

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 is that you often have the power to help 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](#)



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

Eating healthier, farmer's markets and more...

Summertime is the perfect time of the year to begin eating healthier. Local farm stands and [farmers markets](#) feature a bounty of locally grown fruits, vegetables and more. Though the growing season in the Northeast is relatively short compared to more temperate climates, many of these local resources come into full bloom during June, July and August with some harvests extending well into Fall.

Eat local. Visit a local farm stand or orchard.

Family farms have been an important part of the New Hampshire landscape for centuries. You'll find backroad farm stands, orchards and more in full bloom at this time of year. Native grown raspberries, blueberries, peaches, apples, corn, tomatoes, squash and more are all in season or will be shortly. In addition to eating healthier and supporting the local economy, walking through fields and orchards that allow "pick your own" is a great way to get some exercise and a fun family outing. Check out these local resources:

<http://www.harvesttomarket.org/>

<http://www.nh.gov/agric/publications/documents/harvestyourown.pdf>

http://www.nh.gov/agric/divisions/agricultural_development/documents/NH_Farm_Stands.pdf

<http://www.nhoutdoors.com/farms.htm>

Eat healthier with these easy recipes...

The abundance of local fruits and vegetables make eating healthier a breeze during the summer months. Try setting a goal of eating five colorful fruits and vegetables a day. You'll be surprised by the variety. Not sure what to have for dinner tonight? Check out these healthy and nutritious [recipes](#).

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

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.](#)