

# Eat Right: 10 Health Tips

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

- 1. Eat Breakfast**
  - Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- 2. Make Half Your Plate Fruits and Vegetables**
  - Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- 3. Watch Portion Sizes**
  - Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
- 4. Be Active**
  - Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
- 5. Experiment with Plant-Based Meals**
  - Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
- 6. Explore New Foods and Flavors**
  - Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
- 7. Drink More Water**
  - Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
- 8. Make an Effort to Reduce Food Waste**
  - Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.
- 9. Eat Seafood Twice a Week**
  - Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
- 10. Fix Healthy Snacks**
  - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.