

## LIVE SMART Checklist (Sky Lakes Medical Center Spring 2017)

The following checklist is designed with helpful tips to promote a healthy lifestyle. Use the boxes to the left of the items to check off tasks as you complete them:



- Reading a nutritional label on food items** - Number of ingredients - the more processed a food is, the less healthy it is. Know the serving size. Sugar-free and fat-free don't always mean less calories. Sodium (salt) - most don't need more than 1500mg a day.
- Colon Cancer** - Tips to lower your risk. Eat right - Avoid a diet high in red meat and processed meats. Increase fruits and veges to 5 or more servings daily. Choose whole grains. Exercise - Physical inactivity increase the risk. Aim for 30 minutes a of physical activity 5 days a week. Don't Smoke - You are more likely to develop colorectal cancer.
- Artificial Sweeteners** - Most Americans eat too much sugar. Recommended is 6 to 9 teaspoons daily. Our actual intake is 27 teaspoons every day! Research tells us that there is no evidence that artificial sweeteners are a health risk. Real or fake the best option is to use either in moderation. Instead, grab fruit is a better option!
- Blue Zone** - Going blue for better health by making healthy choices. Approved in Klamath Falls - As of January 2017, nearly two dozen Klamath Falls businesses and organizations have completed the necessary steps and implemented ongoing measures to achieve "**Blue Zones Project Approved**" status.