March Cut-outs

UCI Worklife & Wellness

Wash away germs for Clean Hands!

1. Wet your hands with warm, running water.
2. Apply soap.
3. Scrub hands and wrists for at least 20 seconds.
4. Rinse with warm, running water.
5. Dry your hands with a paper towel.
6. Turn off the faucet with the paper towel. Throw it away.
Healthy Eating Plate

Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color — eat a rainbow assortment of fiber-rich veggies and fruits.

- **Low Carb Veggies** (at least ½ your plate)
- **Whole Grains or Starchy Veggies** (optional)
- **Beans or Nuts & Seeds or Low Carb Fruits**
- **Protein Foods** (including dairy & soy)

As a general rule, don’t drink your calories. (Water is the best thirst quencher.)

- Use healthy, minimally processed oils and fats (butter sparingly).
- Eat a colorful variety of fiber-rich vegetables and fruits.
- Use health-promoting seasonings like pepper, cayenne, curry powder, cinnamon, etc.

Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.