

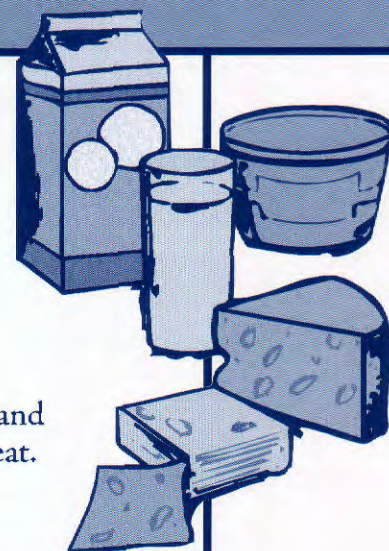
NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

Nutrition Nibbles

GOOD TASTE, GUILT FREE!!

GET A TASTE FOR GOOD NUTRITION!
ENJOY BEING ACTIVE!



1 Enjoy a variety of foods!

There are a wide variety of food choices in our grocery stores and farmers' markets. Choose colorful, healthy foods that taste great.

Treat your taste buds. Try new foods with your family!

2 Enjoy all your favorite foods in moderation!

You decide how much and how often you eat different foods. Eat smart!

A healthy diet is what you eat over several days, not just one meal or one day.

3 Be a healthy weight!

You are at greater risk for health problems if you are overweight.

Healthy eating and physical activity will make it easier to maintain a healthy weight.

4 Balance your food choices with your activity level!

Eat the amount of food that you need to be a healthy weight. If you are overweight, be more active and/or eat less.

Become a healthy weight. Stay a healthy weight.

5 Be active!

Enjoy a variety of ways to be active. Make a list of your activities walking, biking, swimming, gardening, mowing, cleaning and others.

Plan to do at least one of these activities every day. You will be healthier and feel better!

**GOOD HEALTH STARTS WITH NUTRITION
AND PHYSICAL ACTIVITY!**



—“Linking Citizens of Louisiana with Opportunities for Success”