



## Build a Healthy Eating Routine

We all know that healthy eating is key to a healthy life - and the good news is that small changes can make a big difference! For the next few months, we'll be looking at tips to build a healthy eating routine that works for you!

### Start by choosing a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:

**Whole fruits** – like apples, berries, grapefruit, papaya, and bananas

**Veggies** – like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama

**Whole grains** – like brown rice, millet, oatmeal, bulgur, and whole-wheat bread

**Proteins** – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu

**Low-fat or fat-free dairy** – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt

**Oils** – like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts.

Depending on your culture and tastes, you might choose different foods than the ones listed here...and that's okay!  
You can find healthy foods that work for you. Just try to Mix It Up!



### Did You Know?

Senior Citizens, Inc. provides Meals on Wheels services in Bryan, Camden, Chatham, Effingham, Glynn, Liberty and McIntosh counties? To learn more about the this and other services, please call SCI at 912-236-0363.