

SMART Goals

Knowing your nutrition **SMART** goals will help you manage your nutrition habits, and by default, your glucose, blood pressure, and cholesterol. By incorporating healthier food/drink options you will also help manage other chronic conditions. Additionally, working toward your **SMART** goals can help lower your chances of having a heart attack, stroke, or other debilitating chronic problem.

- S Specific**
What specific food/drink would you like to add/change?
- M Measurable**
How much or how many will you add/change?
- A Achievable**
Do you have what it takes to follow through?
- R Relevant**
What can you do? (improvement over perfection)
- T Time-bound**
How often or how long will you make this change?



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Understanding Nutrition

A Beginner's Guide



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Lifestyle & Nutrition

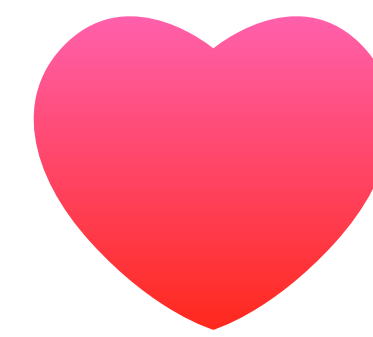
Although exercise is key to a healthy lifestyle, nutrition can sometimes be undervalued. Healthy nutritional habits are paramount to the reversal and prevention of chronic diseases caused by different lifestyle choices. Examples of healthy food choices include fruits, vegetables, whole grains, and nuts.



What America Eats

- Sugary drinks
- Processed meat and red meats
- Processed snacks
- Cakes, pastries, sweets

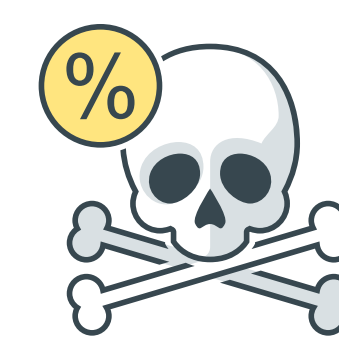
This diet causes an increased risk for obesity, **T2Diabetes**, heart disease, and some cancers.



Benefits of healthy nutrition

- Decreased risk for obesity, **Type 2 Diabetes**, heart disease, and some cancers
- Treats chronic diseases and can potentially reverse them

Poor nutrition is the leading cause of death in the world



Healthy Choices

- **Vegetables**
- **Mushrooms**
- **Fruits**
- **Whole grains**
- **Nuts**
- **Seeds**
- **Beans/Legumes**



Hydration

Limit alcohol, soda, and juice consumption. Consider drinking more **water** to properly fuel your body!

