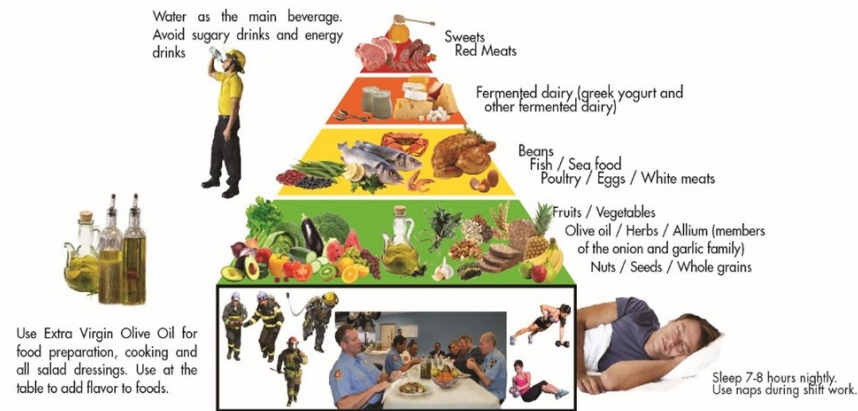


# Five Small Steps to Improve Your Health

## FIREFIIGHTERS' MEDITERRANEAN PYRAMID



Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.

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1. Replace butter and stick margarine with **Extra Virgin Olive Oil** and eat at least four tablespoons/ day.
2. **Drink water** instead of sodas, energy drinks and other sugary beverages. A glass of red wine with off-duty dinners is fine.
3. **Choose chicken, turkey, fish, eggs and beans.** Limit red and processed meat
4. Eat more **fruits and vegetables.** Eat fresh berries instead of sweet desserts.
5. Choose **whole grains.** Avoid refined carbohydrates.

[www.firemeddiet.org](http://www.firemeddiet.org)

