



Eat Healthy, Do Exercise

Do You Feel Like Snacking?

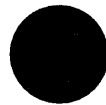


- Pick up an apple and smell it. Yep, you found your snack.

- Or choose a nice vegetable like carrots.

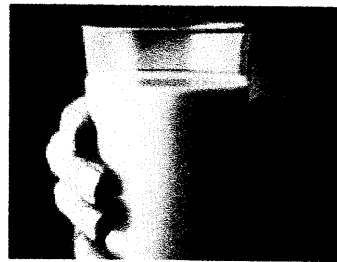


Bunnies like them, you might too.

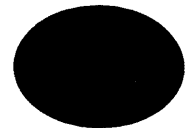


* Are You Thirsty?

- Pour yourself a cold and delicious You'll like it.



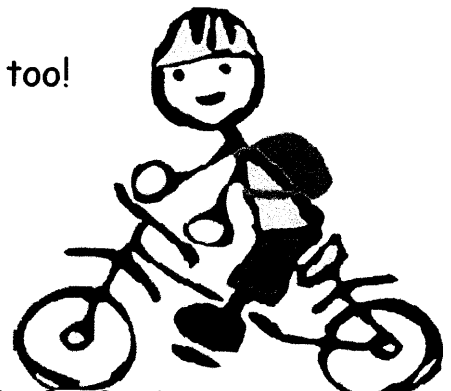
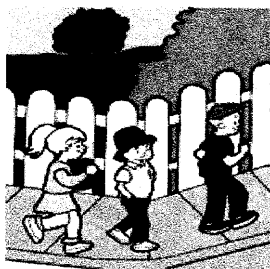
glass of milk



* Hey, Lets Do Something Fun!

- Turn off the TV, take your bike for a ride.

* Go for a walk and take your parents for a walk too!



Let's get rid of that
four letter word -

DIET!!

Try eating the foods you really enjoy
in these portion sizes:

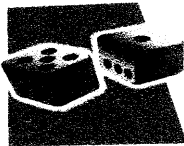
Meats, fish, chicken: the size of a deck of cards,
2 Eggs, or 1 cup of beans. 3 servings per day.



Carbohydrates:

Bread- 1 slice, Rice- $\frac{1}{2}$ cup, Cereal- $\frac{1}{2}$ cup,
6-11 servings per day

Dairy, 2-3 servings per day: Lowfat milk, 1 cup
Hard Cheese, 1 oz - the size of a pair of dice



2-4 medium size **Fruits** & 1 cup salad or $\frac{1}{2}$ cup
of cooked **veggies**, 3-5 servings a day!

Go light on the sweets and fats!

GET HEALTHY HARTFORD, OCTOBER 2003