

HEALTH FAIR DISPLAY OPTIONS

Go to www.lexingtonhealthdepartment.org/display-scheduling-form to schedule your health fair display!

SET DISPLAYS

These are 3-fold displays (non-interchangeable!). *Values are listed to replace if lost or damaged.

EATING HEALTHY ON A BUDGET (\$455)



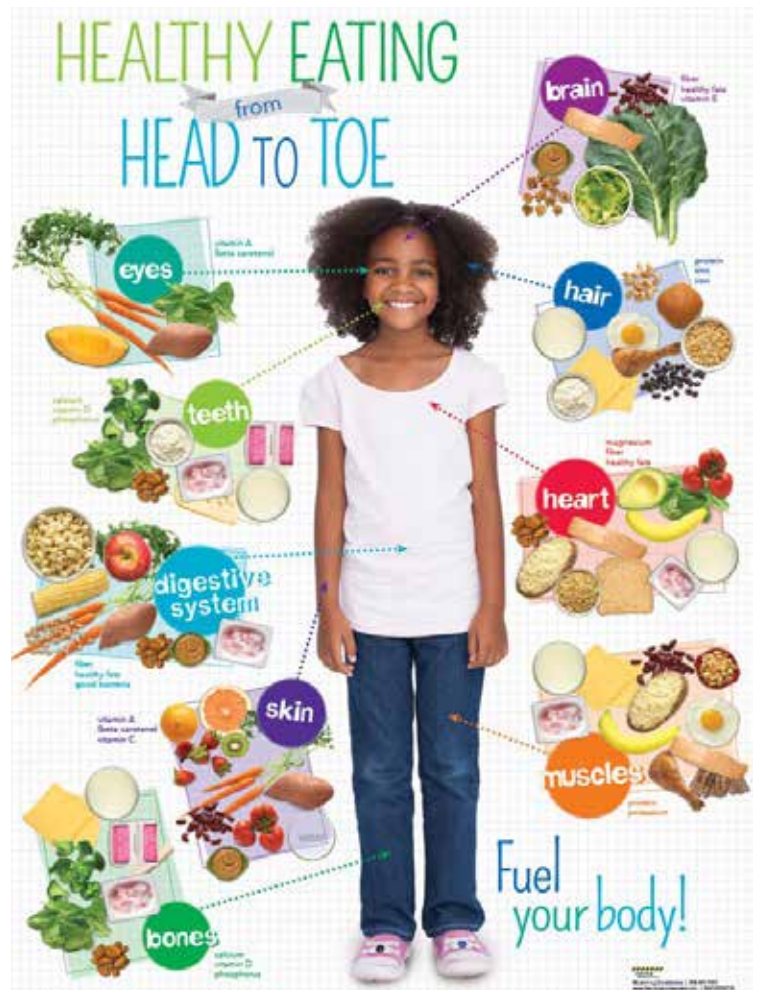
FRUITS & VEGGIES (\$455)



EATING A RAINBOW BANNER (\$150)



HEALTHY FROM HEAD TO TOE BANNER (\$150)



WHAT YOU SHOULD KNOW ABOUT NUTRITION (\$120)

What You Should Know About

Foods to Increase

- Vegetables**
 - Vegetables provide vitamins and minerals and are relatively low in calories.
 - Many vegetables can be cooked quickly or used in soups.
 - When eating out, choose a salad or vegetable as your side dish.
- Fruits**
 - Fruits provide dietary fiber, potassium, vitamin C, and folic acid and are low in calories, fat, and sodium.
 - Add fruit to foods you already eat, such as adding strawberries to cereal or pineapple to a salad.
 - Keep a bowl of fruit on your table or in your refrigerator!
- Whole Grains**
 - Substitute 100% whole-grain bread and brown rice for white bread and rice.
 - Protein is a great source of whole grains.
 - Check labels carefully for products that are "whole grain" and "whole wheat."
- Lean Protein**
 - Eat a variety of protein foods.
 - Include beans, peas, lentils, nuts, and seafood as your protein choices more often.
 - Choose lean meats and poultry.
- Low-Fat and Fat-Free Dairy Foods**
 - 1 fat-free and low-fat milk, yogurt, and cheese provide calcium, potassium, protein, and other nutrients.
 - 200g serving fat-free and low-fat dairy foods with these and 16 ounces of water.
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NUTRITION

Tips to reduce solid fats, added sugar, and sodium:

- Drink water instead of sugary sodas. Just one 20-oz soda has about 17 teaspoons (68 grams) of sugar.
- Choose fruit and 100% fruit juice instead of sugary desserts and fruit-flavored drinks.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Limit high-sugar, high-fat foods to occasional treats.
- If alcohol is consumed, limit it to one drink per day for women or two per day for men.

FOODS TO Reduce

Limit foods with large amounts of solid fats, added sugars, and salt (sodium). Added sugars and saturated and trans fats are full of more calories, and too much sodium may increase your blood pressure.

Finding Your Balance

Maintaining appropriate body weight is a key to good health and quality of life. Weight management is generally a matter of calorie balance, which is the relationship between calories consumed from foods and beverages and calories expended during recreational activities, household and through physical activity.

Tips for keeping calories down

- Eat more whole grains, vegetables, and fruits.
- Drink fewer sugar-sweetened beverages and alcoholic beverages.
- Limit portion sizes.
- Read Nutrition Facts labels to keep track of calories, fat, sugar, and nutrients.

Nutrition Facts	
Serving Size 1 cup (250g)	
Amount Per Serving	
Calories 200	% Daily Value*
Total Fat 10g	20%
Saturated Fat 5g	10%
Total Fat 10g	20%
Cholesterol 50mg	10%
Sodium 100mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	10%
Sugars 10g	20%
*Percent Daily Values are based on a diet of other people's secrets.	

Getting physical activity your way

- Avoid periods of inactivity as much as possible.
- Children and teenagers should get at least 60 minutes of physical activity a day.
- Adults should get 150-300 minutes of moderate or 75-150 minutes of vigorous physical activity each week.
- Strength training adds health benefits, as well.

Walk, run, swim, bike, or whatever else you enjoy to get going and keep moving!

ADDITIONAL PROPS/ACTIVITY GUIDES

- GRAB 'N GO BOX (CONTAINING LFCHD SERVICES INFO)
- DERMASCAN MACHINE (\$1,000)
- SECRETS OF GOOD HEALTH HATBOX (HAT BOX WITH PROPS INSIDE AND SCRIPT) (\$50)
- FAT & MUSCLE BLOBS (5# IN PURPLE BAG) (\$200)
- PRODUCE MAN (\$5,000)
- TEETH IN TOBACCO JUICE (\$80)
- GLOW GERM (\$50)
- INFLATABLE COLON (\$5,000)
- MY PLATE POCKET CHART (\$50)

