



Healthy Eating Made Simple

While healthy eating is often considered complicated or challenging, it is actually very simple! Here are some nutrition basics to help you get started on your path toward better eating habits.

Grains

These foods are carbohydrates, the main source of energy for your body.

- Aim for a quarter of your plate at each meal to be a grain.
- Make half your grains whole grains for added nutritional benefit.
- Limit refined grain products such as white bread, baked goods or other sweets.

Fruits and Vegetables

A diet rich in fruits and vegetables is key to maintaining a healthy body as they are high in fiber, full of vitamins and a source of carbohydrates.

- Make half your plate fruits and/or vegetables at each meal.
- Aim for 5 to 7 servings per day.
- Try to eat fruits and vegetables of varying color for greater nutritional benefit.

Protein

This macronutrient is essential to the building, maintenance and repair of body tissues including skin, organs and muscles.

- Aim for one quarter of your plate at each meal to be a protein.
- Focus on lean proteins such as eggs, chicken, turkey, fish, beans, soy and nuts.
- Limit certain proteins like fatty cuts of beef, pork and high-fat dairy products.

Beverages

Be smart about beverages to limit unnecessary calories and sugar.

- Drink more water. Water provides hydration with no calories, fat or sugar.
- Limit milk/dairy to 1 to 2 servings per day; choose options that are low in fat.
- Avoid sugary beverages like those made from powdered mixes, fruit punch, lemonades, iced tea, soda, etc.

Healthy Fats

Certain types of fats are essential components of a healthy diet.

- Eat foods high in healthy monounsaturated, polyunsaturated and omega-3 fatty acids like nuts, fish and oils such as olive and canola oil.
- Limit foods that are high in saturated fats and trans fats such as those found in animal products, butter or hard margarine and baked goods.

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

©2019 Health Advocate HA-CWM-1905042-30FLY

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!



HealthAdvocateSM