



10 Tips for Healthy Eating



Good nutrition is about consistently choosing healthy foods and beverages that emphasize fruits, vegetables, whole grains, dairy, and protein. Try these quick healthy eating tips to get started:

1. **Choose good carbs—but not *no* carbs**; opt for whole grains.
2. **Look for lean sources of protein**, such as fish, poultry, nuts, and beans.
3. **Limit foods high in saturated and trans fat**; choose those that incorporate plant oils, nuts, and fish.
4. **Fill up on fiber** by eating plenty of fresh fruits, vegetables, and whole grains.
5. **Eat a variety of colorful fruits and vegetables**, which are rich in micronutrients.
6. **Increase your calcium intake**. Most people think they need to drink milk to do so, but calcium can be found in dark leafy greens, certain fish, and many fortified foods and beverages.
7. **Choose water** over a sugary drink, and limit juice intake.
8. **Reduce your sodium intake** by avoiding processed foods and seasoning with herbs and spices rather than salt.
9. **Limit added sugar** in your diet by avoiding processed foods. Try having fruit for dessert!
10. **Remember: all foods can fit when eating a balanced diet!** Don't set yourself up for failure by completely depriving yourself of a food that doesn't meet the above criteria. The overall pattern of food eaten is the most important focus of healthy eating!

Hungry for more nutrition knowledge? Check out our Ask a Dietitian page at TotalHealth.cat.com!

