



> Nutrition

March

Eat healthy – the basics

Your body needs the right vitamins, minerals, and other nutrients to stay healthy. A healthy diet means that you are eating:

- > Vegetables, fruits, whole grains and fat-free or low-fat milk products
- > Seafood, poultry, lean meats, eggs, beans and nuts

Stay away from cholesterol, sodium (salt) and added sugars, trans fats and saturated fat.

A healthy diet can keep your body strong and active. By making smart food choices, you can help protect yourself from:

- > Heart disease
- > Bone loss
- > Type 2 diabetes
- > High blood pressure
- > Some cancers, such as colorectal cancer

Tips for healthy meals

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories.

- > Make half your plate fruits and veggies
- > Add lean protein
- > Include whole grains
- > Don't forget the dairy
- > Avoid extra fat
- > Take your time
- > Use a smaller plate
- > Take control of your food – eat at home
- > Satisfy your sweet tooth in a healthy way with fruit

Eat less sodium

Most people eat much more sodium (salt) than they need. Too much sodium increases your risk of high blood pressure and other heart problems. Use these tips to help lower the sodium in your diet.

Know your sodium limit.

- > Healthy adults need to limit their sodium intake to no more than 2,300 mg a day (about 1 teaspoon of salt).
- > Some people, including children and those with high blood pressure, need to keep their sodium intake even lower (no more than 1,500 mg a day). Ask your doctor how much sodium is okay for you.

Check the label.

Use the Nutrition Facts label to check the sodium in packaged foods. Try to choose products with 5% Daily Value (DV) or less. A sodium content of 20% DV or more is high. Look for foods labeled “low sodium,” “reduced sodium” or “no salt added.”

You don't have to make all of these changes at once. Slowly reduce the amount of sodium in your foods, and your taste for salt will change with time.

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