



Healthy Eating

Health and Wellness

Tip of the Week
Week 9
March 2, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Balancing Food and Calories

Eating healthy means eating the right number of calories. It also means eating healthy foods more than unhealthy foods. Here's what else you can do:

- Learn how many calories you need a day
- Limit your intake of salt
- Cut back on sugary foods
- Make half your grains whole grains
- Eat and drink fat-free or low-fat dairy products
- Fill half your plate with fruits and veggies
- Eat less food but take your time and enjoy it

Source: U.S. Department of Agriculture

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us