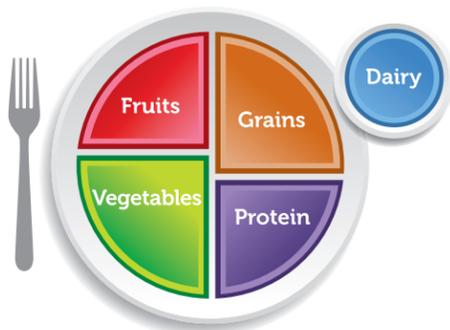




Healthy Eating

Today's consumers are greatly challenged to interpret the vast amount of information available regarding healthy eating habits. We are promised "quick fixes," "tricks," and "guarantees" along with lots of conflicting information. This makes us question which sources of information are reliable. It's difficult to accomplish, so let's start with the basics.



Choose **MyPlate**.gov

Refer to the MyPlate graphic to help you easily determine the appropriate amounts of each food group to eat at each meal.

- Regular physical activity, in addition to proper nutrition, is a basic component of a healthy lifestyle.
- All fats are not alike, nor are they all "unhealthy." Trans fats (look for "hydrogenated" in the ingredients list) should be avoided, but healthy unsaturated fats, such as olive oil and avocados, should have a place on your plate.
- Replace "bad" carbohydrates (white flour, white rice, refined sugar) with "good" carbohydrates (whole grain products) as much as possible.

Other key elements for success include these practices:

- Avoiding fad diets and weight-loss products (unless you are under a doctor's supervision). Anything that promises "quick" results and "guarantees" is probably not effective, at best, and detrimental to your health, at worst.
- Learning to read food labels correctly and becoming an educated consumer.
- Adopting healthy practices such as eating breakfast each day, drinking plenty of water, limiting portion sizes, and avoiding empty-calorie foods. These are foods such as candy and sugary drinks that provide lots of calories and minimal nutrients.

**For your safety, always consult with your primary care provider on how to best manage an existing medical condition, or when you are starting or changing your physical activity regimen or your diet if you have questions on how to get started safely with an action plan.*

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.



HEALTHY EATING

HEALTHY LIVING