Tips for Healthy Eating

• Eat colorful fruits and vegetables frequently.¹

• Choose whole grains¹ like oats, brown rice and quinoa instead of white bread and French fries.

• Avoid salty, processed foods.¹

• Watch out for added sugar¹ in cookies, candy and soda.

• Make fiber your friend! Fiber is found in foods such as fruits and vegetables.² It works to keep the sugar in your blood steady and protect your heart.²,³

Pro tip: To create a positive environment, involve the whole family for the greatest impact.⁴

Eating a healthy diet and lifestyle can help protect you from diabetes, heart disease and obesity.⁵ It is the combination of nutritious food choices, physical activity and healthy behaviors that leads to wellness.⁶

1. CHOOSE WHOLE FOODS
   Limit fast food and junk food and opt for fruits and veggies instead.⁷

2. DRINK UP!
   Replace sugary drinks like soda with water.⁷

3. GET MOVING
   Aim for 60 minutes of exercise each day.⁸
   Dance, run, or play your favorite sport!

ADDITIONAL RESOURCES

To learn more healthy habits, check out these resources:

- MyPlate
  choosemyplate.gov

- Let’s Move
  letsmove.obamawhitehouse.archives.gov

- Healthy Eating Plate
  hsp.harvard.edu/nutritionsource/healthy-eating-plate/

- American Diabetes Association
  diabetes.org