

Eat Healthy

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Planning Meals

- Make half your plate fruits and vegetables. Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes. Use fruits as snacks, salads, and desserts.
- Make at least half your grains whole. Try eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Switch to skim milk or low-fat (1%) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.
- Vary your protein choices with foods like seafood, beans, tofu, and nuts as well as lean meats, poultry, and eggs. Twice a week, make seafood the protein on your plate.
- Avoid oversized portions. Use a smaller plate, bowl, or glass.
- Slow down and enjoy your food. Eating too fast may lead to eating too many calories.

Eating on the Run

- Start your day off with fat free or low-fat yogurt mixed with nuts, fruit, and granola or oatmeal.
- Make a peanut butter sandwich with whole grain bread. Grab an apple and some carrot sticks for the road.
- Reheat leftovers and take some to work or school.
- Save time by slicing vegetables and storing them in the refrigerator. Serve them with dips like hummus or low-fat dressing.

Eating Out

- Choose a smaller size option, share a dish, or take home part of your meal.
- Ask for less sauce and salad dressing and fewer extras, such as ketchup, butter, and mayonnaise.
- Ask for black pepper instead of salt.
- Try grilled chicken or turkey instead of fried chicken.
- Order a baked potato topped with vegetables instead of French fries.
- Drink water instead of sugary drinks, such as sodas, energy drinks, and sports drinks.
- Order frozen yogurt or milkshakes that are listed as low-fat or nonfat.

Cooking Tips

- Add beans or peas to salads (kidney or chickpea), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.
- Top fruit salads and baked potatoes with low-fat yogurt.
- Cook low-fat by microwaving, grilling, roasting, steaming or stir-frying with little or no oil.
- Trim or drain fat from meat and remove the skin from chicken or turkey.

Shopping Tips

- Make a list of foods to buy and stick to it.
- Don't shop when you are hungry. Shopping after eating will make it easier to pass on tempting snack foods.
- Buy fresh vegetables and fruit that are in season. They are easy to get, have more flavor, and are usually less expensive.
- Check the ingredients list for the words "whole" or "whole grain" before the first (or only) grain.
- Cut back on foods high in fat, added sugars, and salt.
- Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals.
- Choose "low-sodium" or "no salt added" canned vegetables. Choose fruit canned in water or 100% fruit juice.
- Choose lean meats that are less than 10% fat (or at least 90% lean).

Ask your doctor to help you plan a healthy diet.

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For free help please call us at 1-800-391-2000.