

So you want to eat healthy?

With so much conflicting information out there, how do you know what healthy eating really looks like? Let's clear up some of the myths.

What does healthy eating look like?











Fact

Only fresh fruits and vegetables are healthy.

A healthy diet can include fresh, frozen, canned and dried produce. Whenever possible, choose fruits and vegetables without added salt or sugar. For example, choose canned fruit in 100% juice or without added sugar when frozen. Choose no-salt-added canned vegetables and frozen varieties without added sauces or salt.



All processed foods are bad and full of chemicals.

Most foods have been processed in some way. Minimally processed foods that don't have a lot of added sugar or sodium can be a part of a healthy diet. Think: baby carrots, whole-grain bread, plain yogurt and chopped nuts!

Include these foods:



Low-Fat & Fat Free Dairy



Skinless Poultry



Fish



Beans and Legumes



Nontropical Vegetable Oils



Nuts and Seeds

Healthy Eating PS

- Prepare food at home to control what is added.
- Bring out the natural flavors in foods by using healthier cooking methods, such as grilling, braising, roasting, steaming, searing and sautéing.
- Add flavor with delicious herbs, spices, black pepper and citrus juices instead of sugar, salt and unhealthy fats.





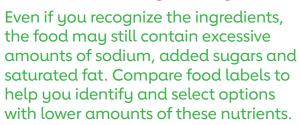
All foods labeled "natural" are good for you.

When it comes to food packaging, there is no official definition for the term "natural." Natural does not mean a food is healthier or higher quality.



Fact

If I recognize the ingredients on the label, I have nothing to worry about.



Watch for and limit:



Salt/Sodium



Sweets



Sugary Drinks



Fatty or Processed Meats – choose lean or extra-lean meats instead



I should avoid the middle aisles of the grocery store.

There are many foods throughout the grocery store that can be part of a healthy eating pattern. Some examples of nutrient-dense, shelf-stable choices include dried beans and lentils, unsalted nuts, whole grains such as wild rice, quinoa, oats and bulgur and canned, low-sodium poultry, fish, and vegetables.