

EAT YOUR WAY TO BETTER HEALTH



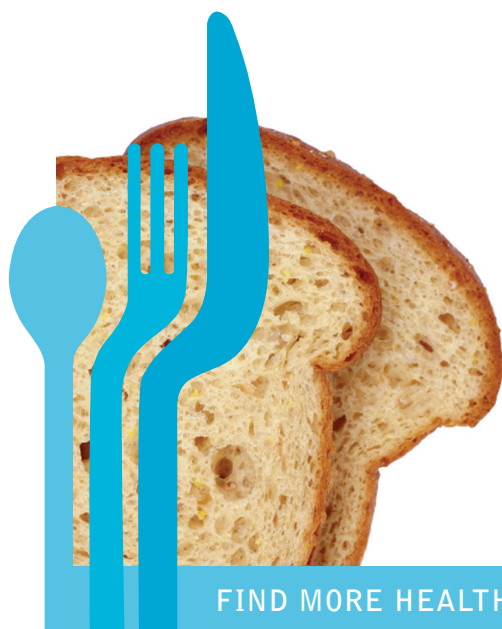
Good nutrition reduces
your risk of chronic diseases

A healthy diet does more than just help you lose weight. It can help prevent a number of chronic diseases, including:

- Cardiovascular disease
- Diabetes
- Certain cancers
- Obesity

Saturated fats and foods high in sodium play a huge role in your health, and contribute to a variety of chronic conditions. Replace them with healthy foods to keep your diet in check.

It's easier than you think to prevent chronic diseases. A healthy diet will reduce your risk of chronic disease and help you feel better, so you can enjoy a healthier life.



A healthy diet has only a few important components to remember:

- Fruits and vegetables
- Whole grains
- Lean protein
- Lowfat dairy products
- Limited saturated fats (avoid when possible)

Sometimes it's hard to come up with ways to eat healthier, especially when life gets busy. Here are some easy ideas to improve your nutrition:

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

ODS offers free one-on-one health coaching for nutrition and healthy lifestyles. Contact a health coach at careprograms@odscompanies.com.



FIND MORE HEALTHY TIPS AND RECIPES AT WWW.FRUITSandVEGGIESMATTER.GOV.