMMEDIATE RELEASE

For more information,
contact: Katherine Pinto
EFNEP and SNAP-Ed Agent, Wildcat Extension District
kd Pinto@ksu.edu, 620-232-1930

Building a Better Tomorrow

Good health is something we can build over time. We can do this by ensuring that we have the right tools and materials to build the foundation for a healthy life.

Here are 5 tips to help you build a healthful life:

1. **Build a healthy plate:** Using the MyPlate standard to create your meals is a great way to build a well-balanced meal; a well-balanced diet includes grains, fruits, vegetables, protein, and dairy. Other things to keep in mind when building your plate are the following: make half your grains whole, switch to skim or 1 percent milk, make half of your plate fruits and vegetables, and vary your protein food choices.
2. **Cut back on foods high in saturated fats, added sugar, and salt:** Many people consume more saturated fat, sugar, and sodium than they'd ever believe! Added sugars and fats add up fast when looking at calories- check the nutrition labels of some of your favorite foods! Focus on choosing foods and beverages with little or no added sugar. Too much sodium has been shown to increase one's blood pressure; try looking for low-sodium or no salt added canned goods.
3. **Eat the correct amount of calories for you:** Each person has a unique amount of calories that are needed to maintain a healthy weight; this might take some experimenting. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie. When eating out, choose a lower calorie option, or cook more often at home! When we cook at home, we are in control of what's in our food.
4. **Be physically active:** Find some type of physical activity that you enjoy! Start by dedicating at least 10 minutes a week to start if physical activity is new for you.
5. **Use food labels to help make better food and beverage choices:** Most packaged foods and beverages have a nutrition facts label and ingredients list posted on them. We can use these two things as tools to select healthier options when purchasing goods.

For more information, go to www.dietaryguidelines.gov, or contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, kd Pinto@ksu.edu or 620-232-1930.

###

K - State Research and Extension is an equal opportunity provider and employer