

Healthy Eating

101

Eating a well-balanced diet is key to maintaining your health. In fact, improving your diet could help you live longer and reduce the chances of developing costly chronic diseases. Keep the following tips in mind when you're getting started on your healthy eating journey:

Get a personalized eating plan.

Speak with your doctor to develop a plan that will give you the amounts of each food group you need daily. Your doctor may recommend you seek out a registered dietician or nutritionist to create the best plan for you.

Set realistic goals.

You are more likely to succeed in reaching realistic goals when you make changes gradually. Start with small changes.

Balance your plate with a variety of foods.

Fifty percent of your plate should be filled with fruits and vegetables, 25% with lean meat, poultry or fish, and 25% with grains.

Eat slowly.

It takes between 15-20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you may stop feeling hungry.

Practice portion control.

A portion is the amount of food you choose to eat. Talk with your doctor or visit the United States Department of Agriculture's website to learn more about proper portion sizes and daily food intake customized to your age, gender and activity level.

Please speak with your doctor about what other health screenings would be beneficial for you and your health.

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