



Eat & Live Healthy for the Holidays

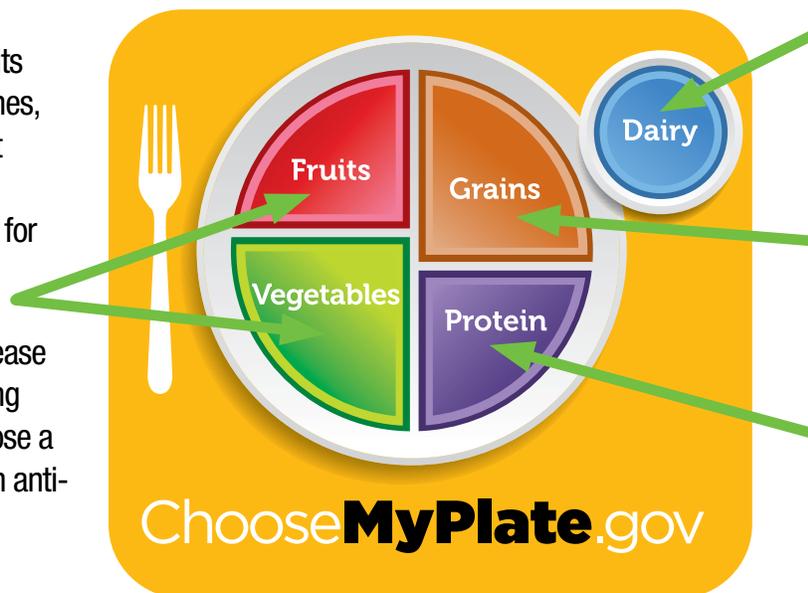
## Challenge Day 3: EAT THE RIGHT MIX

Everything you eat and drink matters. When you're preparing a meal, pause for just a moment, take a look at your plate and ask yourself: Are these the right foods? The right portion sizes? The right balance between food groups?

The USDA created **Choose My Plate** to make smart choices easier than ever. Use these guidelines each time you eat to build a healthy plate.

Fill half your plate with fruits and veggies for strong bones, good digestion and weight control. Fruits and veggies may help reduce your risk for some types of cancer.

Select whole fruits to increase fiber intake. When shopping for fruits and veggies choose a wide range of colors for an antioxidant and vitamin boost.



Consider switching to low-fat and fat-free dairy products.

At least half your grains should be whole grains.

Vary your protein routine and keep it lean. Build a meal around seafood once a week. Explore recipes that include plant-based proteins like beans and peas as the main attraction. They're naturally low in saturated fats and high in fiber.

Be sure to join Cook County's "Eat & Live Healthy for the Holidays" private Facebook page and share experiences with your fellow employees!

Visit <https://www.facebook.com/groups/Myhealthconnections/> to join.