



HealthiestWeight

April 2015

Highlights

2015 Dietary Guidelines*

- Obesity is an epidemic; more than two-thirds of adults and one third of children are overweight or obese.
- Obesity and poor eating habits contribute to preventable diseases such as heart disease, high blood pressure, diabetes and some types of cancer.
- Adults consume too much sodium and saturated fat (which contribute to heart disease and high blood pressure)
- Sugar-sweetened beverages and refined grains should be limited or eliminated. Drinking water should be encouraged.
- What should you eat? Vegetables, fruits, whole grains, low- or non-fat dairy, legumes and nuts. Lean red meat can be a part of a healthy diet, but fatty meats and processed meats should be limited or avoided.

*report compiled every 5 years by the federal government

National Public Health Week

April 6-11

Serving and protecting the health of the community through education, disease surveillance, response and prevention programs.

Did you know?

Most people do not consume enough calcium, vitamin D, potassium or fiber.

Adolescents and premenopausal women may require extra iron.

Potassium Rich Fruits

Bananas • Oranges • Kiwi

Calcium Rich Foods

Yogurt • Cheese • Milk

Iron Rich Foods

Lean beef • iron fortified cereal

Fiber Rich Foods

Raw fruits & veggies • Beans • Nuts

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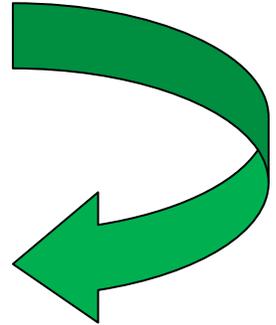


Let's get healthy together!

We are proud to partner with the United Way of Martin County's Health Task force to promote 5-2-1-0. Adults and children can follow these tips!

5-2-1-0 Let's Go! starts with a healthy daily routine

		5	Servings of fruit and vegetables
		2	Hours or less of recreational screen time
		1	Hour of physical activity
		0	No sugary drinks, more water and low fat milk And a full-night's sleep



Follow the Plate!

- ~ 1/2: fruits and vegetables
- ~ 1/4: whole grains : brown rice, quinoa, whole wheat bread/pasta
- ~ 1/4 : lean protein, bean or legumes

Drink water or skim milk

Get moving!



- ◆ Be active at least 1 hour a day
- ◆ Plan fun activities: invite friends
- ◆ Take the stairs
- ◆ Walk around the block during breaks
- ◆ Try something new: dancing or yoga!

We are Public Health

Our mission is to promote, protect and improve the health of all people in Florida through integrated state, county and community efforts.

For more information:

**Florida Department of Health
Martin County**
www.MartinCountyHealth.com