

Tips to Eating Well



Check off the tips you'll try for healthy eating:

1. Eat a variety of foods each day

- Eat whole grains, such as brown rice and whole wheat bread
- Add fresh vegetables to your meals, such as carrot sticks or steamed broccoli
- Instead of cakes and cookies, reach for fresh fruits as dessert
- Eat different protein foods. Enjoy red beans, black beans, fish, and chicken
- Try lowfat or nonfat dairy foods, such as yogurt and skim milk

2. Eat less fat. Here's how:

- Broil, steam, or bake your foods, instead of frying
- Cut off the fat from meats
- Take off the skin from chicken before cooking
- Eat fewer fatty foods, like butter, egg yolks, high-fat cheeses, and creamy sauces
- Use olive oil and canola oil instead of lard and butter

3. Cut down on salt

- Take the saltshaker off the table
- To add flavor, season foods with spices, herbs, and lemon juice
- Eat fewer canned foods, which are high in salt

4. Eat more foods with fiber

- Pick fresh fruits and vegetables as snacks
- Choose foods like oatmeal, oranges, pears, carrots, kidney beans, lentils, and whole wheat bread
- Eat garden salads. Just go easy on the salad dressings

Rate your plate:

Take a look at your meals and snacks

Write down 1 or 2 changes you want to make in your food choices here:

Make a few changes at a time. Little by little, you'll notice you have a healthier way of eating!