



Provider: _____

Name: _____ Date: _____



FOCUS ON 1 OR 2 AT A TIME:

- Make half your plate veggies, at the least one meal. Eat fruit daily
- Choose whole grains more often
- Eat real food snacks and gauge your hunger appropriately
- Reduce added sugar
- Drink water instead of sugary drinks

POSSIBLE ADDITIONS:

- Stretching
- Chair Exercises
- Walking
- Strength Training: 15 mins 30 mins _____ x/week

Provider Signature: _____

Follow-up Schedule: _____



FOOD MEDICINE
Every Bite Matters



- ▶ **Make half of your plate vegetables for at least one meal** and eat 1-2 pieces of 1 cup of fresh or frozen fruit every day. This provides dietary fiber, vitamins, minerals and water—all which act like medicine in your body.
- ▶ **Look for the word “whole” to be first in the ingredient list.** Did you know that 21 whole grains exist for cooking? Things like oats, corn, brown rice and quinoa are great to mix into your meals and have the fiber, vitamins and minerals your body needs.
- ▶ **Hit pause before snacking to recognize your hunger levels.** Then, choose real food snacks such as fruit, cheese, nuts and quality crackers over food products with long, complicated ingredient lists. These real food snacks help to include more nourishment between meals.
- ▶ **Look on the back label for “added sugar” per serving.** Added sugar is anything added to food—not what is already in it naturally, like in fruit or milk. Keep your added sugars to no more than 40 g or 10 tsp per day by choosing foods with no or low sugar. Food marked “sugar-free” contain sugar alcohols, noted by endings of “-ol” and can cause digestive problems.
- ▶ **Choose water or seltzer over soda or other sugary drinks** to stay hydrated and reduce sugar consumption. Sugary beverages can have more than 22 tsp per can of sugar.

Videos, printable materials, and more info at sphealth.org/foodrx.