

LIVING HEALTHIER

POWERED BY IT'S TIME TEXAS

A LITTLE EXTRA

Sometimes making healthy choices can be confusing or difficult.

Eating foods with less sodium, saturated fat, and added sugars can be a good start for your healthy diet.

Making healthier choices when you eat can help you avoid serious health problems, boost your immunity, and make you feel good, too!



QUIZZERISE

Are you being as healthy as you can be?

ASK YOURSELF:

How many foods have you eaten today that were "low-fat," "low sodium," or had no added sugars?

Write it down!



QUICK TIPS

1. Most meat have labels saying "85% lean / 15% fat" or "90% lean / 10% fat." The higher the lean number and lower the fat number, the better!
2. Try 1 or 2% milk, low-fat yogurt, low-fat or fat-free cheese, or veggies (like broccoli and green beans) to boost your calcium.
3. Add spices (like cumin, turmeric, and oregano) instead of salt. Eating lots of salt can raise your blood pressure and make it hard to lose weight.



Take a picture of yourself and your friends or family eating together and enjoying a healthy meal, then upload it to social media or send it to your friends!

itstimetexas.org/livinghealthier/

1-844-262-6224

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at yourtexasbenefits.com.

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CHALLENGE

Below are foods that have a lot of saturated fats, added sugar, or sodium. Choose 3 you think you could cut down on:

- » Baked goods like cakes, cookies, donuts, pastries, sweet rolls, pies, and croissants
- » Cheese and foods with a lot of cheese, like pizza
- » Sausages, hot dogs, bacon, and ribs
- » Ice cream and other dairy desserts
- » Potatoes fried in a saturated fat or hydrogenated oil, like French fries
- » Regular ground beef and meat with visible fat
- » Fried chicken and other chicken dishes with the skin
- » Whole milk and full-fat dairy foods
- » Drinks with lots of sugar
- » Candy
- » Sugars, jams, syrups, and sweet toppings
- » Soups
- » Taco mixes
- » Dressings, sauces, and gravies
- » Pre-packaged rice or pasta dishes
- » Packaged or prepared poultry, meat, or seafood products

FACTOIDS

1. Milk products come from many animals, like cows, goats, water buffalo, llamas, horses, and sheep.
2. Regular cream cheese, butter, and cream are not part of the dairy food group because they have little or no calcium and are high in saturated fat.
3. Some vegetables (like peas and beans) are both vegetables and proteins!

CHALLENGE

Look at some of the ways you could eat more healthy options. Pick 2 you think you can try:

- » Use oil-based dressings and spreads instead of butter, stick margarine, or cream cheese
- » Use low-fat plain yogurt instead of cream or sour cream
- » Drink water, unsweetened tea or coffee, or calorie-free drinks
- » Eat fruit for dessert or a snack instead of foods with added sugars
- » Buying packaged foods that have less or no added sugars (like plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup)
- » Buy low-sodium, reduced sodium, or no-salt-added products
- » Look for fresh, frozen, or canned vegetables without added sauces or seasonings
- » Buy fresh or frozen poultry, seafood, and lean meat instead of prepared or ready-to-eat products
- » Cook at home to control the sodium you eat
- » Buy lean meat instead of fatty meats

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TEST YOURSELF

Answer these questions from www.choosemyplate.gov

DAIRY QUIZ

1. What important mineral is found in all foods in the Dairy Group?
A: Vitamin C
B: Riboflavin
C: Calcium
D: Fiber
2. Milk is the only food that contains calcium.
A: True
B: False
3. How many cups from foods in the Dairy Group are recommended for adults each day?
A: 1 cup
B: 2 cups
C: 3 cups
D: 4 cups
4. What type of milk is recommended for adults?
A: Fat-free (skim)
B: Buttermilk (full fat)
C: Reduced fat (2%)
D: Whole milk
5. Which of these is a calcium option for people who are lactose intolerant?
A: Lactose-free milk
B: Calcium-fortified soy milk
C: Yogurt and some cheeses
D: Kale and collard greens
E: All of the above

ANSWERS: C; B; C; A; E

PROTEIN QUIZ

1. Nuts and seeds are good sources of what?
A: Protein
B: Dietary fiber
C: Minerals
D: Vitamin E
E: All of the above
2. What are these?
A: Pistachios
B: Almonds
C: Peanuts
D: Hazelnuts
3. Foods in the Protein Foods Group provide protein, but which of these foods from that group is also a source of calcium?
A: Peas
B: Sardines
C: Chicken
D: Ham
4. You should eat seafood in place of meat or poultry twice a week.
A: True
B: False
5. Should you wash or rinse raw meat or poultry before you cook it?
A: Yes
B: No



ANSWERS: E; B; B; A; B

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CHALLENGE

Now, write the specific foods you will eat during each meal:

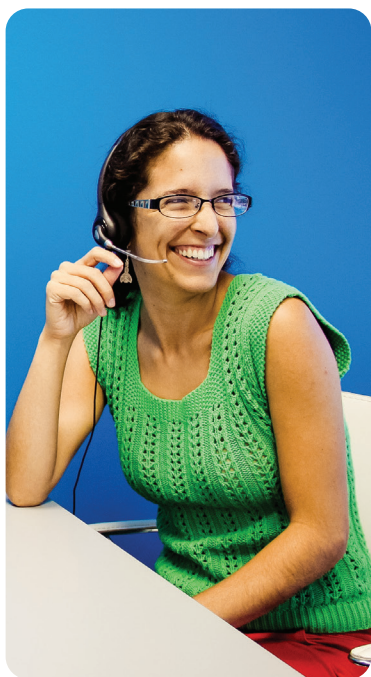
Breakfast:

Snacks:

Dinner:

Dessert:

REMEMBER



The Living Healthier Coach Hotline is designed to help you achieve your personal health goals!

Use the space above to make a plan to make healthier choices with your family.

Talk to a health coach about your goals and get support!

FREE

English and Spanish

Confidential

Call: 1-844-262-6224

Email: LHcoach@itstimetexas.org

Visit: itstimetexas.org/livinghealthier/

itstimetexas.org/livinghealthier/

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