

## **Healthy Eating Guidelines**

- \*Eat a variety of fresh, whole foods, including selections from the five food groups—Vegetables, Fruits, Grains, Meat and Legumes and Milk.
- \*Include at least 5 servings of fruits and vegetables each day, with an emphasis on vegetables.
- \*Include a serving of low-fat versions of good quality protein with each meal and snack.
- \*Eat good carbs such as whole grains most, if not all of the time.
- \*Choose unsaturated fats such as olive oil, avocado, nuts and seeds.
- \*Include fiber foods with each meal so that you get a total of 25-30 grams of fiber each day.
- \*Eat a balanced diet with a ratio of 40-30-30 of good carbs, low-fat protein and good quality fats respectively.
- \*Eat colorful foods for their phytonutrients.
- \*Choose low-fat versions of dairy products and leaner meats.
- \*Stay away from empty calories that provide calories but little nutrition.
- \*Limit your intake of foods with added sugar and salt.
- \*Limit pre-packaged foods and fast foods, which are generally over-processed, full of preservatives and high in sodium.
- \*Drink 6-8 glasses of filtered water each day, while avoiding soft drinks and limiting fruit juice.