Your Healthiest Self

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:

- **Limit “bad” fats.** Reduce saturated fats and trans fats in your diet. These include butter, meat fats, stick margarine, shortening, and coconut and palm oils.

- **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.