

Healthy Living



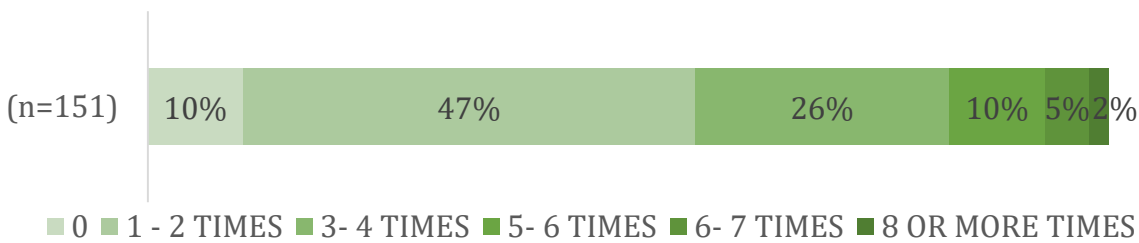
More people living in Winnebago are overweight than others in Nebraska



Data source: 2016 BRFSS

Overweight = BMI ≥ 25

Eat five servings of fruit and/or vegetables in a single day



According to the dietary guidelines, an adult consuming 2,000 calories per day should be eating 2 1/2 cups of vegetables and two cups of fruit per day. (2010 Dietary Guidelines for Americans)

Adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity. (USDHHS 2018)

Exercise 20 minutes or more

