

CHRONIC DISEASE DAY

SIMPLE SELF-CARE TIP 2

Exercise



Start slow and go at your own pace



Try low-impact aerobic exercises to increase your heart rate without hurting your body



Drink plenty of water

+ Proper Nutrition

Your first meal of the day is important

Eat a healthy breakfast regularly for a lower risk of obesity, diabetes, and heart disease.

Start your day with healthy foods that will replenish your blood sugar and power your muscles and brain.

Healthy Breakfast Foods = Benefits

Oatmeal	♥ 🍌 🛡️	Bananas	⚡ 🦴 👁️	Almonds	♥ 🍌 🛡️
Whole-grain or bran cereals	♥ 🍌 🛡️	Cantaloupes	🍌 ⚡ ♥	Chia Seed	🦴 🍌 ⚡
Greek yogurt	🍌 🦴 🛡️	Eggs	👁️ ♥ 🦴	Avocado	♥ 🍌 👁️
Grapefruits	🛡️ ⚡ 👁️	Apple	♥ 🍌 🛡️		

♥ Heart	⚡ Energy
🍌 Digestive	🦴 Bones
🛡️ Immunity	👁️ Eyes
🦴 Muscle	

Choose the right carbs

Carbohydrates are your body's main source of energy. Stick with the complex carbs found in whole grains, fruits, vegetables, and beans.

Include proteins in meals and snacks

Protein keeps your body growing, maintained, and repaired. Adults should eat about 0.36 grams of protein for every pound of body weight. Active and older people may need even more.

Food	Protein (grams)
3 ounces tuna, salmon, haddock, or trout	21
3 ounces cooked turkey or chicken	19
6 ounces plain Greek yogurt	17
½ cup cottage cheese	14
½ cup cooked beans	8
1 cup of milk	8
1 cup cooked pasta	8
¼ cup or 1 ounce of nuts (all types)	7
1 egg	6