

Healthy Eating

Tips for a Healthy Diet and Better Nutrition



Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

Choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer, and diabetes. Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet

Eat enough calories but not too many. Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

Eat a wide variety of foods. Healthy eating is an opportunity to expand your range of choices by trying foods—

especially vegetables, whole grains, or fruits—that you don't normally eat.

Keep portions moderate, especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend, and don't order supersized anything.

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.

Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See suggestions below for limiting salt and substituting whole grains for refined grains.

Get moving. A healthy diet improves your energy and feelings of well-being while reducing your risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.