

Alcohol¹

One serving of an alcoholic beverage is equivalent to:



5-7%

Alcohol Content
BEER
12 fl oz



12-17%

WINE
5 fl oz



40%

LIQUOR
1.5 fl oz

What are the risks?

- **1 in 10 adult deaths** are related to alcohol consumption
- Alcohol impairs cognitive function & may lead to liver disease, pancreatitis, stomach ulcers, accidents, and injuries

Recommend limiting alcohol intake to no more than:



Maximum:
2 drinks per day

High risk:
5+ drinks per day or
15+ drinks per week



Maximum:
1 drink per day

High risk:
4+ drinks per day or
8+ drinks per week

Excessive drinking and alcoholism screen: mdcalc.com/cage-questions-alcohol-use

Physical Activity¹

Recommend at least 150 minutes/week of moderate-intensity or 75 minutes/week of vigorous-intensity physical activity; 2 or more days a week of resistance exercise.*

Moderate (150+ minutes) Vigorous (75+ minutes)

- Brisk walk
- Dancing
- Gardening
- Water aerobics
- Leisure bike ride
- Running
- Heavy yardwork (digging or raking)
- Swimming laps
- Cycling up-hill

Unable to meet these recommendations?

- Engaging in some moderate- to vigorous-intensity physical activity can be beneficial
- Determine level of effort for physical activity relative to level of fitness and limitations from chronic conditions
- Older adults may benefit from balance exercises if at risk of falling

*Recommendations are for adults 18-64 years of age. Different recommendations are available for other populations.

Immunizations⁴



Recommendation

- Flu vaccine for **everyone** each year
- Tdap once, then Td booster every 10 years (tetanus)
- HPV for persons up to age 21 (male) or 26 (female)
- Shingles vaccine for healthy persons age 50+
- Pneumonia vaccine for persons age 65+ or select conditions

*Visit your pharmacist, another healthcare provider, or the CDC website for a complete schedule of recommended vaccines.

Benefits

- Each year, vaccines prevent 3 million deaths worldwide
- Vaccines have led to over \$406 billion in direct medical cost savings since 1995
- When many people in a given area are immunized, this provides overall protection to the community, which gives some protection to those not able to be immunized. This is called “Herd Immunity.”

Mental Health and Stress⁵

10 Stress-Stoppers

- Count to 10 before you speak or react
- Take a few slow, deep breaths until you feel your body unclench a bit
- Go for a walk, even if it's just to the restroom and back to clear your mind
- Try a quick meditation or prayer to regain perspective
- If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media
- Listen to some relaxing music or an inspirational podcast when angry or stressed
- Take a break to pet the dog, hug a loved one, or help someone else
- Work out or do something active
- Read; create art
- Meet a friend for a cup of coffee

Smart Phone Apps for Self-care

- Headspace
- Calm
- Colory
- Rootd
- Hapify

Visit pleaslive.org/hotlines for a full list of hotlines that can help in any situation.



POCKETBOOK TOOLKIT

Healthy Recommendations for Adults

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Nutrition¹

Healthy Habits

- Practice mindful eating while working or watching TV
- Reduce or eliminate sugar and processed food
- Substitute sweetened beverages with water

Eating Schedule

- Eat 3 meals at the same time each day
- Avoid late-night snacking
- Do NOT skip breakfast or any meals

Portions

- Use a smaller salad plate to help watch portions
- Use MyPlate resources to help put together the perfect plate!

MyPlate Dietary Guidelines 2015-2020 (See figure to the right)

Recommended diet complete with:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy (potatoes, corn), and root (beets, carrots)
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry; eggs, legumes, and nuts; seeds and soy products
- 5 teaspoons of liquid oils or foods such as nuts, seeds, seafood, olives and avocados

For more food choices, visit choosemyplate.gov

Caffeine²

Limit caffeine intake to no more than 400 mg per day. This is roughly 3-5 cups of brewed coffee.

The caffeine content greatly varies depending on the type of beverage. Check the nutrition label for the most accurate content and be aware of hidden caffeine in energy supplements and herbals.

1-100 mg



SODA

5-50 mg



TEA

25-165 mg



ENERGY DRINK

65-165 mg



COFFEE



SALT

<2000 mg per day
or
<1500 mg per day
High Blood Pressure

FRUITS

4 servings per day
fresh fruit
dried fruit
100% fruit juice

VEGETABLES

2 ½ servings per day
leafy greens
root vegetables
beans & peas

MyPlate Recommendations



GRAINS

6 servings per day
bread
cereal
pasta
rice

PROTEIN

5 ½ ounces per day
meat
eggs
beans
nuts & seeds

DAIRY

3 servings per day
milk
yogurt
cheese

Tobacco & Nicotine Cessation

If possible, do NOT use any form of nicotine-containing product. This includes traditional cigarettes, cigars, chewing tobacco, vaping, "JUULs", hookah, and many others.

Visit the WI Department of Health Services website (<https://www.dhs.wisconsin.gov/tobaccochanging/index.htm>) or ctri.wisc.edu/fact-sheets for additional resources.

Sleep³

Recommend about 7-9 hours of sleep each night for adults.

Dangers of insufficient sleep⁶

- Type 2 diabetes
- Obesity
- Cardiovascular disease
- Depression



Sleep Routine Tips

- Keep a regular sleep schedule
- Exercise during the day, but avoid exercising close to bedtime
- Avoid alcohol and stimulants in the late afternoon or evening
- Avoid blue light emitted from screens prior to bedtime
- Maintain a dark, quiet, cool, and comfortable sleep environment
- Go to sleep only when tired
- Avoid daytime naps
- Wake up at the same time every day

**QUIT
SMOKING**



Need assistance or have questions?

1-800-QUIT NOW

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6. cdc.gov/sleep/about_sleep/chronic_disease.html