

## Henry's top 10 guesses (eat healthy/live healthy)

- Drink 1% milk\*
- Maintain a Body Mass Index (BMI):22-23
- Eat beans every day (0.5-1.5 C cooked bean/d)
- Eat staple food pairs every meal (cereal:pulse grains, 2:1)
- Eat the whole food...(eliminate one ingredient food/week)
- 5-9 Fruits & Vegetables/day\_2:1 Vegetables:Fruits
- Eat the whole botanical tree: target branch count-18/day
- Total daily beverage count >50% water
- Sleep 7-8 hrs/day; sit fewer hours per day than you sleep
- Routinely walk 10,000 steps per day



\*Heath, C. & Heath, D. (2010). *Switch: How to change things when change is hard*. New York: Broadway Books.

