

Recommendations for Health

WHAT TO EAT

1. Plan to eat 3 meals a day, with 1-3 snacks if needed
2. Balanced meals and snacks
 - Meals should include at least 3 food groups, one of which is protein
 - Snacks: fresh fruit, veggies, or low-fat dairy (e.g. yogurt, avoid added sugars)
3. Per food group recommendations
 - Dairy: choose 0-1% fat products
 - Proteins: choose leaner animal or fish, or plant based (e.g. legumes, lentils, nuts, seeds)
 - Grains and starches: choose whole grains, less processed
 - Fruits and vegetables: choose whole items, less processed

WHAT NOT TO EAT

1. Sugary foods
 - Sweets, candy, dessert, soda, juice
 - Avoid/reduce adding sugar to food and drinks
 - Read ingredient list to avoid foods with "high-fructose corn syrup"
2. Fatty foods
 - Fried foods, fast foods, street foods
 - 2% or whole fat dairy
3. Snacks
 - Chip, cookies, soda, juice, fried/fatty, junk foods

ACTIVITIES

1. Physical movement and activity
 - At least 20 minutes daily, goal 60 minutes daily
2. Screen and digital time
 - Limit to less than 2 hours of free time daily
3. Sleep
 - Get at least 8-10 hours of regular sleep every night



**DAIRY
LÁCTEOS**

**FATS
GRASAS**



**HERBS & SPICES
HIERBAS Y ESPECIAS**



What are some of your favorite foods?

Fruit	Vegetables	Grains	Protein	Dairy