

Healthy Eating Guidelines



- 1. Work toward 7 servings of fruit and/or vegetables a day**
 - 5 a day is a recommended minimum.
 - These are a good source of fiber and vitamins and minerals.
 - They help to avoid constipation.
 - They have no cholesterol, and are a healthy source of carbohydrates.
 - Depending on how they are prepared, they have little or no fat.
 - If 7 servings seem like a lot, then work at gradually adding a serving or two each day.
- 2. Choose foods lower in fat**
 - Choose leaner cuts of meat, eat more fish.
 - Eat combinations of plant proteins, like rice with beans.
 - Use unsaturated fat. These fats are liquid at room temperature like olive oil.
 - Avoid saturated fats that are solid at room temperature like butter.
 - As you read labels, it is best to eat foods with no more than 5 grams of fat per portion.
- 3. Limit foods that can raise cholesterol**
 - This is important for maintaining good blood pressure and for preventing heart attacks and stroke. Two things determine our cholesterol, heredity and diet. We cannot change heredity but we can change what we eat.
 - Eat less meat and dairy products as cholesterol is only found in animal products.
 - Avoid or limit saturated and trans fats because they cause our bodies to make cholesterol. Trans fats are solid at room temperature, but do not come from animals. Solid shortening, “partially hydrogenated” ingredients are trans fats.
- 4. If you have diabetes or pre-diabetes, watch carbohydrates**
 - The recommended amount of carbohydrates for most people with diabetes is 45- 60 grams per meal.
 - Most of the time, choose carbohydrates that come from healthier sources such as breads, grains, pastas, vegetables and fruits, rather than sweets like pastries, candies, sugars, jellies, and so on, which also tend to be higher in fat.
- 5. Reduce the amount of salt or other sources of sodium**
 - These can increase blood pressure, kidney and heart disease. Sodium is often hidden, so be sure to read labels. Reduce the amount of salt added to food or do not add at all.
- 6. Maintain a healthy weight**

Adapted from: Lorig, Kate, et al. *The Chronic Disease Self-Management Workshop Leader's Manual*. Palo Alto: The board of Trustees, Leland Stanford Junior University, 2016. Print.