

# Progress Toward Your Nutrition Knowledge (and Practice)

**Healthy Hunger Relief times four.**



**Making every bite count.**

## **What is on Your Plate today?**

Test your “My Plate” nutrition knowledge:

- Name 4 main food groups needed daily.
- Offer examples of each.
- Why are fibrous foods important?
- What should we minimize daily?
- What is often true of packaged foods?



## **Every year, we focus 1 month to our screens.**

Keys to Quality of Life and Healthy Aging:

- Build upon or add to your friendships with others.
- Add various tips of relationship building (Seminar 1) to your menu.
- Purpose to climb 3 flights of stairs daily according to Dr. advice.
- Substitute soft drinks to favor orange or apple instead.
- Eliminate smoking.
- Minimize alcohol.
- Make room for a good night's sleep.