Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of beets is a good source* of folate. Folate helps make healthy red blood cells and may lower a woman’s risk of having a child with certain birth defects. Beets also have riboflavin (also known as vitamin B₂), which works with other B-vitamins to help your body grow and release energy from the carbohydrates you eat.

*Good sources provide 10-19% Daily Value.

Let’s Get Physical!

No time to exercise? Break up your physical activity into three short sessions throughout the day. Do house chores in the morning. Take a walk on your lunch break. Have a dancing contest with your family or friends in the evening.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

• Make half your plate fruits and vegetables to reach your total daily needs!

For more recipes and tips, visit: www.CaChampionsForChange.net