

# TIPS FROM THE CLEVELAND CLINIC

## **1. Cook It!**

Most cooked veggies deliver five times more nutrients than raw ones, except cabbage. Eat cabbage raw.



## **2. Get Your Beauty Sleep.**

The recommended amount of sleep for adults is between 7 ½ and 8 hours each night.

## **3. Floss for Health.**

Flossing daily not only removes plaque, which leads to tooth decay, but may also prevent heart disease.

## **4. Smaller is Better.**

Baby carrots contain about 70% more beta-carotene than their grown-up counterparts.

## **5. Challenge Your Mind.**

Give your brain a daily workout. Socialize, take a dance class, or work puzzles to challenge your mind.

## **6. Eat Early and Stay Active.**



Eat the majority of your daily calories early in the day when you (and your metabolism) are most active.

## 7. **Mind Your Muscles.**

Build up your muscles. Strength training reduces stress on weakening bones and reduces the chance of an injury as you get older.



## 8. **Egg Intake.**

Avoid eating more than four eggs per week. Despite being a good source of protein, eggs are high in cholesterol.



## 9. **New Trick**

Take up a new hobby or project to challenge yourself. Learning something new can be mentally and physically rewarding.

## 10. **Don't Eat the Whole Thing.**

Eat less of over-sized restaurant portions. Order an appetizer instead of an entrée, or take home half of a large meal.

## 11. **Go Fish.**

Eating fish weekly may help prevent age-related macular degeneration.

