



Calorie Intake Goals

Name: _____	Date: _____
Keep a Food Journal and your Calorie Goal is: _____	
By doing any <u>one</u> of these you can lower your risk for Stroke, Heart Attack, Diabetes, and Cancer by 51%!	
Healthy Activity	Healthy Eating
30 minutes a day (10 minutes, 3 times a day) or 3 ½ hours a week of purposeful physical activity	5 servings of fruit/vegetables (1 serving = 1 cup of cooked/raw fruits/vegetables or 2 cups of raw leafy greens) Whole grains- bread, pasta, cereal, popcorn, oatmeal, brown rice Red meat (beef/ham) less than 3 times a week
Healthy Choice	Healthy Weight
Having NEVER smoked	BMI less than 30

By doing ALL four of these you lower your risk of Stroke, Heart Attack, Diabetes, and Cancer by 78%!