



Focus on Nutrition

Plan for Success

Shape healthy eating habits one or two at a time. Start with one you can easily accomplish. For example, if you drink whole milk now, switch to 2% milk for 1-2 weeks and then switch to skim milk.

Use fresh herbs, spices, and seasonings without salt or sodium in cooking and at the table.

Choose whole-grain breads, cereals, crackers, pastas, and other whole grains over white, refined ones.

Choose fruits and veggies of different colors to get a variety of nutrients. Include dark-green, orange, and red ones. Add salads to meals using small amounts of salad dressing.

Eat less fast food. Make more meals at home. When you do eat fast food, opt for healthier choices, such as a grilled chicken sandwich instead of one that is fried.

Snack smart. Choose fruit, veggies, nuts, and seeds. Examples are apples, pears, carrots, almonds, walnuts, and sunflower seeds. Limit snacks high in fat, salt, and/or sugar.

Select whole fruit over juice. When you choose juice, get ones with 100% fruit juice. For a larger serving size without extra calories, mix 2-4 ounces of juice with 4 or more ounces of water.

