



Healthy lifestyle  
Done by Anastasia Pockachailo

- More than anything else, the ordinary decisions we make every day are the things that most influence our health and wellbeing – what we eat, how much we move our body, how we deal with stress.







# 5 Steps to healthy lifestyle





# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS

WHOLE GRAINS

HEALTHY PROTEIN



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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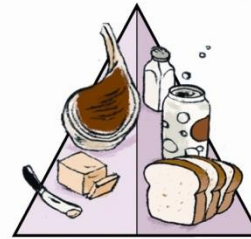


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The Nutrition Source  
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The Healthy Eating Pyramid is a simple, trustworthy guide to choosing a healthy diet. Its foundation is daily exercise and weight control, since these two related elements strongly influence your chances of staying healthy. The Healthy Eating Pyramid builds showing that you should eat more foods from the bottom part of the pyramid (vegetables, whole grains) and less from the top (red meat, refined grains, potatoes, sugary drinks, and salt).



USE SPARINGLY:  
 RED MEAT & BUTTER  
 REFINED GRAINS: WHITE RICE, BREAD & PASTA  
 POTATOES  
 SUGARY DRINKS & SWEETS  
 SALT

OPTIONAL: ALCOHOL IN MODERATION  
 (Not for everyone)



DAIRY (1-2 servings a day) OR  
 VITAMIN D/CALCIUM SUPPLEMENTS

DAILY MULTIVITAMIN  
 PLUS EXTRA VITAMIN D  
 (For most people)



NUTS, SEEDS, BEANS & TOFU



FISH, POULTRY & EGGS

HEALTHY FATS/OILS:  
 OLIVE, CANOLA, SOY, CORN,  
 SUNFLOWER, PEANUT  
 & OTHER VEGETABLE OILS;  
 TRANS-FREE MARGARINE



VEGETABLES & FRUITS



HEALTHY FATS/OILS



WHOLE GRAINS

WHOLE GRAINS:  
 BROWN RICE,  
 WHOLE WHEAT PASTA,  
 OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL



Healthy



Living