



Eat Healthy & Stay Active in the New Year

AS THE NEW YEAR ROLLS IN, MANY PEOPLE EAGERLY MAKE NEW YEAR'S RESOLUTIONS, AND FOR A SIGNIFICANT NUMBER OF THEM, THOSE RESOLUTIONS REVOLVE AROUND HEALTH AND FITNESS.



HAPPY NEW YEAR! WHAT ARE YOUR HEALTH GOALS FOR 2025? WHETHER YOU WANT TO ACCOMPLISH A FITNESS GOAL OR FOCUS ON HEALTHY EATING, NUTRITION AND EXERCISE ARE KEY TO MEETING YOUR GOALS. DISCOVER TIPS TO HELP YOU MAKE HEALTHY CHOICES THAT FIT WITH YOUR LIFESTYLE, PERSONAL NEEDS AND PREFERENCES.

ADD PHYSICAL ACTIVITIES TO YOUR DAILY ROUTINE

WORK, STUDIES AND PERSONAL TASKS CAN MAKE LIFE BUSY, BUT EVEN FITTING SMALL EXERCISE BREAKS INTO YOUR SCHEDULE HELPS KEEP YOUR BODY HEALTHY. FOR EXAMPLE, STRETCH FOR 15 MINUTES AFTER WAKING IN THE MORNING, OR TAKE A 10-MINUTE WALK DURING YOUR LUNCH BREAK.

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



WHO guidelines on physical activity and sedentary behaviour (2020).
For more information, visit: www.who.int/health-topics/physical-activity



EAT A VARIETY OF FOODS

THE DIETARY GUIDELINES FOR AMERICANS, 2020-2025 RECOMMEND CONSUMING A HEALTHY, BALANCED DIET WITH PROTEIN, GRAINS, VEGETABLES, FRUITS, DAIRY AND OILS. CHOOSE DIFFERENT FOODS FROM EACH GROUP OVER TIME TO GET A VARIETY OF NUTRIENTS. FOR EXAMPLE, DARK GREEN LEAFY VEGETABLES LIKE KALE PROVIDE IRON AND FOLATE, WHILE ORANGE VEGETABLES LIKE CARROTS PROVIDE VITAMIN A.

Fruits	Vegetables	Grains	Protein	Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
<p>Daily Food Group Targets — Based on a 2,000 Calorie Plan Visit MyPlate.gov/MyPlatePlan for a personalized plan.</p>				
<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week

Resources

[HTTPS://WWW.MASSGENERAL.ORG/NEWS/ARTICLE/NEW-YEAR-NEW-DIET](https://www.massgeneral.org/news/article/new-year-new-diet)

[HTTPS://WWW.USDA.GOV/ABOUT-USDA/NEWS/BLOG/2022/01/03/EAT-HEALTHY-AND-STAY-ACTIVE-NEW-YEAR](https://www.usda.gov/about-usda/news/blog/2022/01/03/eat-healthy-and-stay-active-new-year)

[HTTPS://COMMUNITYMEDICINE4ASSES.WORDPRESS.COM/2024/06/28/WHO-UPDATES-FACT-SHEET-ON-PHYSICAL-ACTIVITY-26-JUNE-2024/](https://communitymedicine4asses.wordpress.com/2024/06/28/who-updates-fact-sheet-on-physical-activity-26-june-2024/)

[HTTPS://WWW.MYPLATE.GOV/TIP-SHEET/START-SIMPLE-MYPLATE](https://www.myplate.gov/tip-sheet/start-simple-myplate)

2025