



# NUTRITION: TIPS FOR HEALTHY EATING

IN A TYPICAL DAY ADULTS ARE NOT GETTING ENOUGH NUTRIENTS.

## 1. NOT ENOUGH FRUITS AND VEGETABLES

**66%**  
of American adults do not eat enough fruits.

**75%**  
of American adults do not eat enough vegetables.

## 2. TOO MANY SALTY FOODS

**9 OUT OF 10** adults get too much sodium every day.



## 3. TOO MANY SUGARY BEVERAGES

**28%** drink a can, bottle, or glass of soda at least once a day.



POOR EATING HABITS INCREASE THE ODDS FOR HEALTH COMPLICATIONS.

### RESULT → GAINING WEIGHT

Arizona ranks No. 17 in the country for obesity.



### RESULT → HAVING HIGH BLOOD PRESSURE

Nearly one in three adults in Arizona has high blood pressure (hypertension).



### RESULT → INCREASING RISK OF HEART DISEASE AND STROKE

In Arizona, heart disease and stroke claim the lives of more than 13,000 each year.



STEPS WE CAN TAKE AS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

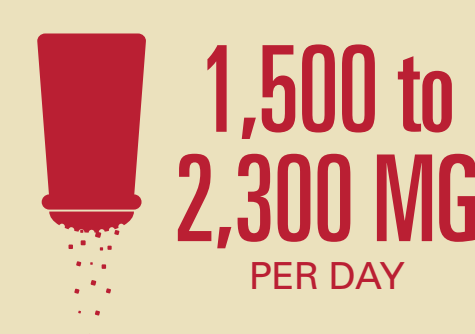
Eat the minimum recommended amounts of whole grains (.25 to .37 cups) each day.



Eat 2½ cups to 6½ cups of fruits and vegetables every day.



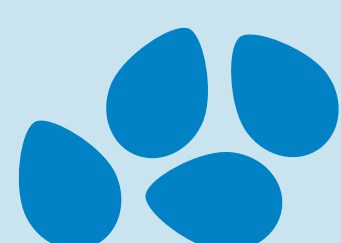
Do not consume more than 1,500 to 2,300 mg of sodium each day.



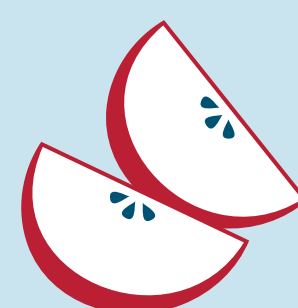
Avoid consumption of sugar-sweetened beverages.



EATING BETTER IS EASY WITH THESE FOOD SWAPS.



**ALMONDS, NOT CHIPS**



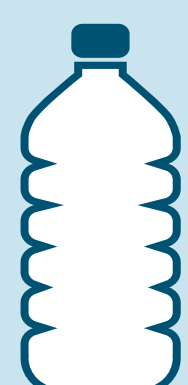
**APPLE SLICES, NOT CRACKERS**



**WHOLE-GRAIN BREADS, NOT WHITE BREADS OR BAGELS**



**ICED TEA, NOT SODA**



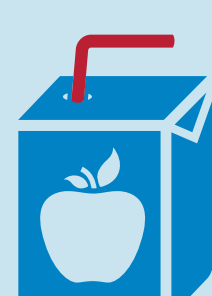
**SPARKLING WATER, NOT SODA**



**SKIM (OR FAT-FREE) MILK, NOT WHOLE MILK**



**AVOCADO ON SANDWICHES, NOT MAYO OR CHEESE**



**100% FRUIT JUICE, NOT SODA**

For a full list of sources, please contact the Public Relations Department at 602-864-5182.