

Eat your way to better health

Boost your lifelong health

A healthy diet does more than help you lose weight. Eating well lowers your risk for serious health conditions, like:

- > Cardiovascular (heart) disease
- > Diabetes
- > Some cancers
- > Obesity

Kick these foods to the curb

Certain foods are worse for your health than others. These foods may contribute to serious health problems. Try to stay away from:

- > Saturated fats (found mostly in meat and dairy)
- > Foods high in sodium (like salty snacks, cold cuts and even bread)

Enjoy a healthy diet

It's easier than you think to eat the right things. Plus, when you eat for your health, you'll feel better and have more energy. Remember to eat these things first:

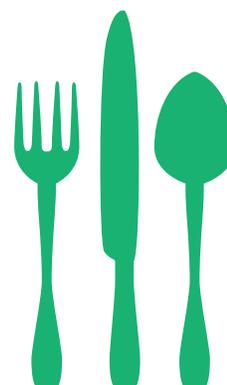
- > Fruits and vegetables
- > Whole grains
- > Lean protein
- > Low-fat dairy products

Try a few of these tips

Even if you lead a busy life, you can still find simple ways to eat healthier. Here are a few:

- > Use whole-grain pasta or bread instead of white.
- > Replace your baked potatoes with baked sweet potatoes.
- > Steam broccoli for a yummy side dish.
- > Slice up mangos or apricots and eat them on top of yogurt and granola.
- > Make the switch to nonfat milk and fat-free yogurt.
- > Add fish to at least one meal per week.
- > Use liquid oils, like olive oil, instead of hard fats, such as butter and margarine.

For more healthy tips and recipes, visit fruitsandveggiesmatter.gov.



Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.