


Exercise + Proper Nutrition

 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

7.1 

care. commit. connect.

Healthy Breakfast Foods = Benefits

Oatmeal			
Whole-grain or bran cereals			
Greek yogurt			
Grapefruits			
Bananas			
Cantaloupes			
Eggs			
Apple			
Almonds			
Chia Seed			
Avocado			

-  Heart
-  Digestive
-  Immunity
-  Muscle
-  Energy
-  Bones
-  Eyes

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

Learn more at ChronicDiseaseDay.org