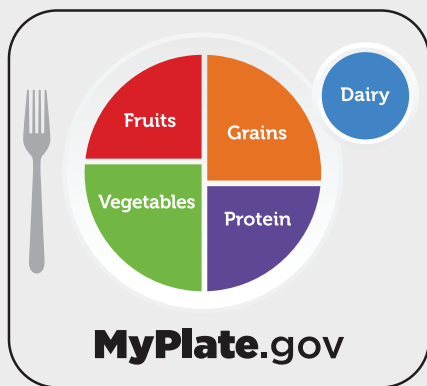


# POWER YOUR BODY WITH HEALTHY CHOICES

*A healthy lifestyle starts with what's on your plate. Here's how to make sure you're fueling your body with nutritious foods.*



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## CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

### Building your plate

#### 1/4 of the plate: Grains or starches

- Aim for more than half of your daily grains to be whole grains.
- Here's what this part of your plate could look like:
  - 1/2 cup whole grain pasta or brown rice.
  - 1/2 cup potatoes, corn or beans.
  - 1 slice 100% whole wheat bread.
  - 1 6-inch corn or 100% whole wheat tortilla

#### 1/4 of the plate: Lean protein (3 oz.)

- Vary your meat choices. Choose beef, pork, fish, poultry, tofu, eggs, beans, peas or lentils. Have these prepared in a healthy way, such as baked or grilled, not fried.

#### 1/2 of the plate: Fruits and vegetables

- Get creative with fruits and veggies. Try different colors, textures and cooking styles.

### Serving of dairy (8 oz.)

- Choose non-fat milk, non-dairy milk, plain yogurt or low-fat cheese.

### By the numbers

- Eat **5** fruits and vegetables a day.
- Limit recreational screen time to **2** hours or less a day.
- Be active for at least **1** hour.
- Drink **0** sugary drinks.

### Benefits of eating healthy

Eating right can lead to positive changes in your life, like:

- Doing better in school.
- More energy.
- Better mood.
- A healthy weight.

Some information adapted from the U.S.D.A. Food Guidance System - MyPlate, myplate.gov.

### Tips for families

- Enjoy meals together. Cook at home, if possible. Limit fast food to no more than 2 times a week.
- Have healthy snacks ready to grab-and-go.
- Lead by example by being active and making healthy choices.
- Limit foods that are calorie-dense - for example, eat less salty snacks (chips) and desserts.
- Take your time eating meals. Stop when you feel full. Avoid the "clean plate club" mentality.