

Healthy eating

Eating a healthy, well-balanced diet is important for your health. Your body can get the vitamins and minerals it needs by eating well. Healthy eating can help give you more energy, improve your memory, improve your mood, and keep you at a healthy weight. Make sure to talk with your health care provider if you have any questions about healthy food options or foods you should not eat.

Tips for healthy eating

- Choose a fiber-filled diet, full of whole grains, vegetables, and fruits. Try to fill half of your plate with a variety of colorful vegetables and fruits.
- Choose lean proteins like chicken, fish, beans, and nuts.
- Use healthy fats and oils for cooking, such as olive oil and canola oil.
- Use herbs, spices, and lemon juice to add flavor to your food instead of salt.
- Try to eat smaller portions by using a smaller plate. If you are eating out, ask for half of it to go.
- Take your time eating. Enjoy the taste of your food. Eating quickly can cause you to eat too much.
- Drink plenty of water each day. Keep a full glass of water out on the counter to remind you.

Tips for healthy meal planning

- Plan healthy meals ahead of time. Try to plan several meals for the week.
- Bring a grocery list of healthy foods with you to the store and stick to the list.
- Try not to shop for food when you are hungry.
- Keep in mind that the healthiest and freshest foods are around the outer edges of the store.
- Remember to read food labels. Choose foods that are lower in sodium (salt) and sugar.
- Keep your kitchen full of healthy food and snacks.

Foods to limit or avoid

- Sugary drinks like soda and energy drinks. Limit fruit juice to one small glass a day.
- Foods high in sodium (salt) and saturated fat. Avoid trans fats.
- Processed foods. Most processed foods are high in sodium (salt).
- Creamy gravies and sauces.
- Fast food, junk food and candy.

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