

Making food choices for a healthy lifestyle can be as simple as using these tips.

Balancing Calories

ENJOY YOUR FOOD, BUT EAT LESS

- Take the time to fully enjoy your food as you eat it. Eating too fast or when you are distracted may lead to eating too many calories. Stop eating when you are satisfied, not full.

AVOID OVERSIZED PORTIONS

- Cook more often at home, so you can control what and how much you eat. Use a smaller plate, bowl or glass. Order a smaller portion or share a meal when eating out.



Foods to Increase

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

- Fruits and vegetables provide a variety of nutrients essential for good health. Eat more red, orange and dark-green vegetables, such as tomatoes, sweet potatoes and spinach. Choose brightly colored fruits, such as blueberries, strawberries and oranges.

MAKE AT LEAST HALF YOUR GRAINS WHOLE

- Look for the words “100% whole grain” or “100% whole wheat” on the Nutrition Facts label. Whole grains provide more phytonutrients and fiber than refined grains.

SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK

- Pair your meal or snack with a cup of fat-free or low-fat milk. Both have the same amount of calcium and nutrients as whole milk, but fewer calories and less saturated fat.



Foods to Reduce

SODIUM

- Compare sodium in foods like soup, bread and frozen meals by looking at the Nutrition Facts label. Choose the foods with lower numbers. Add spices or herbs to season food without adding salt.

SUGARY DRINKS

- Added sugars from sweetened beverages add extra calories with few nutrients. Drink water instead of sugary drinks. Add sliced lemon or cucumber to water to add flavor without calories. Choose 100% fruit juice instead of fruit-flavored drinks.

