

Nutrition

Today over 60% of adults in New Hampshire are either obese or overweight.¹

Excess weight can lead to serious issues such as diabetes, heart disease, high blood pressure, stroke and other chronic ailments.

Did you know that eating well and being active can add an extra 6.6 years to your life?²

The positive news in all this is that you have the power to reverse these diseases—and you can start today! On the NH Get Fit site you'll find useful information and tips to help you eat healthier.

Remember, small steps can lead to big changes!

Tools and Calculators

Check out our interactive tools to learn more about healthy eating.

[Healthy Refrigerator](#)

[Dessert Wizard](#)

[Breakfast Calculator](#)

[Fast Food Choices](#)

[Table of Condiments](#)

[Nutrition Quiz](#)

Getting Your Kids To Eat Healthier

It's not just adults that are getting heavier—over 32% of NH's kids ages 6 - 12 are overweight or obese and the numbers keep growing. The way to get your kids on track is all in the numbers—**5 - 2 - 1 - 0**. Do you know about it?



“**5 - 2 - 1 - 0 Healthy NH**” is a statewide public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity:

- 5** Fruits and vegetables ... more matters! Eat at least 5 servings a day. Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Learn more about childhood obesity. [Click here.](#)

Less than 30% of NH adults eat the recommended five servings of fruits and vegetables each day.³

¹ Foundation for Healthy Communities, New Hampshire Childhood Obesity Report, September 2006

² Aldana, Steven, G., PhD, 2005, The Culprit & The Cure

³ HEAL, Action Plan for New Hampshire