Eat Well-balanced Meals and Healthier Foods

- Drink plenty of water and incorporate fresh fruits and vegetables into your diet.
- Limit intake of processed foods and sugars.
- Choose local and organic when possible to ensure optimum nutrition and to support local farms.
- Eat 5-6 small meals a day to help balance your metabolism.
- Find healthy tips, information, workshops, and new recipe ideas at www.wellness.uci.edu.
- Try something new with a cooking class at the Anteater Recreation Center.

Prevent Illness: Prepare Food Correctly

- Wash hands frequently with soap and warm water to prevent spreading germs.
- Pesticides may linger on fruits and vegetables. Remove them by using a produce wash.
- Cook food completely to avoid e. coli, salmonella, or other food-borne illnesses.
- Use different preparation boards & utensils for raw & cooked foods to prevent bacterial contamination.
- Visit www.ehs.uci.edu for more food safety tips.

Eat Safe

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