

MISSION: GOOD NUTRITION

Make it your goal to replace junk food and foods high in solid fats, added sugars and salt with healthy, balanced meals that contain lots of fruits, vegetables and whole grains.

When you eat healthy, you are rewarded!

- You will feel full and satisfied
- You will nourish your mind and body
- The nutrients will lower your risk for obesity, diabetes, and cancer
- You will be provided with vitamins, minerals and dietary fiber that you need
- You will enjoy increased mental clarity and physical health

9 Tips for Better Nutrition:

1. Trade in your sugary beverages and drink water (8 glasses a day) instead.
2. Stop snacking during TV time. Mindless eating while watching TV is not good for you.
3. Do away with larger-than-life portions by asking your waiter to wrap up half your meal before he serves your food. This way you'll cut out half the calories!
4. Say bye-bye to white bread and look for labels that say "whole grain". Make half your grains whole grains instead!
5. Switch to fat-free or low-fat (1%) milk – you get the same amount of calcium but way less fat.
6. You can get plenty of protein from low-fat dairy, beans, eggs, nuts, and fish, so make red meat a treat.
7. Fresh is best – pick fruit instead. Your body will thank you.
8. GREEN is a beautiful thing! Make half your plate fruits and vegetables.
9. Slow down! It takes about 20 minutes for you to feel full after eating. Listen to your body.

References

PowerMeA2Z. AZ Department of Health Services.

www.powermea2z.org/do/physical-activity/

PowerMeA2Z. AZ Department of Health Services. www.powermeA2Z.org/do/sleep/

PowerMeA2Z. AZ Department of Health Services. www.powermeA2Z.org/do/nutrition/

DID YOU KNOW

You can visit www.eatwellbewell.org to get information on how you can eat healthier and feel better too!

NOTES

CHAPTER 8 TOBACCO

SMOKING

Stub out that cigarette for the sake of your...

SKIN: Dry, wrinkled, pimply...

Your body does not get enough oxygen when you smoke, which dries out your skin and creates wrinkles and blemishes that make you look years older.

SENSES: Dull, bored, and boring...

Did you know that smoking actually dulls your sense of smell and taste? The longer you smoke, the less you will be able to enjoy yummy scents and tasty foods. Researchers are also beginning to link smoking with loss of sight and hearing. The good news is that quitting now can restore your senses.

STYLE: Stinky, stained, stifled...

Smoking is stinky, not stylish. It stains your teeth and fingernails, dulls your hair, and gives you bad breath. In fact, the yucky cigarette smell clings to your skin, hair, and clothes, even if it's mixed with perfume. To top it all off, it's tacky to burden other people with the stink and risks of second-hand cigarette smoke.

Nothing about smoking is good for your health. Smoking increases your risk of gum disease and heart disease, and damages your overall health.

Even if you do not smoke cigarettes, the products listed here have some of the same effects on your body or worse:

- hookahs
- cigars
- pipes
- chewing tobacco
- snuff
- e-cigarettes.

References

PowerMeA2Z. AZ Department of Health Services. www.powerMeA2Z.org/avoid/tobacco



DID YOU KNOW

Smoking causes not only lung cancer (87% of all cases), but cancer of many other important organs in the body, such as the throat, mouth, liver, kidney, stomach, and more.

NOTES
