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 –

  - 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.

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
Dividing Up Your Plate

- Fruits and Vegetables
- Grains (1-2 servings)
- Meat or Dairy (1-2 servings)

WIC is an equal opportunity program. 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

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
Healthy Eating Habits

Portion Control

Physical Activity

EAT WELL
PLAY HARD