



Healthy Family Foods Policy!

Because our family is concerned about our health and we are interested in eating smart and moving more; because we realize heart disease, cancer and stroke - the top three cause of death in North Carolina - are strongly affected by what we eat and how physically active we are; because we know that fruits, vegetables, whole grain breads and pastas, and low-fat dairy products can help prevent many diseases;

From now on, it will be our family's policy to:

- _____ Enjoy at least 5 servings of fresh, frozen, canned or dried fruits and/or vegetables each day!
- _____ Choose low-fat milk and dairy products like skim/nonfat or 1% milk, low-fat and fat free yogurt, cheese, and ice creams.
- _____ Eat foods made from whole grains like whole wheat crackers, bread and pasta; whole grain cereals; and low-fat baked tortilla chips.
- _____ Drink water instead of sugar sweetened juice, soda, and tea.
- _____ Choose healthy eating opportunities like eating at restaurants where healthy food choices are available and visiting the farmers market.
- _____ Include exercise in at least 5 or 7 days of the week.
- _____ Encourage others to eat healthier by taking healthy options to covered dish dinners and community events.

Signatures of Family Members:

Date: _____

