

# Healthy Eating Made Simple



While healthy eating is often considered complicated or challenging, it is actually very simple!  
**Here are some nutrition basics to help you get started on your path toward better eating habits.**

## Grains

- **These foods are carbohydrates**, the main source of energy for your body.
- **Aim for a quarter of your plate** at each meal to be a grain.
- **Make half your grains** whole grains
- **Limit refined grain products** such as white bread, baked goods or other sweets.

## Fruits and Vegetables

- **These are high in fiber**, full of vitamins and a source of carbohydrates.
- **Make half your plate** fruits and/or vegetables at each meal.
- **Aim for 5 to 7 servings** per day.
- **Try to eat fruits and vegetables** of varying color for greater nutritional benefit.

## Proteins

- **These are essential** to the building, maintenance and repair of body tissues including skin, organs and muscles.
- **Aim for one quarter of your plate** at each meal to be a protein.
- **Focus on lean proteins** such as eggs, chicken, turkey, fish, beans, soy and nuts.
- **Limit certain proteins** like fatty cuts of beef, pork and highfat dairy products.

## Healthy Fats

- **Certain types of fats are essential components** of a healthy diet.
- **Eat foods high in healthy** monounsaturated, polyunsaturated and omega-3 fatty acids like nuts, fish and oils such as olive and canola oil.
- **Limit foods that are high in saturated fats and trans fats** such as those found in animal products, butter or hard margarine and baked goods

### Be smart about beverages!

- **Drink more water.** Water provides hydration with no calories, fat or sugar.
- **Limit milk/dairy** to 1 to 2 servings per day; choose options that are low in fat.
- **Avoid unnecessary sugary beverages** like those made from powdered mixes, fruit punch, lemonade, iced tea, and soda.



**Health Advocate can get you to the right support and resources to improve your health and well-being.**

**We're here 24/7. Get the support you need, right when you need it, so you can be healthy and do the things you love.**

**We can help you in any language.**



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