

The 4 Most Common Mistakes That Causes an Unhealthy Lifestyle

Mistake #1 Skipping Breakfast - Because we are on the go and have limited time in the mornings that we cannot enjoy breakfast we tell ourselves its ok I am not hungry anyway. Or grab something quick like a (pop tart, doughnut, or hot pocket.)

Solution: Here are some quick breakfast items that you can eat and even take on the go- 1 piece of fresh fruit ex: apple, banana, peach, orange, grapes, bowl of oatmeal (even the instant packs), cereal (high fiber, low sugar) scrambled egg, whole wheat bread/toast, sausage.

Mistake #2 Lack of Daily Recommended Fruits and Vegetables - Some families intake less than half of the recommend amount suggested to keep there life balanced.

Solution: Want to stay healthy and have lots of energy? Eat 2 ½-6 ½ cups of colorful fruits and vegetables everyday. Add up your cups by eating fruits and vegetables at every meal and snacks. The cup size you need is based on your age.

Ages 2-3: 1c. fruits / 1c. vegetables.

Ages 4-7: 1c.fruits / 1 ½ c. vegetables.

Ages 8-10: 1 ½ c. fruits / 1 ½ c. vegetables.

Ages 11-13: 1 ½ c. fruits / 2 c. vegetables.

Ages 14-18: 1 ½ c. fruits / 2 ½ c. vegetables.

Ages 19-25: 2 c. fruit / 2 ½ c. vegetables.

Ages 26-50: 1 ½ c. fruits / 2 ½ c. vegetables.

Ages 51+: 1 ½ c.fruits / 2 c vegetables.

Mistake #3 Not understanding the Importance of Eating Fruits and Vegetables - Its over looked from time to time to why we should balance our meals and include fruits & veggies and how truly beneficial they are to our lives.

Solution: Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat free. Reach for blue, purple green, white, yellow, orange, and red fruits and vegetables for our meals and snacks. They help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.

Fruits and vegetables, as part of a healthy diet, and may help you:

- Control your weight
- Lower your risk of stroke, heart disease, and high blood pressure
- Reduce your risk of type 2 diabetes
- Lower your risk of certain types of cancer
- Boost your energy level
- Look and feel great!

Mistake #4 Unsure of how to fit more healthy eating when life is so busy - We Don't feel we have time to keep fruit& vegetables stocked and in reach in the home, or we don't have a lot of time for preparation of meals daily.

Solution: Fruits and vegetables are easy to prepare and are great on the go. Here are some simple ways to get them into every meal and snack:

- Buy more fruits and vegetables on a tight budget.
- Buy fresh fruits and vegetables in season. They cost less and are their best in flavor.
- Stock up on frozen vegetables on sale for fast and easy cooking.
- Helping your family eat more fruits& vegetables at home.
- Keep a bowl of fresh fruit out to snack on all day.
- Add fruit to cereal and serve a small glass of 100% fruit juice for breakfast.
- Buy crunchy baby carrots and celery instead of chips.
- Eat at least two vegetables with dinner and a sweet piece of fruit for dessert.
- Enjoy more fruits and vegetables at work.
- Snack on raisins and other dried fruits or something sweet instead of candy.
- Put extra lettuce, tomato, and other vegetables in your sandwich.
- Bring fruit and vegetable dishes to office parties and potlucks.
- Order for fruits and vegetables when eating out.
- Choose pizza with three or more vegetable toppings like bell peppers, onions and mushrooms.