Nutrition and Exercise

Do you know why it's so important to eat healthy foods? Eating well helps your body get all the nutrients (NOO-tree-unts) it needs.

Nutrients help keep your muscles, bones, heart, eyes, and other parts of your body working well. Some nutrients help prevent illness:

- Calcium and vitamin D can prevent bone loss.

- Omega-3 (oh-MEG-uh three) fatty acids may lower your risk for heart disease.

- Fiber from whole grains helps lower your chances of heart disease or stroke. Fiber may also lower your risk of some cancers.

Water

Women should drink eight 8-oz. glasses of water a day. Men should drink twelve 8-oz. glasses of water a day. Drink more if you exercise and in hot weather.

Try to eat foods with these nutrients:

Nutrient	How much do you need?	What foods have it?
Calcium	Adults under 50: 1,000 mg/day. Adults 50 and over: 1,200 mg/day.	Fat-free and low-fat milk, cheese, and other dairy foods. Greens such as kale and broccoli. Here are amounts of calcium in some foods: 1 C low-fat yogurt: 345–415 mg; 1/2 C cooked kale or broccoli: 90 mg.
Vitamin D	Adults under 50: 400–800 IU/day. Adults 50 and over: 800–1200 IU/day.	Fortified milk, egg yolks, and saltwater fish. Here are amounts of Vitamin D3 in some foods: 1 C vitamin D-fortified milk: 98 IU; 1 egg yolk: 20 IU. Vitamin D is made in the skin after being in the sun. The body may get enough from being exposed to sunlight for 10–15 minutes 2–3 times a week.
Omega-3 fatty acids	No more than 3 g/day. No more than 2 g/day from a supplement.	Fatty fish such as salmon, lake trout, herring, and tuna. Here are amounts of omega-3 fatty acids in some foods: 3 oz. wild salmon: 1.6 g; 3 oz. rainbow trout: 1 g.
Fiber from whole grains	Aim for 25 g/day	Oats, oatmeal, barley, corn, popcorn, brown rice, wild rice, buckwheat. Breads and other foods that list whole grains as the first item in ingredient list. Here are amounts of fiber in some foods: 1 C oatmeal: 4 g; 1 slice whole wheat bread: 1.9 g.

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Food	How to Make Healthy Choices
Red meat (beef, pork, or lamb) and processed meat (bacon, sausage, ham, hot dogs, cold cuts)	Red meat is high in saturated fat. Saturated fats raise cholesterol. Cut down on red meat and processed meat. In place of red meat, choose more turkey, chicken, fish, or beans. Bake or broil rather than fry or charcoal-broil. A serving of red meat is 3 oz. This is the size of a deck of cards or a bar of soap.
Turkey or chicken	Eat without skin and no added fat. Bake or broil. A serving size is 3 oz. This is the size of a deck of cards or a bar of soap.
Fish	Bake, broil, or poach. Good source of omega-3 oils. A serving size is 3 oz. This is the size of a checkbook. Eating oily fish (tuna, salmon or trout) twice a week may lower your risk of heart disease.
Fruits and vegetables	Try to eat 5 or more servings of fruits and vegetables a day. Eating them may lower your chance of getting certain cancers and help lower your blood pressure.
Oils and fats	Choose healthy fats such as olive oil and peanut and other nut oils to reduce your risk of heart disease and cancer.

Exercise

Being more active makes you more healthy. The American Cancer Society recommends 30 minutes of moderate to vigorous physical activity on 5 or more days per week. Talk to your doctor before starting any new exercise routine.

Examples of Moderate Exercise

Walking, dancing, bicycling, ice and roller skating, horseback riding, canoeing, yoga, volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing, mowing the lawn, general yard and garden work, housework

Other Healthy Eating Tips

You should try to eat more of some foods, like fruits and vegetables. You should eat less of other foods, like red meat.

Ways to Be More Active

- When you drive to work or to the store, park far away and walk.

- Instead of taking the elevator, use stairs. Climb stairs to use a restroom one floor up.

- If you work at a desk all day, take a quick five-minute walk every hour or so.

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