



# Tips for Healthy Eating

## Start with Breakfast

A healthy breakfast is a great way to start your day. It can help give you energy, improve concentration, reduce overeating, and keep you from making unhealthy snack choices.

## Select Whole Grains

Whole-grain foods contain fiber that can lower blood cholesterol and help you feel full. Look for foods that contain the words whole grain or whole wheat as the first ingredient.

## Keep it Colorful

Fruits and vegetables come in a variety of colors. Choose from the different colors to give your body a wide range of valuable nutrients.

## Lean on Protein

Select cuts of beef or pork labeled loin or round, and choose white meat from skinless poultry for the least amount of fat. A serving size should be no more than 3–4 ounces, which is roughly the size of a deck of cards.

## Go Fish

Fish is generally low in calories, saturated fat and cholesterol, making it a good substitute for meat. Aim to eat at least two servings of fish each week.

## Fill Up on Fiber

A high-fiber diet may reduce the risk of certain types of cancer and may help to control cholesterol levels. Fiber-rich foods include legumes, nuts, seeds, whole grains,

vegetables, and fruits.

## Select Nonfat or Low-Fat Dairy Products

Choose lower fat versions of milk, yogurt and cheese. These foods are a good source of calcium and vitamin D.

## Cook Healthy

Use methods such as baking, broiling, poaching, roasting, or steaming to avoid adding fat to your food.

## Choose Healthy Fats

Monounsaturated and polyunsaturated fats, such as olive, canola, safflower, and corn oils are healthier choices.

## Use Salt in Moderation

Add flavor to the foods you prepare by using fresh herbs, spices and salt-free seasonings. Limit your intake of commercially packaged foods since they tend to be high in sodium.

## Snack Healthy

Eat snacks that are low in fat and high in nutrients such as fruits, vegetables, low-fat yogurt, unsalted nuts, unbuttered popcorn, and unsweetened cereal.

## Order Healthier Fast Food

Choose grilled chicken sandwiches instead of burgers, replace fries with a salad or fruit, and drink water, 100 percent fruit juice or low-fat milk instead of soda.



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