

What You Eat: How to Get and Stay Healthy



There are five health problems that are very common:

- ◆ Obesity
- ◆ High blood pressure
- ◆ Heart disease and stroke
- ◆ Diabetes
- ◆ Cancer

You can't control your genes, what you inherit from your parents. That means some of these diseases run more in some families.

The good news: Your choices DO make a big difference. Good food choices do mean better health. It takes time to change habits. Be patient. And know this:

- ◆ **Keeping a healthy weight is the best thing you can do.** A person who is overweight or obese (very heavy) is more likely to have any of the diseases above as they get older. Find out from your doctor if you are at a healthy weight.
- ◆ **Healthy eating** can help prevent or delay these five common health problems.

Tips for healthy eating

For a healthy weight, try this:

- ◆ At home, use a smaller plate so you serve yourself less food.
- ◆ Eat only when hungry. Don't eat to de-stress.
- ◆ Eat slowly. Enjoy each bite. Notice when you feel full. Then stop eating.
- ◆ Don't eat lots of snacks between meals, especially in the evening.
- ◆ When eating out, eat half the meal. Take the rest home for another meal.

Choose these healthy foods:

- ✓ Green leafy vegetables and dark-colored vegetables
Women: eat 2½ cups vegetables every day
Men: eat 3 cups vegetables every day
- ✓ Beans and peas of all kinds
- ✓ Fish or poultry with skin off
- ✓ Lean or extra lean meats
- ✓ Fruit (fresh, frozen, or canned in water, not syrup)
- ✓ Whole wheat bread, buns, and tortillas, small amounts
- ✓ Whole grains: brown rice (not white), small amounts
- ✓ White potatoes, limit to 1 cup per week (steamed, boiled, or baked, NOT fried)
- ✓ Low-fat (skim or 1%) milk and dairy
- ✓ Tree nuts and seeds
- ✓ Healthy oils and fats: olive, canola, peanut, soy, corn, sunflower, soft margarine



Do not use:

- ✗ Lard
- ✗ Bacon grease
- ✗ Ham hocks
- ✗ Chicken or turkey fat
- ✗ Beef tallow
- ✗ Canned shortening like Crisco
- ✗ Butter or stick margarine
- ✗ Coconut or palm oil

Limit these:

- ⚠ Red meat
- ⚠ Lamb
- ⚠ Pork: ribs, roast, bacon
- ⚠ Poultry with skin
- ⚠ Organ meats: liver, brain, heart
- ⚠ Processed meats: sausage, lunch meats, pork rinds
- ⚠ Cream
- ⚠ Cheese
- ⚠ Whole or 2% milk, cottage cheese, sour cream, yogurt, cream cheese, ice cream
- ⚠ Whole eggs (with yolk)
- ⚠ Snacks and treats: chips, crackers, doughnuts, cookies, desserts, and cereal.
- ⚠ Drinks with lots of sugar or fat: chocolate milk, sweet tea, sodas, fruit juice, and fruit drinks

Tips for healthy cooking

- ✓ Grill, bake, broil, or roast meat. Use a rack to drain fat while cooking.
- ✓ Don't baste with drippings. Use wine, fruit juice, or low-fat marinade.
- ✓ Remove skin before cooking.
- ✓ Brown under a broiler instead in a skillet.
- ✓ Steam, boil, roast, or sauté vegetables. Sauté means to cook in a skillet with a little oil and/or a little water.



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Sources:
Mayo Clinic, American Heart Association, Cleveland Clinic