

January  
2018

# Health & Wellness Seminar

## Healthy Eating

Wednesday, January 24, 2018  
2:30 p.m. - 3:30 p.m.  
City Hall Council Chambers



### Who Isn't Trying to Eat Healthy these Days?

After all, it can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up things you love. It's all about making smart choices to build an overall healthy dietary pattern.

#### Here are some simple ways you and your family can eat healthier:

**Include:** Fruits and vegetables, Whole grains; Beans and legumes; Nuts and seeds; Fish; Low-Fat and fat-free dairy products; Health fats and non-tropical oils.

**Limit:** Sweets and added sugars; especially sugary drinks; Sodium and salt; Saturated fat; Fatty or processed meats.

**Avoid:** Trans fat and partially hydrogenated oils.

**Tips:** Choose mindfully; Read Labels; Watch your calories; Eat reasonable portions; Don't dismiss entire food groups.

Source: American Heart Association

*This month, we have partnered with the Wellness Center at Doctor's Hospital at Renaissance to provide an educational seminar which will feature information about Healthy Eating.*

The Human Resources Department, in conjunction with Hospitals and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources by Tuesday, January 23, 2018 at 580-8631 or emailing [lojeda@missiontexas.us](mailto:lojeda@missiontexas.us)

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

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