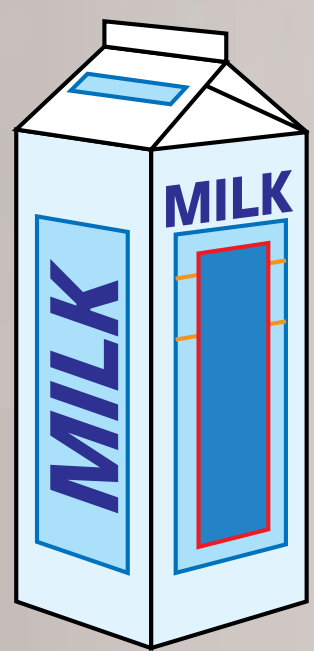


The Heart Smart® program

Five Simple Solutions For Healthy Living

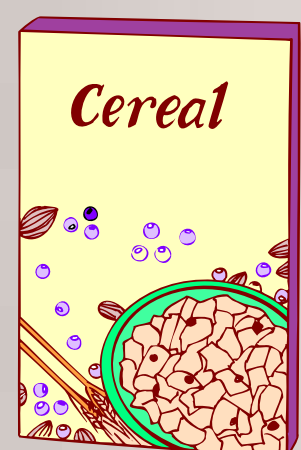
In an effort to help you lead a healthy life, the dietitians at Heart Smart® put together five simple solutions. You will be amazed at how simple changes lead to big health rewards.



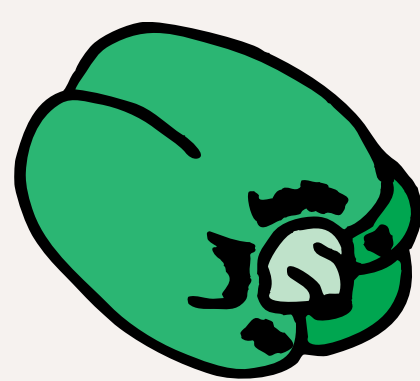
1. Choose Skim Milk Instead of 2 Percent and Whole Milk. The difference between one cup of whole milk and one cup of skim milk is about 2 teaspoons of butter and 70 calories.



2. Break the Fast – Eat Breakfast. According to the American Dietetic Association, kids who regularly eat breakfast perform better in school and are less likely to be overweight. Adult breakfast eaters seem to eat less fat during the day, have lower cholesterol levels and are also less likely to be overweight.



3. Choose a Sensible Cereal that has no more than 3 grams of total fat per serving and at least 3 grams of dietary fiber per serving – 5 grams of fiber would be even better.



4. Eat at Least Five Fruits and Vegetables Every Day. In an effort to reduce the risk of heart disease, high blood pressure or cancer, the National Cancer Institute recommends eating five to nine servings of fruits and vegetables each day.

5. Develop an Eye for Portion Size. Many health experts blame, at least in part, the mega food portion sizes we have grown accustomed to as a contributing factor to the obesity epidemic in this country.

Use the following visuals to judge what a healthy portion size should look like:

• A three-ounce portion of meat, poultry or fish = a woman's palm. 

• A serving of cooked pasta, rice or hot cereal = hockey puck. 

• A serving of cheese = two dominoes. 

• A serving of cold cereal = a baseball. 