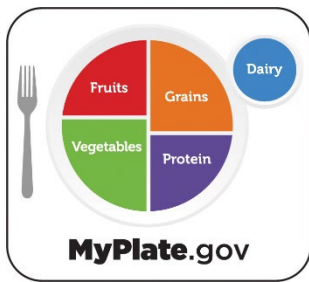


New Year, New You: 4 Tips to a Healthier You

Happy New Year! Did you make a New Year's resolution? Millions of Americans make resolutions every January hoping to improve their health by losing weight, getting fit, or eating healthy. Make this the year you and your family lead a healthier lifestyle by following these 4 tips:

Tip #1 Eat the Right Amount of Calories for You

Everybody requires a different number of calories depending on their age, gender, height, weight, and physical activity level. To determine the right amount of calories for you, enter your information into the Daily Food Plan by MyPlate at <https://www.myplate.gov/myplate-plan>.



Tip #2 Build a Healthy Plate by Following MyPlate

- Find your healthy eating style and maintain it for a lifetime.
- Make half of your plate fruits and vegetables.
- Move to low-fat or fat-free milk or yogurt.
- Make at least half your grains whole grains.
- Vary your protein routine.
- Make small changes.

Tip #3 Choose an Eating Style Low in Saturated Fat, Sodium, and Added Sugars

Consuming foods high in solid fats, added sugars and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks and select fruit for dessert. Add spices or herbs to season food instead of adding salt and compare sodium in foods like soup, bread, and frozen meals. Eat cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs in moderation.



Tip #4 Be Physically Active Your Way

It is important to be physically active your way. Start by doing what you can and picking activities you like. To gain the most health benefits, adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity each week and youth should do 60 minutes (1 hour) or more of physical activity daily.

Source: MyPlate, United States Department of Agriculture: <https://www.myplate.gov>

For more information, contact the author: Kayla Colgrove, MS, RD, ACSM-CPT, Extension Educator at kayla.colgrove@unl.edu. This publication has been peer reviewed.