



PREVENTION & WELLNESS HEALTHY DIET

California Department of Developmental Services



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A healthy lifestyle means making choices that help your health. Think about how to be healthy in all areas of your life, including the food you eat, exercise, sleep, and handling stress. It also means being proactive, like going to the doctor and dentist. It is important to make healthy choices in all these areas of our lives and understand how they may prevent or reduce serious health problems.

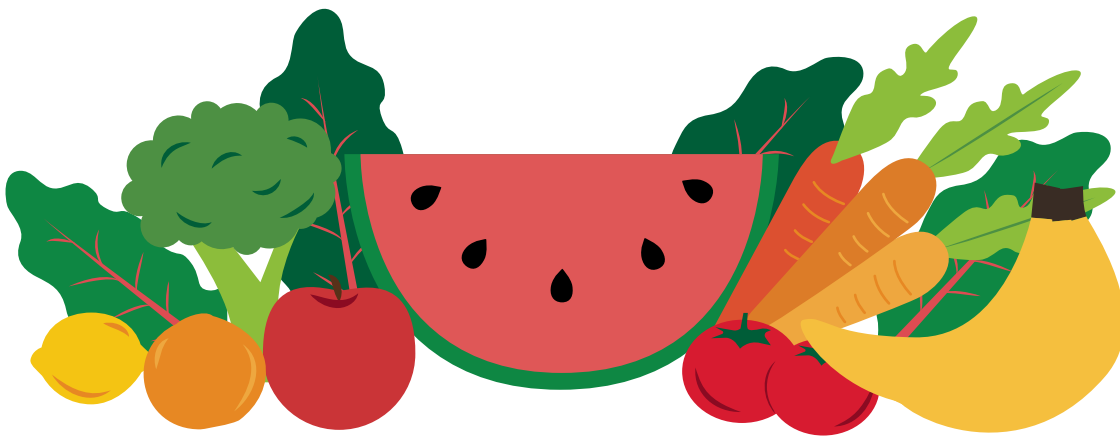
Helpful Tips to a Healthy Diet

Create healthy and balanced meals that incorporate vegetables, whole grains, fruits, healthy proteins, and healthy oils.

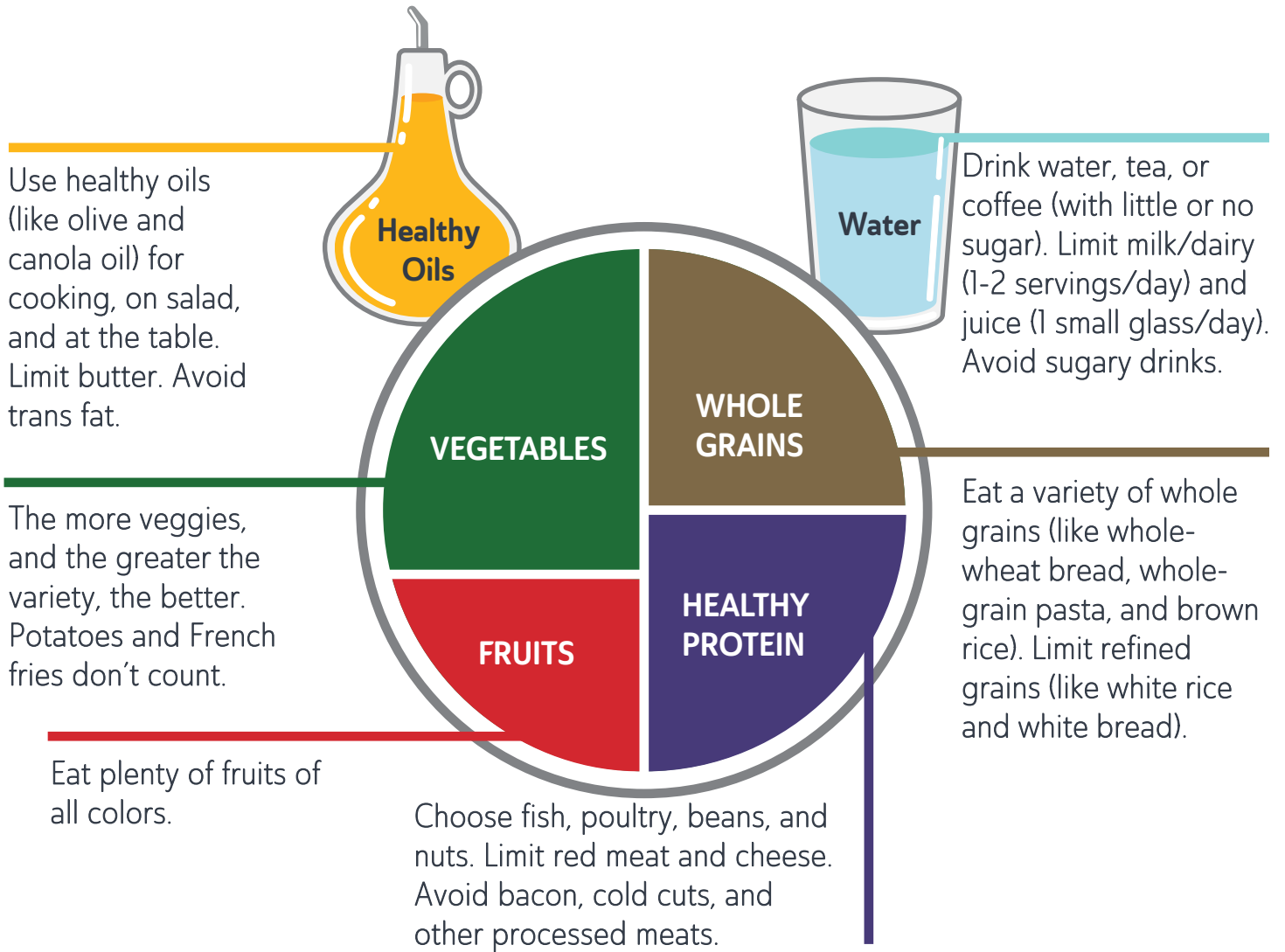
The [healthy eating plate](#) can help you plan and prepare healthy meals.

Try a new recipe that includes fresh fruits and vegetables, and foods lower in saturated fats, like chicken or fish.

Stay hydrated. Drink three large glasses of water each day. Avoid drinks that have sugar in them.



Healthy Eating Plate



Source: [Harvard T.H. Chan School of Public Health](#)