



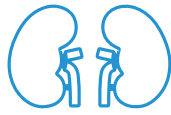
DRINKS

The average person needs at least eight glasses (2 liters) of water a day. Limit sodas, sugary drinks or drinks with a lot of caffeine, which can cause increased anxiety and blood pressure.

Water helps in many ways.



Increased Energy



Healthy Kidneys



Headache Cure



Better Exercise



FOOD

Eating fruits, vegetables, nuts, whole grains, beans and unsaturated fats (like olive oil) will help keep you healthy. They give you all the nutrients your body needs and may even help with depression.

Try these quick breakfast ideas if you are in a rush.



Fruits & Nuts



Peanut Butter on
Whole Grain Bread



Oatmeal



Low-Sugar
Yogurt



HIGH BLOOD PRESSURE AND HEALTHY EATING

1 in 3 American adults has high blood pressure. Only about half have their condition under control.

Control your blood pressure with DASH (Dietary Approaches to Stop Hypertension).*



Eat High-Fiber Foods
(Like Fruits & Vegetables)



Drink More
Water



Eat Healthy for
an Ideal Weight



Eat Less
Salt



Limit
Alcohol

* Based on Dietary Approaches to Stop Hypertension (DASH) Eating Plan

Integral Care offers wellness groups, exercise and nutrition programs for people interested in learning ways to lead a healthy life. Contact your caseworker for more information.



FOLATE

- Can lower your risk of depression
- Helps your body create red blood cells
- Keeps your hair, skin, nails, eyes and liver healthy

Try these foods to add folate to your diet.



Fruits



Nuts



Leafy Green Vegetables
(Like Spinach and Kale)



Beans



Whole Grains



VITAMIN D

- Builds healthy bones and teeth
- Can help prevent depression and heart disease
- Helps your body fight certain diseases

Try these tips and foods to add Vitamin D to your diet.



5-30 Minutes of
Sun Each Week



Vitamin D
Supplement



Vitamin D Fortified Foods
(Like Whole Grain Cereal)



Salmon and Tuna



Milk



OMEGA-3 FATTY ACIDS

- Good for your mental and physical health
- Improves heart health and reduces inflammation
- Reduces your risk for certain kinds of cancer

Try these foods to add omega-3 fatty acids to your diet.



Dark, Leafy Greens
(Like Arugula and Spinach)



Ground Flax or
Flaxseed Oil



Walnuts



Oily Fish 2x Each Week
(Like Salmon, Trout,
Anchovies and Sardines)