

Tips for Eating Well

Eat Good to Feel Good¹

Eating healthy doesn't have to be complicated. No matter what type of food you love to eat, a few simple swaps can make a big difference.

How to Make Healthy Eating Choices

Informed food choices are essential to living well.

What all healthy eating plans have in common:

- Non-starchy vegetables as a foundation for the plate
- Lean proteins and plant-based sources of protein
- Quality carbohydrates like starchy vegetables, fruits, whole grains, and low-fat milk
- Less added sugar
- Healthy fats
- Less processed foods
- Water or zero-calorie beverages

Steps for Improving Your Eating Habits²

Healthy eating is important for maintaining a healthy weight and general health.

- Permanently improving your eating habits requires a thoughtful approach in which you:
- **Reflect** on your eating habits.
- **Replace** unhealthy eating habits with healthier ones.
- **Reinforce** your new, healthier eating habits

Tips for Maintaining Healthy Weight⁵

- Healthy lifestyles include being mindful of calories, ensuring adequate nutrition, and being physically active.
- Other factors such as sleep, age, genes, and medications can influence weight.

Disclaimer: Talk with your health care professional about an eating pattern and physical activity program that is right for you.

Reference:

1. Eating Well & Managing Diabetes | ADA
2. Steps for Improving Your Eating Habits | Healthy Weight and Growth | CDC
3. How to Have Healthier Meals and Snacks | Healthy Weight and Growth | CDC
4. Tips for Healthy Eating for a Healthy Weight | Healthy Weight and Growth | CDC
5. Tips for Maintaining Healthy Weight | Healthy Weight and Growth | CDC

How to Have Healthier Meals and Snacks³

- People eat in a variety of places—home, work, restaurants, maybe even the car.
- With planning, you can choose healthy options in any setting.
- See tips for making nutritious choices and avoiding large portions.

Tips for Healthy Eating for a Healthy Weight⁴

- An eating plan that helps promote health and manage weight includes a variety of healthy foods.
- Comfort foods, in limited amounts, can be part of healthy eating patterns.

Why it's important

People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

*The person in the image shown is a model and not a real patient

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Driving change in obesity

