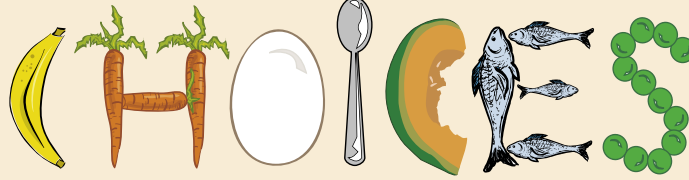


Making the Right



Taking Charge of Your Health & Nutrition

Some facts on nutrition and obesity

- It is very important for families, adults and children to learn the importance of healthy eating habits, exercise and improving lifestyles.
- Nutrition can reduce the prevalence of obesity among adults and can help in raising healthy children.
- Good nutrition should be a part of an overall healthy lifestyle.
- Healthy eating consists of eating a variety of foods, plenty of vegetables, fruits, whole grain products, low-fat dairy products, lean meats, poultry, fish, and legumes.
- Keep physically active to burn off extra calories and balance the calories you consume.



Parents are Role Models!

Set a good example by eating healthy foods yourself! Buy and try new fruits and vegetables. Set an eating routine at home for your meals and snacks. Your children will learn from your good example!

Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Families can plan outings and events that allow and encourage everyone to be active and have fun.

Tips to Keep you Healthy!

- Most adults and children need to eat 5 cups of fruits and vegetables a day.
- Fruits and vegetables contain important vitamins and minerals needed for your daily intake.
- Go easy on the salt, sugar, alcohol, and saturated fat.
- Always include physical activity to your daily routine.
- Eat fruits and vegetables rich in fiber and vitamins that are found in dark leafy greens, dark orange vegetables, beans, mushrooms, oranges and brussel sprouts. Potassium in vegetables and fruits plays a major role in lowering blood pressure.
- Don't skip breakfast!
- Drink fewer sodas and sweetened drinks. Drink lots of water!

Fun Activities to Keep You Healthy!

- Choose activities you enjoy the most. By choosing activities you enjoy, you'll be more likely to stick with them.
- To keep your interest and broaden the range of benefits, vary your activities.
- Activities can build stronger bones to last a lifetime, consider walking, cycling, jogging, skating, etc.

Please visit the following websites for additional nutritional information:

http://www.dph.state.ct.us/DPH_Main/Health_Links/healthlinks.htm

<http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

The One with the Sun! Community Health Network of Connecticut, Inc.

Working with communities to provide quality healthcare directly in your neighborhoods. Free, low-cost and affordable HUSKY health insurance for qualified children and families.

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HUSKY gives families the freedom of choice to enroll in one of several participating health plans.