



Living Well Month Healthy Eating

National Living Well Month celebrates the efforts of Family and Consumer Sciences (FCS) Agents to help you improve your life and strengthen families through educational programs offered by NC Cooperative Extension service in all 100 counties and the Eastern Band of Cherokee.

To learn more about these topics, find related resources and educational programs, contact your county FCS Agent. Find them at go.ncsu.edu/extension-county-centers

1. Choose good carbs! Whole grains are your best bet.
2. Pay attention protein! Fish, poultry, nuts, and beans are the best choices.
3. Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans fat. Plant oils, nuts, and fish are the healthiest sources
4. Choose a fiber-filled diet, rich in whole grains, vegetables, and fruits.
5. Eat more vegetables and fruits. Go for color and variety!
6. Calcium is important. But milk isn't the only, or even best, source.
7. Water is best! Skip the sugary drinks, and go easy on the milk and juice.
8. Eating less salt! Choose more fresh foods and fewer processed foods.

March 10th- 16th Daily Challenge

Sunday

Practice being still for 5 minutes today. Close your eyes and try out some breathing exercises.

Monday

Try having a meal without watching the TV, using your phone, or checking your computer.

Tuesday

Be happier today! Focus on being kind rather than being right.

Wednesday

Teach by example! Let the children plan a healthy dinner and prepare it with you.

Thursday

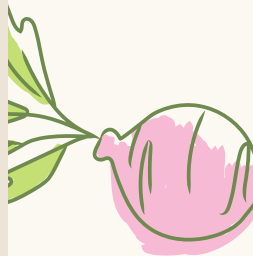
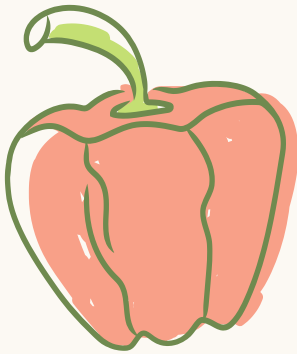
Find an interesting book and read one chapter this week.

Friday

Try a new vegetable today or try a familiar vegetable in a new way.

Saturday

Volunteer one hour of your time to help someone else even in a simple way.



- EAT HEALTHY RESOURCES**
- SUPERTRACKER
 - MYFITNESSPAL
 - LOSE IT! (PHONE APP).
 - BETTER ME

Notes:



NC Cooperative Extension is an equal opportunity provider.

