



Yeled v'Yalda WIC Program

Tel. 718.686.3799 • Fax 718.871.7736

www.yeled.org

Healthy Start Activity Choices

**Jumpstart your day
with an Active Start**

- Race your children to the bus stop and jog in place while waiting
- Put your baby in the carriage and go for a walk
- Put on some music and dance around the house while straightening up
- Need to go to work? Get off the bus or train one stop early; park your car a few blocks from your destination and walk the rest of the way
- Take the stairs instead of the elevator

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age, or disability should write to the Secretary of Agriculture, USDA. New York State prohibits discrimination based on creed, marital status and sexual orientation. Persons who believe they have been discriminated against based on the New York State Human Rights Law should call the Growing Up Healthy Hotline at 1-800-522-5006, or write to the WIC Program Director, Riverview Center, FL6W, 150 Broadway, Albany, NY 12204.





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Healthy Start Food Choices

Eat Smart with a Healthy Start

- Whole grain cold and hot cereals, whole grain crackers, and breads
- Low-fat milk, low-fat yogurt, low-fat cottage cheese, and fat-free cheese
- Vegetable omelets, egg whites, hard- and soft-boiled eggs
- Cut up melon, such as cantaloupe, honeydew, and watermelon
- Pineapples and oranges
- Dark green leafy vegetables, peppers, cherry tomatoes, carrot sticks
- Tuna fish and salmon



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Healthy Start

Start your day with a Healthy Start

Through Healthy Start, YvY WIC looks to encourage all of our participants to start every day with healthy choices. Breakfast is the most important meal of the day. A healthy breakfast leaves you more productive throughout the day. Starting your day with physical activity will leave you feeling healthier and more energetic, leading to a feeling of well being that will last through your day.

How Does Healthy Start Work?

You will receive a Healthy Start Planner to help you document your Healthy Start Choices.

How Does Healthy Start Help Me?

By recording your food intake and your activity level, you will gain insight into the quality of the foods you are consuming. Furthermore, YvY WIC nutritionists will use your documented choices to help you reach a better understanding of your lifestyle and how food and exercise come into play. They will use your choices to establish nutritional goals for you and your family. There are more immediate benefits for you as well. When you return to YvY WIC with one week's worth of Healthy Start choices documented in your planner, you will receive a Healthy Start prize!

For more information, call us at 718.686.3799.



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Healthy Start

Eat Smart with a Healthy Start

Healthy Choices Are the Right Start to a Healthy Day!

A HEALTHY LIFESTYLE FOR A HEALTHY YOU

Starting with small dietary changes is the easiest way to develop a healthier lifestyle. Pick one goal and work on it for a week. Incorporate more of the goals as time goes on; you won't believe how good you'll feel! You'll have more energy, you'll feel better — the benefits of a healthy lifestyle are endless. Good luck!

Healthy Lifestyle Ideas:

- Drink a glass of water before meals
- Try vegetable sticks and dip for a daily snack
- Limit your caffeine intake to only once daily
- Aim for "5-a-Day" (3 vegetables and 2 fruits)
- All grains should be whole grains
- Choose brown rice, kasha, oatmeal, and whole wheat/whole grain bread
- Only eat foods low in saturated fats and cholesterol
- Choose lean cuts of meat and low fat dairy
- Exercise daily — no equipment necessary
- When the weather is nice, go out for a walk
- In inclement weather, dance or jog in the house
- Walk up and down your steps
- Choose a parking space further than usual