

Healthy Eating Habits

This tip sheet introduces some healthy eating habits that Direct Support Professionals can discuss with the individuals they serve and encourage them to select a few habits to try.

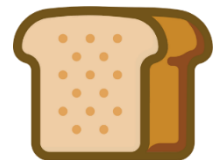
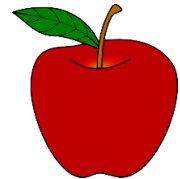
Why is it important to eat healthy?

When you eat healthy, your body can stay strong and work well. This means that you won't get sick as often and will have plenty of energy to do the things you like!

What are healthy eating habits?

Here is a list of habits that can help you get started! Find 2 or 3 that you and the individual you support can try to work on.

1. Add more **vegetables** to your day!
2. Eat **fruits and vegetables with each meal** and for a healthy snack!
3. Eat vegetables that are **dark green and leafy**, including kale, collard greens, and spinach.
4. Eat fiber-rich **citrus** fruits, including lemons, grapefruit, and oranges.
5. Eat **nuts** and any kind of **beans** - from kidney beans to lentils.
6. Eat **low-fat meats**. Eat salmon and other **fish** that are rich in omega3 fatty acids.
7. Switch to **fat-free or low-fat (1%) milk** and other dairy products!
8. Eat foods made with **whole grains**. Make sure most the grains you eat, like rice, bread or cereal, are made from unrefined flours and whole grains.
9. Eat fewer foods high in fats, added sugars, and salt!
10. **Drink water** instead of sugary drinks! Sodas have lots of sugar and calories.
11. **Plan your meals** ahead!
12. **Eat slowly** and **stop when you are full**.
13. **Limit the amount of fast food** you eat.



Learn more here: <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>