Good nutrition is key to avoid obesity and to keep Americans healthy.

People with healthy eating patterns live longer and are at lower risk for serious health problems. For people with chronic diseases, healthy eating can help control those issues and prevent more problems later.¹

The U.S. Department of Agriculture released the MyPlate guidelines.²

On the right is an image that shows daily healthy and well-balanced meals. Visit www.myplate.gov/eat-healthy/what-is-myplate to find out more.

- Fruits: Whole, fresh fruits are best.
- Vegetables: At least one to two cups of raw or cooked vegetables, vegetable juice or leafy greens.
- Grains: Whole grains, such as those made with whole-wheat flour.
- Proteins: Specific protein needs vary by age and gender. Visit the website to find out more.
- Dairy: Low-fat milk or soy milk and eat yogurt or natural cheese.³

**Physical Activity for a Healthy Weight⁴**

Moderate, regular physical activity is important for good health, and it’s especially important if you’re trying to lose weight or to maintain a healthy weight. If you breathe faster and your heart beats faster but you can still talk, it’s probably moderate exercise. **Examples of good, moderate exercise include:**

- Walking at a good pace (a 15–minute mile).
- Light yard work (raking/bagging leaves or using a lawn mower).
- Biking at a casual pace.
- Actively playing with your children or grandchildren.

**The Health Effects from Obesity³**

- Stroke
- Sleep apnea
- Gallbladder disease
- Type 2 diabetes (Increased hunger, weight gain, slow-healing sores and more)
- Osteoarthritis (A breakdown of cartilage and bone within a joint, such as in the hips and lower back)
- Body pain and difficulty with moving around
- Mental illness, such as depression, anxiety and other mental disorders
- Coronary heart disease
- High blood pressure (hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of other bad cholesterols
- Osteoarthritis

**WHERE DO I GET MORE INFORMATION ABOUT HOW TO MANAGE MY WEIGHT AND DIET?**

Contact your local Community Health Center or another health care facility for an appointment.

To find a health center, visit www.chc-ar.org/health-center-list or call 501-374-8225.

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**SOURCES:**


This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.