10 TIPS FOR EATING HEALTHY

Healthy eating is one of the most effective ways to improve your health and manage your weight, but what does eating healthy mean for you? Understanding how to best fuel your body is an important first step to good nutrition and weight management. Take a moment to think about how your lifestyle impacts your diet. Unsure where or how to make changes to improve your health and manage your weight?

The infographic below gives you quick and easy tips for what you can accomplish, how you can do it, and how it improves your health. Also, check out the 31-Day Challenge for tips on healthy eating, active living, and positive psychological and emotional well-being to help you create daily habits to support a heathy lifestyle.

1 Eat the rainbow

? HOW
- Incorporate fruits and vegetables of different colors, lean meats, and whole grains of different types into your diet
- Check out **Eat the Rainbow Infographic** for ideas of what to add to your diet

+ BENEFITS
- Prevent boredom or feeling deprived
- Get a variety of nutrients your body needs

2 Limit processed foods

? HOW
- Avoid foods with a lot of ingredients or ingredients you don't understand on the label
- Have fast food only on rare occasions

+ BENEFITS
- Processed foods are often high in calories, fat, added sugar, and sodium, so limiting them in your diet benefits your health

3 Be cautious of low-fat or fat-free foods

? HOW
- Check the label before you buy – is there added sugar or sodium?
- If there is more sugar or sodium in the low-fat version, choose the full-fat version but eat the right-sized portion

+ BENEFITS
- Low-fat or fat-free products often contain added sugar or sodium so keep an eye out for those ingredients to help you decide whether to buy

4 Eat high-fiber foods

? HOW
- Fruits, vegetables, whole grains, and beans are good high-fiber food options

+ BENEFITS
- Improves digestive health
- Keeps you feeling full

5 Understand your caloric balance (calories in vs. calories out)

? HOW
- If you eat more calories than you use, you'll gain weight
- Track calories to make sure you're not overeating for your activity level
- Use **United States Department of Agriculture (USDA) SuperTracker** to track your food

+ BENEFITS
- Stay on track to maintain or lose weight
- See how much you eat each day – the results may surprise you

6 Eat your favorite foods – but in moderation

? HOW
- Pre-portion your favorite foods to prevent overindulging
- Use smaller plates
- Have a glass of water or a fruit or vegetable before you indulge, to avoid overeating

➕ BENEFITS
- Cutting out your favorite foods may lead to binging, so keep them in your diet – but in smaller amounts

7 Know your needs

? HOW
- Talk to your health care provider about any conditions or dietary restrictions you have
- Visit **USDA SuperTracker** for personalized information

➕ BENEFITS
- You and your health care provider can figure out what's doable and right for you
- If your diet fits your lifestyle and needs, it's easier to maintain

8 Have fun with recipes!

? HOW
- Make a list of nutrient-rich foods and brainstorm how to work them into your diet
- Check out the **USDA Recipe Finder** to search recipes by ingredients

➕ BENEFITS
- Healthy meals that are also delicious keep you full, happy, and healthy

9 Learn healthy alternatives

? HOW
- Swap out full-fat ingredients for reduced-fat or low-fat
- Replace half of butter or oil with applesauce when you bake
- Use black beans instead of refried beans
- For more alternatives, check out **Food Exchange List from the National Heart, Lung, and Blood Institute (NHLBI)**

➕ BENEFITS
- Keep the flavor, but add fewer calories and more nutritional value to your meals

10 Make the healthy option the easy option

? HOW
- Plan ahead! Make double batches of healthy meals to freeze for later
- Stock up on healthy snacks

➕ BENEFITS
- When a healthy option is a convenient option, you're more likely to choose it over fast food

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For more healthy eating information to manage your weight, visit the resources below:

▷ Navy and Marine Corps Public Health Center's (NMCPHC) Healthy Eating Web page
- Healthy Eating for Your Lifestyle
- Healthy Meeting Eating
- Nutri-Facts
- Tools & Techniques for Healthy Eating

▷ NMCPHC Weight Management Web page
▷ USDA SuperTracker
▷ EatRight.org