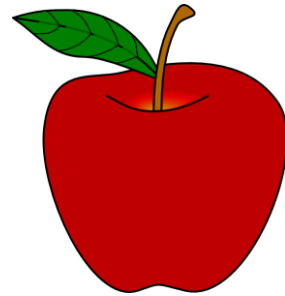


# Healthy Eating for a Healthy Lifestyle

# What makes a healthy lifestyle?

A healthy lifestyle is achievable if you or the individual you serve can try to do these two things.

**1. Eating Healthy** Foods



**2. Staying Active** in Your Everyday Life



# A healthy lifestyle begins with healthy eating

- Choosing a well-balanced diet or a creating a healthy eating plan can help you maintain a healthy weight.
  - What is a healthy eating plan?
  - How do you choose the right foods?



# What is a healthy eating plan?

- According to the Office of Disease Prevention and Health Promotion's *Dietary Guidelines for Americans 2015-2020*, a healthy eating plan:
  - Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and dairy products
  - Includes lean meats, poultry, fish, beans, eggs, and nuts
  - Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
  - Stays within your daily calorie needs

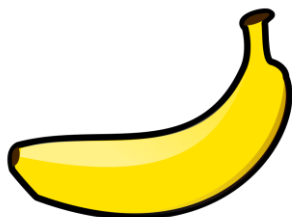
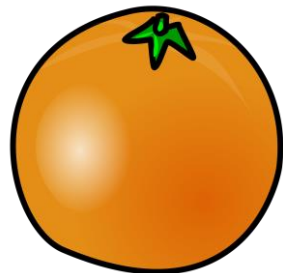
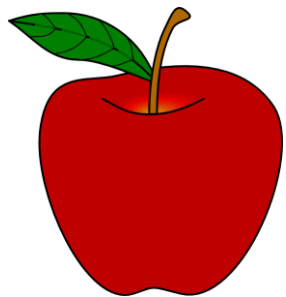
# Healthy eating can be enjoyable

- People often think of healthy eating as limiting. If healthy eating makes you think about all the foods you can't have, try instead, to refocus on all the new foods you can eat.
  - Fresh, frozen, or canned fruits and vegetables
  - Calcium-rich foods
  - A new take on an old favorite dish...



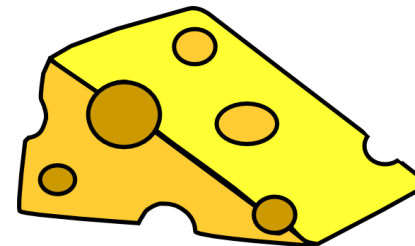
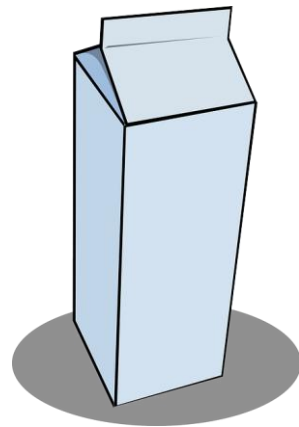
# Fresh, frozen, or canned fruits and vegetables

- All fresh, frozen, or canned fruits are great choices. From mangoes to juicy pineapples, the possibilities are endless. If you choose to eat canned fruits, make sure they are packaged in water or their own juice, so you can avoid added sugars or syrups.



# Calcium-rich foods

- Besides a glass of low-fat or fat-free milk, there are various yogurts and calcium fortified soy products that you can try.
- Did you know that broccoli and other vegetables are high in calcium?



# A new take on an old favorite dish

- If your favorite dish calls for frying chicken or fish, try healthier variations by baking or grilling.
- Ask other people around you or search the internet for healthier recipes. You'll be surprised by the tasty and healthy alternatives!
- Get creative!





**“Do I really have to give up my favorite comfort food?”**



# No, you do not have to give up eating your favorite foods!

- Healthy eating is all about **balance!**
- The key is to:
  - Eat your favorite “unhealthy” foods **only once in a while**
  - Eat **smaller amounts** of these foods since they may be high in calories, fat, sodium, or added sugars
  - Balance these foods out with **healthier foods and more physical activity**
  - Try a **low-calorie version** of your favorite food that uses healthier ingredients

