

# Nutrition Tips from Learn To Live

The Learn To Live program to prevent cancer will be in your supermarket in the next few weeks. In the supermarket, you will see some workers from the program who are there to answer questions you may have about the foods that you eat.

## Tips for a More Healthy Life

Eating well means that you should eat healthy food in good portions. The following tips will help you start to eat better.

- Eat less fat. Bake or grill meats, chicken, and turkey instead of frying them.
- Before cooking, cut the fat from the meat. After cooking, drain the fat from the meat.
- Eat less fast food like hamburgers or French fries. They are high in calories and fat.
- Try to drink skim milk or reduced fat milk.
- Eat more fruits and vegetables. Try to eat 5 servings of fruits and vegetables a day.
- Eat more foods with fiber. Foods like beans and corn tortillas have a lot of fiber. Use only a small amount of vegetable oil when cooking beans or corn tortillas.
- Try to exercise for at least 30 minutes, at least 3 days a week. Walk to the store or to the bus stop. Play with your children at the park. Throw a ball between you and your children. Exercise will give you more energy and you will feel better.