

Healthy Eating Tips

- Eat breakfast within two hours of rising.
- Eat at least five servings of fruits and vegetables with at least three being from vegetables.
- Drink at least five 8-ounce glasses of water each day.
- Eat at least three servings of whole grains daily.
- Do not eat after your evening meal.
- Limit your sodium intake.
- Limit high-sugar foods and beverages.
- Limit the amount of times you dine out.
- Consume moderate-size portions.
- Add fish into your diet twice a week.
- Plan your meals ahead of time and *cook* them at home.



What habit will you adopt this month?



Looking for an inexpensive workout that you can do at home? Search YouTube for "Health Department Workout Video."



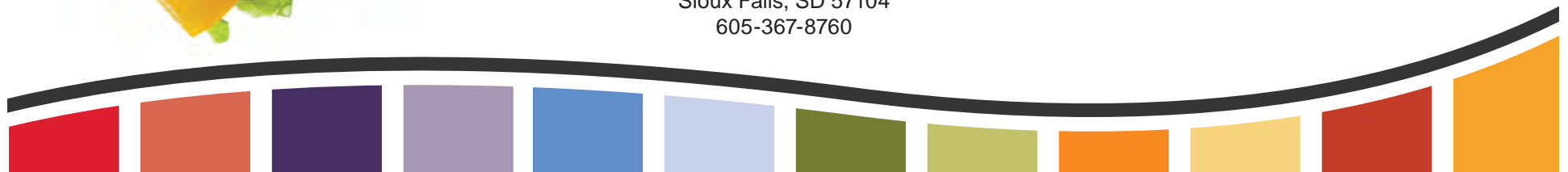
Live Well
Sioux Falls

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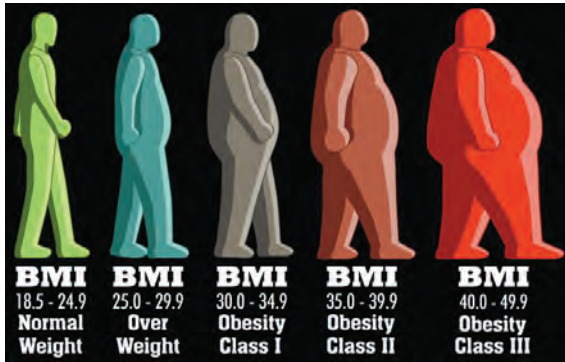


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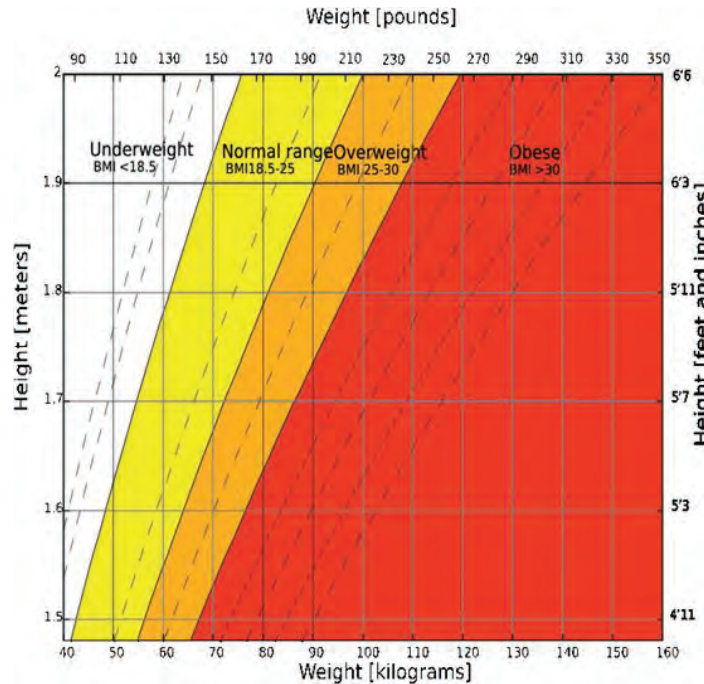
MAINTAINING A HEALTHY BMI



BODY MASS INDEX (BMI)



Body Mass Index (BMI) is used to identify if you are at a healthy weight. Your BMI is made up of two components: height and weight. Not everyone with a high BMI is unhealthy. BMI does not assess your body composition, so if you are heavy due to muscle, you will be incorrectly categorized. However, for the majority of people, BMI is a great indicator of a person's overall health.



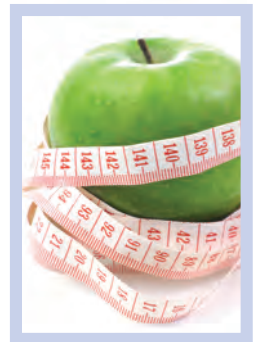
Directions:

Find your height on the left or right, find your weight on the top or bottom, and draw a line until the two lines intersect. See which color you are in and that will tell you your BMI classification.

How to increase your BMI

If you are *underweight* and need a healthy way to add a few pounds, talk with your doctor and try following some of these tips:

- ▣ Eat more frequently, five to six smaller meals, as you will fill up faster at meal times.
- ▣ Choose nutrient-rich foods such as whole-grain breads, pastas and cereals; fruits and vegetables; low-fat dairy products; lean protein sources; and nuts and seeds
- ▣ Try smoothies and shakes that are filled with fresh fruits and healthy fats such as flax seed.
- ▣ Add in calorie-dense snacks such as nuts, cheese, and dried fruits.
- ▣ Consume healthy beverages in between your meals, such as all-natural fruit juice and low-fat milk.
- ▣ Have a healthy treat that provides nutrients, such as bran muffins, yogurt, fruit pies, and granola bars.
- ▣ Exercise! Strength training especially can help you gain weight and increase your muscle mass.
- ▣ Avoid foods with little nutritional value, like doughnuts, cakes, cookies, french fries, and burgers.



How to decrease your BMI

If your BMI is 30 or above, you are considered obese and you are subject to all the complications that obesity brings with it. Tips to lower BMI:

- ▣ Eliminate all the high-fat, high-sodium, and high-sugar foods from your diet.
- ▣ Eat foods with high nutritional value such as lean meats, eggs, fish, whole grains, fruits, vegetables, nuts, and low-fat dairy.
- ▣ Reduce your intake of alcohol and other high-calorie beverages.
- ▣ Eat breakfast within two hours of rising.
- ▣ Consume small meals throughout the day instead of three large meals.
- ▣ Walk briskly to burn calories on a daily basis—aim for at least 30 minutes of physical activity per day.