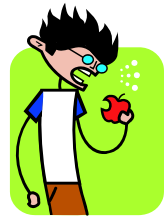


Six Essentials for Healthy Students

1. Fresh Fruits

Eat a variety of fruits. Be creative.



2. Fresh Vegetables

Have a salad....use leaf lettuce, spinach or romaine and an assortment of other vegetables for toppings. Beans and legumes may be added either fresh or canned.

3. Whole Grain Foods

Choose whole grain breads, muffins, bagels, baked snacks, granola and granola bars. Remove high fat, high sugar, low nutrition foods (chips, cookies, snack cakes, sugar drinks and foods with dyes or preservatives).

4. Roasted instead of deep fried

Choose low-fat chips and snack foods.

5. Water

Drink plenty of water each day.



6. Physical Activity

Try different types of activities.
Allow stretch breaks during the day.



U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
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