

Making Healthy Choices



Sidra Medicine cares about your health. For reliable health information, visit our Patient Resource Center or find us online at www.sidra.org. The information in this leaflet should not be used as a substitute for the medical care and the advice of your doctor. Ask your healthcare provider about this information if you have questions.

How can I keep a healthy weight and protect myself from bad diseases?



I will walk for at least 30 minutes per day.



I will not spend more than 2 hours per day watching TV, using iPad or playing video games.



I will avoid buying unhealthy drinks like karak, milkshakes, frappuccino & energy drinks.



Before going to school, I will eat my breakfast and at break time I will choose a healthy snack such as an apple or a banana.

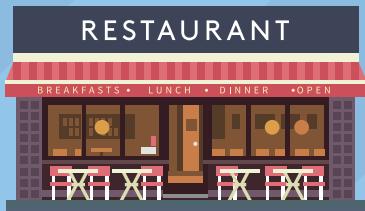


I will spend at least 1 hour per day on fun physical activities. I will play exciting sports that I enjoy such as football, basketball, volleyball or swimming.



During family gatherings and special events, I will eat less desserts and fatty foods such as majboos, harees, madrooba or chicken nuggets.

RESTAURANT



When I go out to eat at restaurants, or order take away, I will choose healthier options such as grilled foods instead of fried foods. I will also choose water or fresh unsweetened fruit juices for my drinks.

