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.

9 Eat **whole grains**, like brown rice, instead of refined starches like white rice.

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.