

Healthy Eating Tips

The following is a list of healthy tips recommended by the American Dietetic Association.

- Eat a variety of foods from the food guide pyramid every day. Variety in your diet keeps you from getting bored and assures you are consuming a lot of different vitamins and minerals.
- Cut back on fat. Purchase lower fat products over regular fat at the grocery store. Trim visible fat from cuts of meat before cooking. When dining out look for “light” or “low fat” items.
- Remember there is no such thing as “good” foods and “bad” foods. All foods can fit into a healthy diet. Think of them in terms of “everyday” and “sometimes” foods. Whole grains, fresh fruits and vegetables, lean meats, low fat dairy and beans and nuts are examples of “everyday” foods. Cookies, cake, ice cream, regular sodas, and high fat bakery goods are examples of “sometimes” foods.
- Become aware of your portion sizes. Many restaurant entrees are 3-5 times larger than a regular portion. Review Visualize your Portions on this website (under “The Basics”) to gain a better understanding of what is considered a portion.
- Become familiar with Nutrition Facts on food labels. Calories, fat, protein, and carbohydrate per serving are listed on the label, which can help you decide which foods fit your needs. Keep in mind serving sizes on the package may be different than those recommended by the Food Guide Pyramid.
- Get physical activity for at least 30 minutes per day most days of the week.