

# HEALTHIER EATING HABITS ARE possible

Adding more fruits and veggies to your plate and reducing sugary beverages are simple changes that can help create healthier futures for you and those you care about!

**Here are some great ways to start.**



## Add some color to your plate

Adults should strive for 2 cups of fruit and 2.5 cups of veggies each day.



## Cook at home, your way

Preparing meals at home helps you control both your grocery budget and what goes into your body.



## Discover refreshing alternatives

Add your favorite fruits to water for a refreshing, healthier beverage choice.

To find more ways to build healthy, nutritious habits, visit,



# MOVE TOWARDS A HEALTHIER lifestyle

Every bit of exercise you do helps you feel better,  
physically and mentally.

Get your fitness routine started with these simple exercises.

## Lunges

strengthen  
your body for  
climbing stairs.



## Back rows

help you  
lift groceries.



## Heel raises

help when  
reaching for  
something high.



## Arm curls

make lifting  
groceries or  
your kids easier.



To find step-by-step instructions on how to do these  
exercises and others you can do at home visit,

uncover  
**HEALTHY HABITS**  
.COM



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