

STAYING WELL

10 Tips for Healthy Eating

Eat a variety of foods.

No single food provides all of the nutrients we need for good health. Don't eat the same foods all the time! Try to select foods from across all the food groups. Choose foods that are nutrient dense (they have a high nutrient to calorie ratio).

Enjoy plenty of whole grains, fruits and vegetables.

These are examples of foods that are nutrient dense. They contain higher concentrations of fiber, vitamins and minerals.

Be physically active daily.



This is just as important to your health as eating properly. Physical activity also aids in the digestion of food, and helps to relieve stress. Even small amounts of exercise count!

Keep portion sizes reasonable.

Eating moderate portions helps you to eat what you want and maintain a healthy weight.

Don't Skip Meals.

It is ok to snack between meals, but eating regular meals helps you remember good nutrition.

Don't eliminate your favorite foods.

Just regulate how often you eat them. Eating should be both enjoyable and nutritious.

Balance your food choices over time.

When eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next. It's how your diet looks over time that matters.



Drink plenty of fluids.

Thirsty? How about a big glass of water? Water cools you, keeps your mouth and joints lubricated, and carries nutrients to all your cells and organs. It is important to give your body the water it needs to carry out all of these different jobs.

Figure Fiber into your Foods.

Again, whole grains, fruits, and vegetables are excellent sources. Nuts are also good fiber sources.

Get Your Calcium.

We don't produce our own calcium, yet our bodies use it everyday. We need to re-supply ourselves through the foods we eat. Low-fat milk is the most affordable and available source of calcium.

