

August 2021



## Healthy Eating Tips

- Eat balanced meals with a variety of proteins and starches.
- Don't multi-task while you eat.
- Plan meals ahead to always have nutritious food on hand.
- Try grilling or baking for healthier versions of your favorite foods.

### Build better habits with **LET'S GO!**

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| <b>5</b> Eat at least five fruits and vegetables per day. | <b>2</b> Limit your screen time to two hours or less.              |
| <b>1</b> Do an hour of physical activity each day.        | <b>0</b> Reduce or eliminate sugary drinks by drinking water more. |

Resources: <https://www.mainehealth.org/Lets-Go/Childrens-Program/Parents>  
[https://www.cdc.gov/healthyweight/healthy\\_eating/index.html](https://www.cdc.gov/healthyweight/healthy_eating/index.html)

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