



## IT'S TIME TO EAT REAL!

JOIN THE NATIONWIDE CAMPAIGN FOR DELICIOUS, HEALTHY, AND AFFORDABLE FOOD PRODUCED IN A SUSTAINABLE, HUMANE WAY

The food we eat should be delicious but it also should help to keep us healthy. Too many of us base our diet on fatty, factory-farmed animal products; salty, packaged foods; and sugary foods and drinks that can cause obesity, heart disease, stroke, cancer, and diabetes. Also, the way our food is made is often unfair to farm workers, cruel to farm animals, and contributes to climate change and pollution.

The best way to eat is to eat mostly vegetables, fruit, beans, and whole grains; along with some fish, lean poultry, and low-fat dairy products. Eating this way will provide lots of fiber, vitamins, and minerals, but little sodium, trans fats, saturated fats, and cholesterol. Whether the type of food is Mediterranean, Asian, vegetarian, or American, eating healthy could lead to longer, healthier, happier living!

## FOOD DAY'S GOAL IS TO CHANGE THE WAY WE EAT

We hope to start a broad movement involving people from every corner of our land who want healthy, affordable food produced in a sustainable, humane way. **In other words, we want America to eat real!**

- We want to cook real food for our families again.
- We want fewer of us at drive-throughs and more of us at farmers markets.
- We want to celebrate fresh fruit, vegetables, and healthy whole grains, and to support the local farmers that produce them.
- We want to be able to select healthy food, regardless of our age, income, or geographic location.

## SO IT'S TIME TO CUT OUT (OR CUT DOWN ON) THE JUNK FOOD AND REPLACE IT WITH THE GOOD STUFF!

- Plan snacks and meals around vegetables, fruit, whole grains, fish, lean poultry, and low-fat dairy products.
- At the grocery store, switch from whole or 2% milk to 1% or fat-free, and switch from white bread and white rice to 100% whole wheat (or other 100% whole grain bread) and brown rice. Water, seltzer water, flavored, unsweetened water are better for you than sugary soft drinks. Use Nutrition Fact Labels to help you choose healthier packaged foods.
- At restaurants, don't be tempted by huge portions. Share your food with a friend; ask the server to wrap up half for lunch tomorrow, skip dessert.....or eat at home.
- Have a dinner with friends and neighbors using locally grown ingredients in your cooking.
- Don't forget to exercise, starting with pushing away the plate when you're full
- Go to a cooking class, grow a vegetable garden, and encourage healthier, tastier cafeteria food in your child's school.

Tell us how YOU are going to start eating real by posting a comment on the New Haven Health Department Facebook page and be eligible to win a Food Day Prize!  
Visit [Facebook.com](https://www.facebook.com/newhavenhealth) and search "New Haven Health Department"

To Learn More About Food Day and to Find an Event Near You, visit the following sites:

[www.foodday.org](http://www.foodday.org)

[www.fooddaynh.org](http://www.fooddaynh.org)