



# Extension Nutrition Programs

## FSNEP/EFNEP

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## Food and Fitness: Health for a Lifetime

Being Healthy is an important goal for ourselves and our families. With the choices of food and energy saving devices in our day, we may not be doing all we can to maintain our health. We may be adding extra calories with little nutrition. We may be walking less, watching more television, and being less physically active.

How do we maintain our health for a lifetime?

- Choose a variety of foods from the five food groups.
- Enjoy physical activity.
- Drink plenty of fluids.
- Get enough rest.

Eating a variety of foods helps us to get the

nutrition and energy we need. Choosing foods low in fat helps us to balance our energy needs.

### Orange-Banana Shake

- 1 cup low fat milk
- ¼ cup orange juice
- 1 ripe banana, mashed

Combine all ingredients and mix well. Serves 1 or 2.

**WATER** is sometimes called the “forgotten” nutrient because so many people do not get enough. Staying well-hydrated is important when you are active.

Here’s some tips for getting plenty of fluids:

1. **Plan ahead.** Keep water, milk and juices on hand.

Offer drinks, including water, milk and juices on hand.

Offer drinks, including water, to children at various times throughout the day. Take a water bottle with you when you go out, especially if you are involved in an activity.

2. **“Think Your Drink.”**

Offer drinks that provide nutrients. Low fat milk, 100% juice and water really cut a thirst. Offer pop, sports drinks and sweetened drinks in limited amounts.

3. **Be in balance.** The more active you are, the more you need to drink. Don’t wait until you feel thirsty – take a drink before your activity.