



EAT

# Digest this

**How can you reduce your risk of disease in the future by choosing healthy foods today?**

What your grandmother said is true: You are what you eat. Over the course of your life, your food and drink choices can make a difference in your health.

Choosing a healthy diet can feel overwhelming, but the basics of healthy eating and good nutrition are the same for everyone.

### Eat a Variety of Fruits and Vegetables



- ✔ Choose meals where fruits or vegetables are the main ingredient, such as stir-fries
- ✔ Keep your diet interesting by eating a variety of fruits and vegetables to provide you with different sources of nutrients
- ✔ Leave the skin on fruits and vegetables to increase your fiber intake
- ✔ Select colorful fresh or frozen fruits and vegetables
- ✘ Vegetables cooked with cream sauces
- ✘ Fruit packed in syrup
- ✘ Fried or breaded vegetables
- ✘ Frozen or canned fruit with sugar added
- ✘ Frozen or canned vegetables with salt added

### Choose Whole Grains vs. Refined Grains



- ✔ Choose high-fiber cereal, couscous, quinoa, barley
- Flaxseeds are high in omega-3 fatty acids and can lower your cholesterol and blood pressure. Stir them into:

- ✔ Yogurt
- ✔ Applesauce
- ✔ Cereal
- ✔ Oatmeal

Select products made with:

- ✔ Whole-wheat flour
- ✔ Whole-grain or whole-wheat bread
- ✔ High-fiber cereal (5 grams or more of fiber per serving), brown rice, barley, buckwheat, oatmeal (steel cut or regular), couscous, quinoa, flaxseed.
- ✘ White flour
- ✘ White bread
- ✘ Muffins
- ✘ Frozen waffles
- ✘ Doughnuts
- ✘ Cakes and pies
- ✘ Egg noodles
- ✘ Buttered popcorn
- ✘ High-fat snack crackers

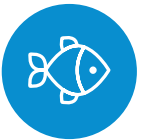


### Stick to the "Good" Fats



- ✔ Decrease the amount of solid fats you eat, including butter or shortening
- ✔ Check the labels of most snack foods, like cookies, crackers or chips, to make sure you're taking in the least amount of "bad" fats as possible
- ✔ Olive oil
- ✔ Canola oil
- ✔ Butter
- ✔ Bacon fat
- ✔ Gravy
- ✔ Trans fat-free margarine
- ✔ Cholesterol-lowering margarine
- ✘ Cream sauce
- ✘ Nondairy creamers
- ✘ Hydrogenated margarine and shortening

### Consume Low-Fat Protein Sources



Choose lean meats and low-fat dairy products like:

- ✔ Skim milk
- ✔ Eggs
- ✔ Beans
- ✔ Soybeans and soy products
- ✔ Full-fat/whole milk
- ✔ Hot dogs
- ✔ Bacon
- ✔ Fatty and marbled meats
- ✔ Skinless poultry
- ✔ Legumes
- ✔ Lean ground meats
- ✔ Cold-water fish like salmon, mackerel and herring
- ✘ Cold cuts
- ✘ Sausages
- ✘ Organ meats (like liver), egg yolks
- ✘ Fried or breaded meats

### Limit Your Salt Intake



Choose lower sodium alternatives like:

- ✔ Herbs and spices
- ✔ Reduced-salt canned soups or vegetables
- ✔ Reduced-salt versions of condiments
- ✔ Table salt
- ✔ Tomato juice
- ✔ Canned soups
- ✔ Salt substitutes
- ✔ Soy sauce
- ✔ Prepared foods
- ✘ Frozen dinners



## ACTION ITEMS

**DO ONE THING:** Reduce your risk of disease by choosing healthy foods, limiting unhealthy foods, and watching your portions.

**SHARED DECISION MAKING:** Talk to your healthcare provider about what simple changes you can make in your diet to stay healthy.