

# YOUR GUIDE TO HEALTHY EATING

## General Dietary Guidelines:

- ◇ Limit your intake of calories, salt, fat, and added sugars when possible.
- ◇ Increase your fiber intake by including plenty of fruits, vegetables, and whole grains.
- ◇ Keep your animal protein sources lean (focus on fish, poultry, and low fat milk) and incorporate vegetable sources (peas and beans).



## Recommended Foods

<b>Fruits</b>	All fresh, frozen or dried fruits. Avoid canned fruits or juices that have been packaged with added syrup or sugar.
<b>Vegetables</b>	All fresh vegetables. Select a variety of colors, especially dark green, red, and orange. Avoid added sodium in frozen or canned foods and juices.
<b>Dairy</b>	Low-fat or fat-free milk, yogurt, or cheese.
<b>Grains</b>	Whole grains such as oats, whole wheat, quinoa, spelt, rye, farro, barley, millet, brown or wild rice. Avoid added sugar in prepared foods.
<b>Protein</b>	Lean meat, poultry and seafood. Prepared by boiling, baking or grilling. Incorporate eggs, legumes, and tofu. Avoid added sodium in nuts and canned fish.
<b>Fats</b>	Canola, olive, or peanut oil. Choose dressings or mayonnaise made from these oils.



*Ask your registered dietitian (RD) for healthy eating tips that fit your individual needs.*

