

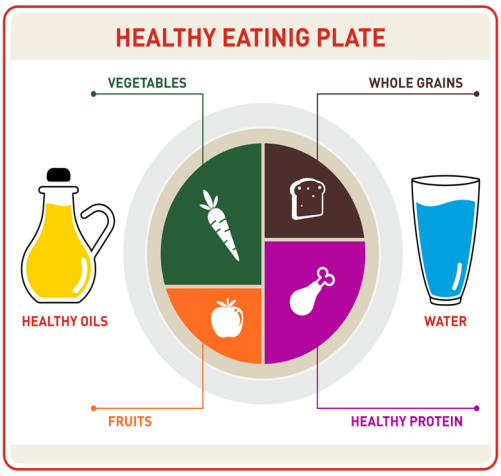
Making healthy food choices



Healthy eating for a healthy body

What you eat can affect your entire body, including your heart, brain, skin and bones. Your body needs healthy food to be at its best. Eating smaller portions, drinking more water, and adding more fruits and vegetables are all ways for you to eat healthier





The "Healthy Eating Plate" approach to balanced eating

This "Healthy Eating Plate" picture shows how you can create a balanced meal including healthy proteins (1/4 of plate), vegetables and fruits (1/2 of plate), and whole grains (1/4 of plate). It's a simple reminder for healthy eating. Before you eat, think about what will go on your plate or in your cup or bowl.

Tips to get more healthy foods in your day



- Add **fruits** to cereal and salads.
- Cut up **veggies** to snack on before meals.
- Go for grilled or baked chicken, fish, or lean meat instead of fried to avoid added fat in your **protein**.
- Switch to whole wheat bread, whole wheat tortillas, or brown rice for healthier **grains**.
- Find calcium in **non-dairy** foods, including tofu, almonds, and kale.

Making healthy choices when someone else is the cook



When someone else does the grocery shopping and cooking, it may seem that food choices are outside your control. But there are ways you can select nutrient-rich foods.

Start the day right

Choose whole grain breads and cereals, oatmeal, low-fat yogurt or milk, and fresh fruits. Skip the pastries and donuts.

Choose low-calorie snacks

Look for healthy snack options, like low-fat yogurt or cottage cheese with fresh fruit, graham crackers with peanut butter, or cut-up veggies with 2 tablespoons of hummus.

Choose healthier toppings

Substitute olive oil for butter. For salads, consider flavored vinegars or low-fat dressings.

Create a personal pantry

Stock up on healthy foods that last awhile: peanut butter, salsa, whole wheat crackers, canned tuna, canned fruit, and whole grain cereals.



What is one reason why you want to eat healthier?

To have more energy.

Keep your portions the right size

Eating a healthy mix of different foods is important. So is eating the right amounts of food. It can be hard to measure every portion of food you eat. There are some simple ways to know that you are eating the right serving sizes.



Serving of pasta = A tennis ball



Serving of cheese = Three dice



Serving of meat = A deck of cards



Serving of nuts = A golf ball



Tips for eating out

Try these ideas for making it a treat to eat out while staying committed to your health goals:

- **Choose the small size.** Instead of a medium or large, ask for the smallest size.
- **Order an appetizer rather than an entree.** Avoid fried foods and other high-fat choices.
- **Choose healthy starters.** A small salad, bean or vegetable-based soup (such as minestrone), or fruit cup, instead of bread or fried appetizers.
- **Limit the sweet stuff.** Opt for water in place of soda. If having dessert, consider a kid-sized portion if available.



Make changes one step at a time

✓ **Check off** the ways you can make healthy food choices:

- ☐ Choose fish, poultry, beans, or nuts and limit red meat.
- ☐ Fill half of your plate with vegetables and fruits.
- ☐ Switch to fat-free or 1% milk or non-dairy choices.
- ☐ Eat fewer foods that are high in salt, sugar, and butter.
- ☐ Drink water instead of high sugar content drinks.
- ☐ Try whole wheat bread instead of white bread, or brown rice instead of white rice.

How many calories do I need?

Your calorie needs will vary depending on your age, gender, physical activity level, and weight.
Ask your healthcare provider what would be a good range for you.

Type of population/ Gender	Not active No added activity to day-to-day life	Somewhat active Walking quickly at least 1.5 miles a day	Active Walking or running more than 3 miles a day
Women	1,600-2,000	1,800-2,200	2,000-2,400
Men	2,000-2,600	2,200-2,800	2,400-3,000



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