



EAT

Digest this

How can you reduce your risk of disease in the future by choosing healthy foods today?

What your grandmother said is true: You are what you eat. Over the course of your life, your food and drink choices can make a difference in your health.

Choosing a healthy diet can feel overwhelming, but the basics of healthy eating and good nutrition are the same for everyone.

Eat a Variety of Fruits and Vegetables



- Choose meals where fruits or vegetables are the main ingredient, such as stir-fries
- Keep your diet interesting by eating a variety of fruits and vegetables to provide you with different sources of nutrients
- Leave the skin on fruits and vegetables to increase your fiber intake
- Select colorful fresh or frozen fruits and vegetables
- Vegetables cooked with cream sauces
- Fruit packed in syrup
- Fried or breaded vegetables
- Frozen or canned fruit with sugar added
- Frozen or canned vegetables with salt added

Choose Whole Grains vs. Refined Grains



- Choose high-fiber cereal, couscous, quinoa, barley

Flaxseeds are high in omega-3 fatty acids and can lower your cholesterol and blood pressure.

Stir them into:

- Yogurt
- Applesauce
- Cereal
- Oatmeal

Select products made with:

- Whole-wheat flour
- Whole-grain or whole-wheat bread
- High-fiber cereal (5 grams or more of fiber per serving), brown rice, barley, buckwheat, oatmeal (steel cut or regular), couscous, quinoa, flaxseed.

- White flour
- White bread
- Muffins
- Frozen waffles
- Doughnuts
- Cakes and pies
- Egg noodles
- Buttered popcorn
- High-fat snack crackers

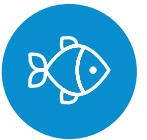


Stick to the "Good" Fats



- Decrease the amount of solid fats you eat, including butter or shortening
- Check the labels of most snack foods, like cookies, crackers or chips, to make sure you're taking in the least amount of "bad" fats as possible
- Olive oil
- Canola oil
- Trans fat-free margarine
- Cholesterol-lowering margarine
- Butter
- Bacon fat
- Gravy
- Cream sauce
- Nondairy creamers
- Hydrogenated margarine and shortening

Consume Low-Fat Protein Sources



Choose lean meats and low-fat dairy products like:

- Skim milk
- Eggs
- Beans
- Soybeans and soy products
- Skinless poultry
- Legumes
- Lean ground meats
- Cold-water fish like salmon, mackerel and herring
- Full-fat/whole milk
- Hot dogs
- Bacon
- Fatty and marbled meats
- Cold cuts
- Sausages
- Organ meats (like liver), egg yolks
- Fried or breaded meats

Limit Your Salt Intake



Choose lower sodium alternatives like:

- Herbs and spices
- Reduced-salt canned soups or vegetables
- Reduced-salt versions of condiments
- Table salt
- Tomato juice
- Canned soups
- Salt substitutes
- Frozen dinners
- Soy sauce
- Prepared foods

ACTION ITEMS

DO ONE THING: Reduce your risk of disease by choosing healthy foods, limiting unhealthy foods, and watching your portions.

SHARED DECISION MAKING: Talk to your healthcare provider about what simple changes you can make in your diet to stay healthy.