



Good nutrition basics

A healthy eating plan leaves no room for words like “refined,” “saturated” or “solid.” Refined sugar and flour in breads add empty calories and no fiber. Large amounts of saturated fat are not heart-friendly, especially solid fats like butter and lard. The end result is too many calories and not enough nutrients.

Edit your healthy eating plan to include a mix of foods from the basic food groups (grains, fruits and vegetables, dairy, meats/beans and fats). Choose foods that give you the most nutrition per calorie.

Following a healthy eating plan helps your body guard against serious conditions such as heart disease, diabetes, osteoporosis and some cancers.

This is great news for all of us. It means that, one meal at a time, we have the power to affect our health based on the lifestyle choices we make. Applying these good nutrition basics over and over can lead to a healthy habit. Combine this good eating habit with 30-60 minutes of exercise most days of the week and that can lead to a better quality of life.

Find out which foods pack the most nutritional punch. Visit choosemyplate.gov.



Sources:
United States Department of Health and Human Services and the United States Department of Agriculture: www.mypyramid.gov, www.5aday.gov/homepage/index_content.html.
United States Department of Agriculture: www.nal.usda.gov/fnic/, www.healthierus.gov, www.nutrition.gov.
Ways to Enhance Children's Activities and Nutrition (We Can!): www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm.
Nutritive Value of Foods (you will need Adobe Acrobat to open this file): www.nal.usda.gov/fnic/foodcomp/Data/HG72/hg72_2002.pdf.

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