

# Tips for Eating Well Eat Good to Feel Good<sup>1</sup>

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 Habits<sup>2</sup>

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 Weight<sup>5</sup>

- 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 Snacks<sup>3</sup>

- 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 Weight<sup>4</sup>

- 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

