

Foundations of A Healthy Eating Pattern



Do you ever feel confused about what to eat? Nutrition is a field that is ever-changing and can be difficult to navigate. Eat real food, protein, lots of fruits and veggies, and watch the portion size.

Tips: How to create your personalized healthy eating pattern

- 1. Incorporate fruits and/or veggies into all meals. Make it a habit and, with each meal, check to make sure you have some sort of produce. Making a smoothie? Throw in some spinach. Cooking a breakfast burrito or some scrambled eggs? Sauté some bell pepper and arugula with it. Top your plain yogurt with a cut-up banana or apple. Spinach is incredibly easy to add to sandwiches, burritos, pasta sauces, soups, wraps, and even meatballs. Other easy additions include onions, mushrooms, arugula, bell pepper, zucchini, and kale. Pick out a few staples to always have on hand.**
- 2. Get enough good fats. Fat is essential for our bodies to function properly. Fat supports our brain health, hormones, skin, and cells; it is also necessary for the absorption of certain vitamins (A, D, E, and K). There are plenty of fats out there, but the key is to consume the right kind. Choose unsaturated fats as much as possible. These are found in nuts and seeds, avocados, olive or avocado oil, and fish, such as salmon, mackerel, herring, and sardines. Fats to avoid as much as possible include trans fats and saturated fats. Trans fats can be found in fried and processed foods. Saturated fats can be found in animal products.**
- 3. Limit processed foods and read food ingredient labels. There are many additives in processed foods, like sugar and preservatives, and some may be harmful to our health. It's just as important to look at the nutrition facts as it is to look at the ingredient list. What if you avoided a food product because it had 20% of your daily recommended fat, but when you looked at the ingredient list, the source of fat was olive oil—a great source of healthy fat!**
- 4. Healthy doesn't have to mean plain. You don't have to eat chicken, brown rice, and veggies each night to be healthy. You can make delicious bowls with beans or meat, a grain, some veggies, avocado, and a homemade sauce. |**
- 5. Follow your plan most of the time. It's important to follow a healthy eating pattern to fuel your body and support good health. But it's also important to incorporate your favorite foods that bring you joy—just make sure it's not with every meal and maybe not even every day. Allow yourself to enjoy that cookie or scoop of ice cream every once in a while. If you fall off the wagon, don't feel discouraged. Get back up again and pick up where you left off.**

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HEALTHY YOU!

