


 ADAPTED FROM: NUTRITION CARE MANUAL (ACADEMY OF  
NUTRITION AND DIETETICS)

## WHERE DO I START WITH HEALTHY EATING?

One meal will not make you unhealthy or healthy, but what you are eating the majority of the time is what will initiate that change. Here are some tips to get you started on your healthy lifestyle!

- Every day, eat a variety of fruits and vegetables in a variety of colors.
  - Be sure to include lots of dark green, red, blue-purple, and orange vegetables.
- Choose whole grains for at least half of your grain selections.
- Eat more beans, peas, and lentils.
- Try meatless alternatives.
  - Get protein in your diet from eggs, fish, poultry, beans, peas, lentils, and nuts/nut butters.
  - Low-fat or fat-free dairy products are also good sources of protein.
- Keep your salt intake to a minimum (less than 2300 milligrams per day).
  - Limit use of salt, soy sauce, or fish sauce when cooking.
  - Eat freshly prepared meals at home. Processed, prepackaged, and restaurant foods contain more salt.
  - Choose fresh fruits and vegetables for snacks.
  - Choose products with lower sodium content when grocery shopping.
- Limit your daily sugar intake.
  - Sugar may be used in sauces, marinades, dressings, and condiments – even those that do not taste sweet.
  - Sugar can be found in honey, syrups, jelly, fruit juice, and fruit juice concentrate.
  - Limit sugar-sweetened beverages like sodas and fruit juice, sugary snacks, and candy.
  - It's best to choose products without added sugar, but if you do eat them, read labels carefully so you know how much sugar is in each portion.
- It is better to eat unsaturated fats than saturated fats.
  - Use fats and oils in moderation, up to 5 servings per day.
  - Unsaturated fat is found in fish, avocado, nuts, and oils like sunflower, canola, avocado and olive oils.
  - Saturated fat is found in fatty meat, butter, ice cream, palm and coconut oil, cream, cheese, and lard.
  - Many processed foods, fried foods, fast food items, convenience foods like frozen pizza and snack foods, and sweets including pies, cookies, and other pastries are high in fat. Check nutrition labels and choose these foods less often.
  - Use vegetable oil instead of lard or butter for cooking.
  - Boil, steam, or bake your food instead of deep frying in oil.
  - Remove the fatty part of meats before cooking.

### GENERAL, HEALTHFUL DIET SAMPLE 1-DAY MENU

Breakfast	Lunch	Dinner	Evening Snack
1 cup oatmeal 1/2 c. blueberries 1 oz. almonds 1 cup 1% milk or fortified soymilk	2 slices whole wheat bread 3 oz. turkey slices 2 lettuce leaves 2 slices tomato 1 oz. reduced-fat, reduced sodium cheese 1/2c. carrot sticks 1/4 c. hummus 1 banana 1 cup 1% milk or fortified soymilk 1 c. unsweetened tea	4 ounces salmon, baked 1/2 cup cooked brown rice 1 cup green beans, cooked 1 cup mixed greens salad 1 teaspoon olive oil mixed with vinegar of choice 1 whole wheat dinner roll 1 teaspoon margarine, soft, tub (for roll) 1 cup water	1 cup low-fat yogurt 1/2 cup sliced peaches

Academy of Nutrition and Dietetics. (2022). General, Healthful Nutrition Therapy. Nutrition Care Manual. [https://www.nutritioncaremanual.org/client\\_ed.cfm?ncm\\_client\\_id=6](https://www.nutritioncaremanual.org/client_ed.cfm?ncm_client_id=6)

\*This meal plan totals 1831 kilocalories, please note every individual's calorie need differs and may require more or less than this!\*