

Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



EAT A HEALTHY DIET

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart choices. A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods. Find out which foods to add to your diet and which to avoid.

TO EAT A HEALTHIER DIET:

- Replace saturated fats in your diet with unsaturated fats.** Use olive, canola, or other vegetable oils instead of butter, meat fats, or shortening.
- Cut back on sodium.** Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed. Choose fresh or frozen vegetables that have no added salt and foods that have less than 5% of the Daily Value of sodium per serving. Rinse canned foods.
- Choose more complex carbs.** Eat more complex carbs, like starches and fiber. These are found in whole-grain breads, cereals, starchy vegetables, and legumes.
- Cut added sugars.** Pick food with little or no added sugar. Use the Nutrition Facts label to choose packaged foods with less total sugar.
- Get more fiber.** Switch to whole grains and add different kinds of vegetables, beans, nuts, and seeds to your diet.