






# EAT WELL

## Eat Your Fruits and Vegetables:




Benefits of eating fruits and vegetables include:

-  Cancer Prevention
-  High in Fiber
-  Nutrient Dense
-  Heart Healthy
-  Low Calorie




Aim for five servings of fruits and vegetables every day. Choose colorful varieties but make sure to eat lots of green leafy vegetables!

## Dairy: Go for the Low!

People who consume diets rich in low fat dairy products have been found to lower their risk for heart disease and seem to lose weight more effectively.




-  All 8 ounce cartons of milk contain the same amount of protein, calcium, and vitamin A
-  Choose low fat or skim milk
-  The only difference between regular, low fat, and skim milk is the saturated fat content –

Use the two smaller sections for the meat/dairy and grain foods; use the largest section for the fruits/vegetables.





-  Eat three meals a day. If you feel you need a snack choose a fruit or vegetable.
-  Drink water instead of juices and soda.
-  Use oils and fats sparingly.

## PLAY HARD

Children need at least 60 minutes of physical activity every day. Being physically active is fun, and it helps you feel good too!


-  Increases your energy
-  Improves your immune system and overall health
-  Mood enhancer

## Let's Get Physical!


-  Walk up and down the stairs
-  Leave the car at home, or park a little bit farther away from your designated location
-  Walk your child to school or to the bus stop
-  Visit a park, museum, or zoo


- Regular Milk: 8 grams of fat
- 2% Milk: 5 grams of fat
- 1% Milk: 2.5 grams of fat
- Skim Milk: 0 grams of fat

## Whole Grain is a Healthy Gain:



-  Fruits, vegetables, whole grain bread, cereals, crackers, and pastas are a great source of dietary fiber – needed for

increasing your metabolism and getting your digestive tract moving.

-  Whole grains are packed with vitamins and fiber – unlike refined grains which lack many essential vitamins.

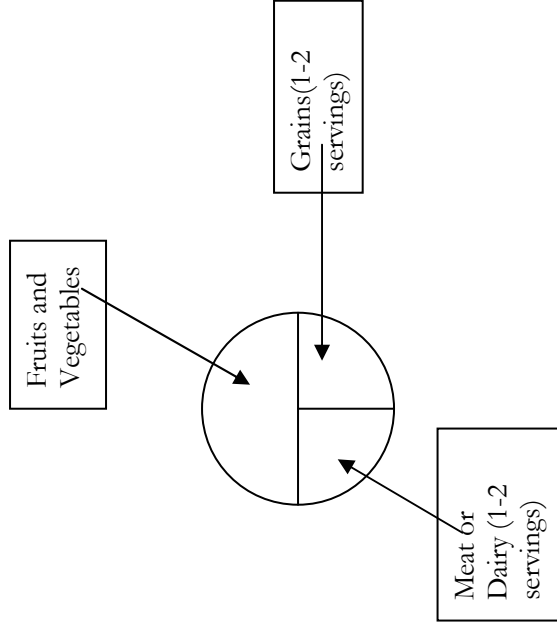
-  Whole grains and other sources of fiber help to lower cholesterol. Oat bran is particularly good at this.

## Portion Control:

-  Use small plates at home (8" in diameter).
-  Imagine that your plate is divided into three sections.

**Put on some music and dance!**

## Dividing Up Your Plate



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.

**Yeled V'Yalda WIC Program**  
3820 14<sup>th</sup> Avenue  
Brooklyn, NY 11218  
Phone (718) 686-3799  
Fax (718) 871-7736

### YELED V'YALDA WIC HOURS OF OPERATION

**Monday: 11:00 am – 7:00 pm**

**Tuesday: 8:30 am – 4:30 pm**

**Wednesday: 8:30 am – 4:30 pm**

**Thursday: 7:00 am – 3:00 pm**

**Friday: 8:30 am – 12:30 pm**

**Last Sunday of every month:**

**9:00 am – 12:00 pm**

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

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**YELED V'YALDA WIC  
PROGRAM**

**EAT WELL  
PLAY HARD**



 **Healthy Eating Habits**

 **Portion Control**

 **Physical Activity**