



## What's on your Plate?



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

### Quick Tips for Healthy Weight Loss

1. Eat a high-protein breakfast
2. Avoid sugary drinks and fruit juice.
3. Drink water a half hour before meals.
4. Eat soluble fiber.
5. Drink coffee or tea.
6. Eat mostly whole, unprocessed foods.
7. Eat your food slowly.
8. Weigh yourself every day.
9. Get a good night's sleep, every night.

**Fact - U.S. adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, eat more fast food, and get less physical activity.**

## Celebrate September !

### National Childhood Obesity Awareness Month

#### September 10

World Suicide Prevention Day

#### September 18

National HIV/AIDS and Aging Awareness Day

#### September 23-27

Malnutrition Awareness Week

#### September 28

Family Health and Fitness Day

#### September 29

World Heart Day

### Nursing Students making Office Visits



Dr. Johnson is always willing to offer support, encouragement, and real-world stories to help the nursing students follow their dreams.



### Free Community Events

Sept. 4 – Blood Drive, 8:00am – 2:00pm, Blanche Ely High School Auditorium

Sept. 10 – Blanche Ely High School Open House

Sept. 14 – Gut Health and Vegan Myth Busters, 12:00pm, 5651 Coral Ridge Drive, Coral Springs, 33076

Sept. 18 – Community Forum for National Suicide Prevention Awareness Month, 6-8:00pm, 520 NW 3rd St, Pompano Beach, 33060

Sept. 21 - Prostate Cancer Awareness: Free Men's Health Fair, 9:00am-1:00pm, 404 Northwest 7th Terrace Family Life Center, Fort Lauderdale, 33311