

# 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:

- Eat a variety of foods**—vegetables, fruits, whole grains, beans, nuts, seeds, lean meat, seafood, eggs, milk, yogurt, and cheese.
- Cut back on sodium.** Limit foods that are low in vitamins and minerals.
- Cut down on sugar.** Pick food with little or no added sugar. Choose packaged foods with less total sugar.
- Get more fiber.** Increase your fiber intake gradually, so your body can get used to it.
- Replace saturated fats in your diet with unsaturated fats.** Use olive, canola, or other vegetable oils instead of butter, meat fats, or shortening.
- Choose more complex carbs.** Eat more complex carbs, like starches and fiber. These are found in whole-grain breads, cereals, starchy vegetables, and legumes.
- Watch out for foods high in salt.** Choose foods with less than 5% of the Daily Value of sodium per serving. Rinse canned foods.