HEALTH TIP #1

Use canned fruits or veggies for holiday cooking!

Their inclusion in recipes provides similar nutritional value and taste as good as using fresh or frozen items.

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Louisville METRO HEALTH DEPARTMENT

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Mayor
Louisville Metro Council

HEALTH TIP #2

Enjoy family meal night!

Institute at least one day each week for family meals and enjoy the benefits of improved nutrition, improved communication, stronger family ties, greater sense of identity/belonging, and improved scholastic performance.

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HEALTH TIP #3

Eat a rainbow of produce every day!

Whether fresh, frozen, dried, or canned...
it all counts toward your 5-9 servings.

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HEALTH TIP #4

Aim for 10-minute activity sessions!

Take three activity breaks while you read, watch television, or while at work to accumulate 30 minutes of physical activity per day.

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HEALTH TIP #5

Use Alcohol in Moderation

because it has twice as many calories
as protein or carbohydrate foods.

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HEALTH TIP #6

Add Fiber!

Incorporate some high-fiber foods such as whole wheat breads, cereals, fresh fruit and vegetables. Fiber-rich foods help control blood sugar levels, are low in calories, and have a greater effect on satiety (fullness).

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HEALTH TIP #7

Move while you watch TV!

You can use hand weights, a stationary bicycle, treadmill, a stairclimber, or just stretch.

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HEALTH TIP #8

Set realistic goals for being active!

Start off slow and easy at 5-10 minutes several times a week. Over time you can gradually work yourself up to 30 minutes of activity per day.

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Louisville Metro Health Department

Louisville-Jefferson County

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Mayor

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HEALTH TIP #9

Consider indoor walking courses!

Go to the local mall, church, or school and walk laps.

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HEALTH TIP #10

Reward yourself for being active!

Consider a new pair of tennis shoes, bowling with family and friends, golfing, playing in the park, or going to a movie.

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Louisville Metro Health Department

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HEALTH TIP #11

HEALTH TIP #12

Choose the healthiest oils!

Opt for low saturated oils such as canola, safflower, corn, olive, soybean, and peanut when cooking or seasoning foods with oil. Avoid palm and coconut oils.

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