

STAYING HEALTHY

Healthy Habits, Healthy You



Program to Prevent Type 2 Diabetes and Heart Disease

Take steps to prevent diabetes and heart disease by making healthy food choices and moving more every day to manage your blood pressure and weight, and find ways to relax and cope with stress.

Make Healthy Food Choices by Following the D.A.S.H. Eating Plan

D.A.S.H. (Dietary Approaches to Stop Hypertension) is an eating plan designed to lower blood pressure. It emphasizes fruits, vegetables, low-fat milk products, whole grains, fish, poultry, and nuts.

- Make half your plate vegetables and fruits, and aim for at least 8-10 servings a day.
- Choose 100% whole grains like whole wheat bread, oats, and brown rice.
- Choose lean meats, poultry without skin, and cook by grilling, baking, or broiling.
- Keep a healthy snack with you, like fresh fruit or a handful of nuts.
- Control your portions by putting less food on your plate, or using a smaller plate, bowl, or glass.
- Cut back on high-fat foods like whole milk, cheeses, and fried foods.
- Drink water instead of juice, sweet tea, or regular soda. Limit candy, pastries, and desserts.
- Reduce daily sodium intake to less than 2,300mg.
- Use oils to replace shortening and butter, and season with onion, garlic, and fresh herbs instead of salt, bacon, or cured meats.
- Try grilled chicken or salads instead of a cheeseburger or pizza at fast food restaurants.

Move More, Be Active

- Try to be active for at least 30 minutes, 5 days a week. Up to 60-90 minutes daily may be needed for weight loss.
- Walk in a safe place like the mall or at community centers.
- Dance and turn up the music when doing household chores.
- March in place while you watch TV.

Find Ways to Relax and Get More Sleep

- Try deep breathing, taking a walk, or listening to your favorite music.
- Aim for 7-9 hours of sleep daily. Avoid caffeine, nicotine, or alcohol several hours before going to sleep.
- Think before you eat. Try not to snack when you are bored, upset, or unhappy.
- Avoid tobacco use.

Sources: The 2015 Dietary Guidelines for Americans, choosemyplate.gov, cdc.gov/sleep

For more information, visit
optimahealth.com/mylifemyplan

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Develop habits to prevent diabetes and heart disease

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