Healthy Eating

20 TIPS

1. Eat 5-9 fruits and vegetables a day. Fill half of your plate with fruits and vegetables.

2. Make fruit your everyday dessert.

3. Choose whole-grain breads and cereals, such as whole-wheat bread and brown rice.

4. Aim to get 20-35 grams of dietary fiber a day.

5. Have 2-3 servings of nonfat or low-fat milk, yogurt, or cheese daily.

6. Eat fish 2-3 times a week.

7. Go lean with protein.

8. Have meatless meals at least one day a week.

9. Choose water and unsweetened beverages instead of sugary drinks.

10. Read "Nutrition Facts" on food labels to guide your choices.

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11. Shake the salt out of your diet.

12. Use less packaged foods. Eat more home-cooked meals.

13. Choose a lot less cake, candy, cookies, and chips.

14. Limit high fat meats, such as bacon, hot dogs, and sausage.

15. Limit total and saturated fats.

16. Strictly limit *trans* fats (foods with hydrogenated oils).

17. Cut out high calorie coffee drinks. Opt for coffee black or with skim or low-fat milk.

18. Mind your mindless munching. Choose healthy snacks.

19. Keep foods safe to eat.

20. Limit alcohol to 2 drinks a day for men; 1 drink a day for women and persons over age 65.