

# BE WISE WITH PORTION SIZE!

## FATS & OILS: USE SPARINGLY

Go easy on the oils, ghee, butter, and salad dressing. Somewhere between a teaspoon and tablespoon is plenty.

## 1/4 OF YOUR PLATE: WHOLE GRAINS

No more than 1/4 of your plate should be grains. Always aim for WHOLE grains. They are much healthier than refined white grains (enriched rotli, pasta, and bread)



## 1/2 OF YOUR PLATE: FRUITS & VEGETABLES

Most people need to eat more fruits and vegetables, so don't worry about limiting your portion size of these items. Eat as much as you can - in fact, they should be about 1/2 of your plate (1 cup of fruits and 1 cup of vegetables).

## 1/4 OF YOUR PLATE: PROTEIN

You can get protein from cheese, yogurt, lowfat milk, cooked beans, tofu, soy, nuts, daal, udad, daal, moong, and garbanzo beans.



# JCSC WELLNESS CHALLENGE





# BE WISE WITH PORTION SIZE!



Calories < 800



Calories > 1800



# JCSC WELLNESS CHALLENGE



The Wellness Challenge is a program that aims to spread awareness of health epidemics prevalent in South Asians in America. The program strongly encourages a community-wide initiative to change lifestyle choices and eating habits to live a healthier and longer life.

The goal is to improve individual and community health score cards in 6 months.

In these 6 months, there are plenty of activities and competitions that will support you in starting and maintaining your goal. For a list of health resources, please visit:

[www.jcscwellness.org/](http://www.jcscwellness.org/)

## WELLNESS SINS:

Eat today, start dieting tomorrow!  
 This tastes so good--take one more!  
 This will go to waste- let's finish it!  
 The food was excellent  
 hence the party was great!  
 I live to eat- others eat to live!

## WHAT CAN YOU DO? FOLLOW THE HEALTH GUIDE:

### EXERCISE

- Cardio exercises to strengthen heart muscles.
- Yoga classes to increase mobility and longevity.
- Weight training to strengthen muscles.
- Walking Club

### NUTRITION

- Reduce sodium intake.
- Increase consumption of fruits and vegetables.
- Follow the Healthy Thali Portion Plate
- Consume in moderation.

### STRESS MGMT

- Change your attitude, change your stress level.
- 6-8 hours of sleep/night.
- Meditation
- Problem-solving approach to decrease stress.

### HEALTH MYTHS

I am vegetarian, therefore, I'm healthy!

I'm already dieting; I don't need to exercise!

I have never been sick; thus, I'm healthy!

A little extra salt won't hurt anybody!

### HEALTH MYTHS