

Nutrition & Exercise Facts

The New Food Pyramid

Grains - Make half your grains whole.

Vegetables - Vary your veggies.

Fruits - Focus on fruits.

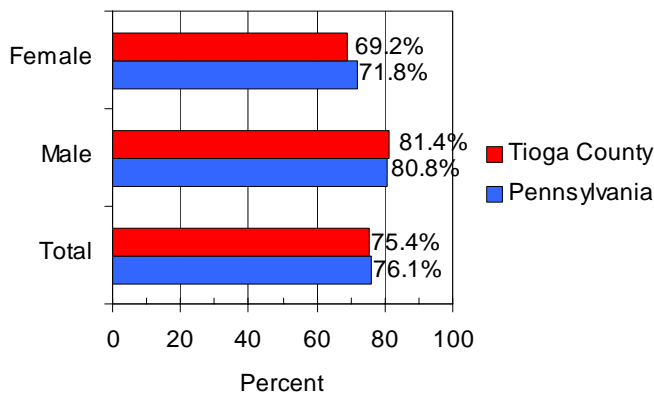
Milk - Get your calcium rich foods.

Meat & Beans - Go lean with protein.

Physical Activity - Be active everyday.



Percent of Adults Who Do Not Eat the Daily Recommended Servings of Fruits and Vegetables



The Benefits of Eating Fruits and Vegetables

Important sources of nutrients such as vitamins A, B and C, folic acid, dietary fiber and potassium.

Generally low in fat, calories and no cholesterol.

Help prevent heart disease, stroke, some types of cancer and help control high blood pressure and diabetes.

The Benefits of Physical Activity

Helps manage weight.

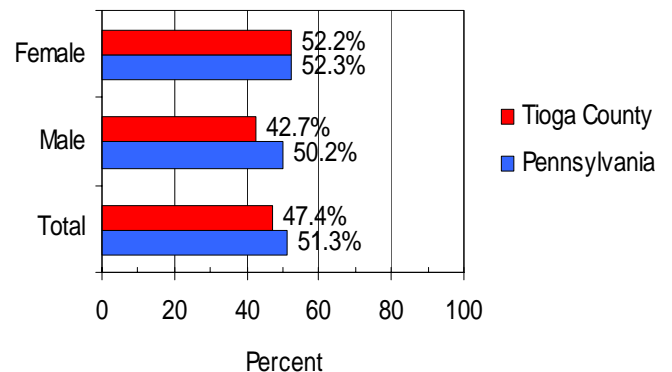
Helps control high blood pressure.

Helps lower risk for heart disease, colon cancer, and Type 2 diabetes.

Reduces feelings of depression and anxiety.

Helps build and maintain bone, muscle and joints.

Percent of Adults Who Do Not Get the Recommended Levels of Moderate or Vigorous Exercise



Find Your Balance Between Food and Physical Activity

Check with your health care provider before beginning any physical activity program.

Be sure to stay within your daily calorie needs.

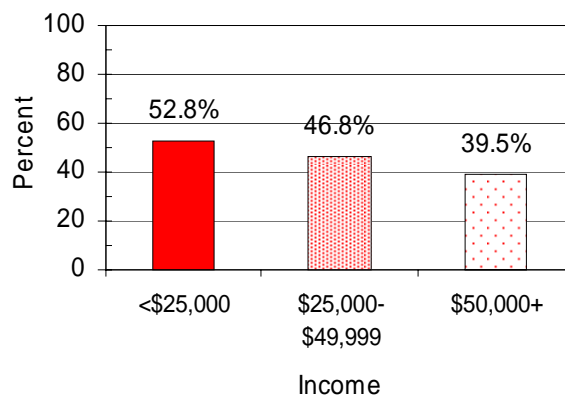
Be physically active for at least 30 minutes most days of the week.

Increase your level of activity slowly.

Aim for 60-90 minutes of activity for maintaining weight and 60-90 minutes for losing weight.

Encourage the whole family to be active.

Percent of Adults, by Income, Who Do Not Get the Recommended Levels of Moderate or Vigorous Exercise



Food Resource Participation

	Tioga County	Pennsylvania
Food Stamps	6.8%	8.5%
WIC	2.5%	1.9%
Free and Reduced Lunch	41.5%	34.8%

Those at Risk of Malnutrition

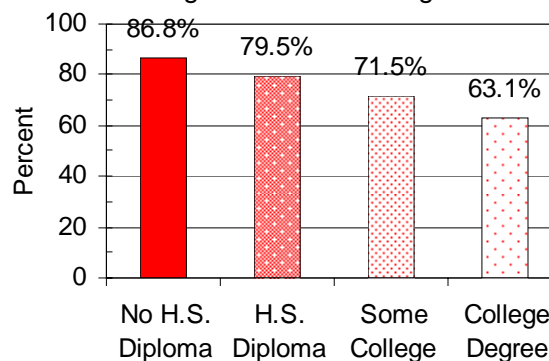
- Elderly
- Poor
- Infants and children
- Pregnant and lactating women
- Those with a chronic illness
- Those with a drug or alcohol problems

Sources of Whole Grains



- Whole Wheat
- Oatmeal
- Popcorn
- Brown Rice
- Whole Rye
- Wild Rice
- Cracked Wheat (Bulgar)
- Sorghum

Percent of Tioga County Adults, by Education, Who Do Not Eat the Daily Recommended Servings of Fruits and Vegetables



Data for this fact sheet were taken from the following sources: The Pennsylvania Department of Health, Bureau of Health Statistics and the U.S. Department of Agriculture. For further information regarding this fact sheet, please call (570) 662 - 4767 or email: lschelham@mansfield.edu.
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