



## Healthy Eating Tips

### Eat Right

- 1. Make half your grains whole.** Choose whole-grain food, like whole-wheat bread, oatmeal, and brown rice more often.
- 2. Vary your veggies.** Go dark green and orange with your vegetables. Eat spinach, broccoli, carrots and sweet potatoes.
- 3. Focus on fruits.** Eat them at meals. Eat them at snack times, too. Choose fresh, frozen, canned or dried fruits. Go easy on fruit juices.
- 4. Go lean with protein.** Eat lean or low-fat meat, chicken, turkey, and fish. Also, choose dry beans and peas more often. Add chick peas, nuts, or seeds to a salad. Add pinto beans to a burrito. Add kidney and/or other beans to soup.



- 5. Get calcium-rich foods.** Have low-fat and fat-free milks, yogurts, and cheeses. If you have soy milks and yogurts, choose ones with calcium. Have broccoli, kale and collard greens. Calcium helps to build strong bones.



- 6. Change your oil.** Get yours from fish, nuts, and liquid oils, like canola, corn, olive, and soybean. Avoid foods with *trans* fat. Read food labels.
- 7. Don't sugarcoat it.** Choose foods and beverages that do not list sugar, corn syrup and other sugars as one of the first ingredients. Added sugars give calories, but have few, if any, nutrients.