10 tips to have a healthy day!

1. **Eat balanced meals.** Balanced meals have vegetables, fruit, protein, and whole grains.

2. **Eat on a routine schedule.** Try to eat a small healthy meal or snack every 3-4 hours.

3. Get **30 to 60 minutes of exercise** a day.

4. **Stay away from sweet drinks.** Drink 8 glasses of water a day.

5. **Make half of your plate fruits and vegetables.**

6. Eat snacks that are **high in fiber and protein** and low in sugar.

7. Only eat **sweet and salty treats 1 or 2 times each week.**

8. Eat **lean proteins**, like fish, chicken, nuts, and beans.


10. If you are pressed for time, **squeeze in 15 minutes of exercise** before you get ready in the morning. Some exercise is better than no exercise.