

## LEARN ABOUT

# HEALTHY EATING FOR ADULTS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

### What is Healthy Eating?

Healthy eating means choosing foods that help the body feel good and work well. It's about balance not being perfect.

A healthy plate has fruits, veggies, grains, protein, and dairy.



### Benefits

- Can help one live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Strengthens the bones
- Supports healthy pregnancies and breastfeeding
- Helps the digestive system function properly
- Helps achieve and maintain a healthy weight

### How to Eat Healthy Every Day

Eat balanced meals to help the heart and brain stay strong. You don't need special foods, just eat a mix of healthy foods each day.

- **Enjoy** vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy)
- **Drink** plenty of water throughout the day. Unsweetened tea and coffee can also be enjoyed
- **Limit** sweetened drinks and alcohol.
- **Eat less** salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese.
- **Take the skin off** poultry before cooking.
- **Use plant-based oils**, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil
- **Avoid** trans fats, which are found in some store-bought baked goods and fried foods