

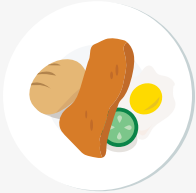


# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

## National Nutrition Month: Go Further with Food

### TIPS FOR EATING RIGHT



#1

#### Eat breakfast!

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

#2

#### Make half your plate fruits and vegetables.

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.



#3

#### Watch portion sizes.

Get out the measuring cups and see how close your portions are to the recommended serving size.



#4

#### Be active.

Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week.



#5

#### Fix healthy snacks!

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.

#6

#### Drink more water.

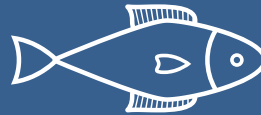
Quench your thirst with water instead of drinks with added sugars. Stay well hydrated by drinking plenty of water



#7

#### Get cooking, and enact family meal time.

Preparing foods at home can be healthy, rewarding and cost-effective. Plan to eat at home as a family at least a few times each week. Turn off the TV, phones and other electronic devices to encourage mealtime talk.



#8

#### Eat seafood twice a week.

Seafood contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

#9

#### Make an effort to reduce food waste.

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

For more information, you can go to:

<https://www.choosemyplate.gov/national-nutrition-month>

#### UMRHN Community Members

Catawba Community Mental Health Center \* Chester County Representative \* Chester County School District \* Chester Healthcare Foundation \* Chester Regional Medical Center \* Eau Claire Cooperative Health Center \* Fairfield County School District \* Fairfield Memorial Hospital \* Good Samaritan Medical Clinic \* J. Marion Sims Foundation \* John A. Martin Primary Health Care \* Mid-Carolina AHEC \* Midlands Technical College \* North Central Family Medical Center \* SC Department of Health and Environmental Control \* SC Office of Rural Health \* Springs Memorial Hospital \* York Technical College

#### John A. Martin Primary Health Care

Member Highlight

The staff of the John A. Martin Primary Health Care Center provide family medical care for all ages, including prenatal care. Dr. McElmurray, Dr. Shaffer, and Ashley Sirianni, DNP are our providers. They have a long history of helping families develop healthy lifestyles. They provide sick care, well-child care, vaccinations (child and adult); child and adult physicals; family planning, prenatal, obstetrical, and gynecological care; chronic disease care; and minor surgical procedures. We are located at 56 US Hwy 321 Bypass North, Winnsboro, SC 29180. To schedule an appointment, call 803-635-6099.

source: academy of nutrition and dietetics

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