



ACTION STEPS FOR WELLNESS

Take everyday steps to add years to your life.



- Choose mostly plant foods. Eat at least five servings of fruits and veggies a day. Choose ones of different colors. Eat a variety of whole grain foods, beans, and lentils.
- Limit red meat. Avoid meats with nitrates and nitrites and a lot of salt. Examples are ham, hot dogs, and smoked sausage.
- Be physically active for 30 or more minutes every day. You choose the way(s).



- Take medicines as prescribed. If needed, use pill containers or a daily checklist to remind you to do this.
- Wash your hands often.
- Brush your teeth twice a day. Floss every day.
- Get 7-9 hours of quality sleep.
- Stay connected to friends and family.
- Keep learning something new.



- Avoid or limit alcohol.
 - Men: Up to 2 drinks a day
 - Women and persons age 65 years and older: Up to 1 drink a day
 - One drink =
 - 4-5 ounces of wine
 - 1-1/2 ounces whiskey, gin, vodka
 - 12 ounces regular beer
 - 12 ounces wine cooler