



Healthy Eating



Overview

Proper nutrition is important for your health. Making good food choices, combined with regular exercise, can help you maintain a proper weight. If you are overweight, making small changes in your eating habits can make a big difference in your health. Follow these simple tips for proper nutrition.

Watch Calories and Portions

First, be aware of calories. Your daily caloric needs are based on your age, your gender, and your activity level. Know your caloric needs, and read food labels so that you are aware of how many calories are in the foods you eat. Note that a single package of food, even a small snack package, may contain more than one serving. So learn to eat appropriate portions, and count your calories throughout the day.

Eat More of These

Next, eat more of the foods that are good for you. Eat lean meats, and incorporate poultry and seafood into your meal plan. Eat more fruits and vegetables. Choose colorful vegetables like tomatoes, sweet potatoes and broccoli. The more colorful you make your plate, the more likely you are to get the vitamins and minerals you need. Eat whole grains instead of refined grains. Choose whole grain bread and brown rice. Whenever possible, eat fresh foods instead of foods that have been processed.

Eat Less of These

Eat less of the bad stuff. Cut back on salt, fat, sugar and cholesterol. Check the sodium content of packaged foods, and ask to see nutrition information when dining out. Drink water instead of sugary drinks. Limit the desserts you eat.

Make Good Choices at Restaurants

Finally, if you eat out frequently, be careful to make good food choices. It's easy to overeat at a restaurant, and it's easy to eat more salt, fat and cholesterol than you realize. Order healthy options, and choose meals that are grilled, baked or steamed. Avoid all-you-can-eat buffets, and stop eating when you are full. By following these simple tips, you can make sure your meals are balanced and nutritious.