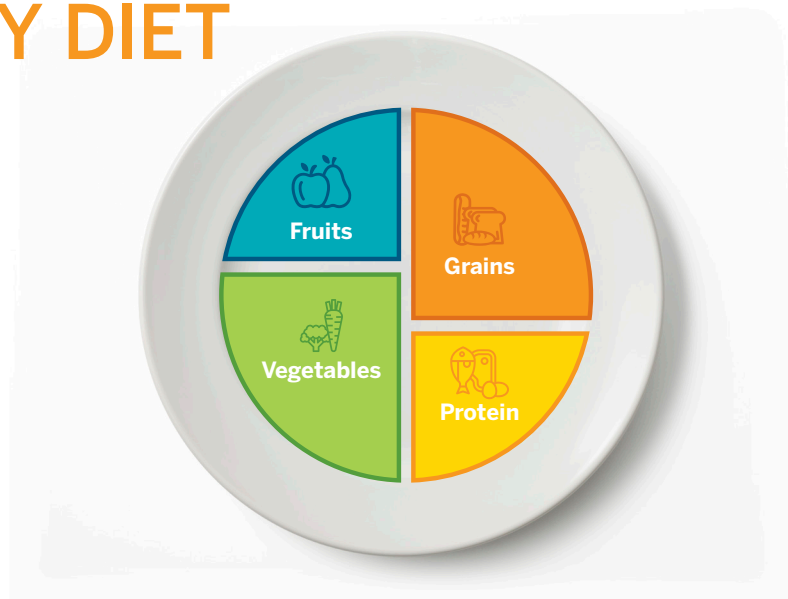




TREAT YOURSELF BY EATING A HEALTHY DIET

- The Dietary Guidelines for Americans recommends a healthy eating pattern to help achieve and maintain a healthy body weight, support adequate nutrient intake, and reduce the risk of chronic disease.
- The best diet for you is one that nourishes you, tastes great, fits your lifestyle and preferences, and helps you achieve your health goals.
- Choose a variety of nutrient-dense foods from all food groups.
- Limit added sugars, saturated fats, and sodium.
- Start eating healthier by changing just one or two habits. Finding a diet that is right for you can take time.
- If you're not sure where to start, look at the meal planning guide below.



Meal Planning Guide



Fruits

Focus on whole fruits that are fresh, frozen, canned, or dried:

Most adults should consume 1-2 cups of fruit a day.



Vegetables

Vary your veggies:

Choose a variety of colorful raw or cooked vegetables that are fresh, frozen, or canned.

Include vegetables that are dark green, red, and orange in color.



Grains

Make at least half your grains whole grains:

Whole grains, such as oatmeal, brown rice, and whole wheat flour, are high in fiber and iron as well as many B vitamins.



Protein

Change up your protein routine:

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

What does a healthy diet look like for me?

What are 1-2 small steps that I can take now to build healthier eating habits?

What are 1-2 long-term goals that can help me create a healthier eating pattern?
