



# Give Your Body the Good Food It Needs

Food is one of life's pleasures. We all have our favorites. Most importantly, food is the fuel that keeps our bodies going. Treat yours to healthy servings of the foods it needs to stay energized and fight off disease. Here are easy ways to start.

**Load up on colors.** Fill half your plate with richly colored fruits and vegetables. The more vibrant, the more likely you'll get the vitamins, minerals and fiber you need.

**Know the scoop on salt.** About 77 percent of the salt Americans eat is hidden in processed foods. Too much salt can raise blood pressure. Read labels and menus to choose foods low in sodium.

**Go with the grain – whole grains.** Choose nutrient-rich, unprocessed grains like whole-wheat bread, quinoa, wild rice or rolled oats. A diet rich in whole grains helps reduce heart disease, diabetes and cancer.

**Lean in to protein.** Foods with less saturated fat help lower cholesterol and your risk for heart disease. With this in mind, opt for lean meats, poultry, seafood, beans, eggs and nuts to get your daily recommended serving of protein.

**Drink more water.** Water regulates digestion, promotes a healthy heart, increases energy and improves brain performance.

**Stop the sugar sabotage.** Too much added sugar in our diets puts us at risk for chronic conditions. Be mindful of eating sugary treats and over indulging in sugary drinks. Soda, energy drinks and sports drinks can be a major source of added sugar.

**Join the Nutrition Connect Community** for monthly webinars to improve your healthy eating habits.

**Note:** Always consult with your physician before making changes to your diet.

**Sources:**

How to Eat Healthy. U.S. Department of Health & Human Services. 2017.  
75% of Americans Want Less Sodium in Processed and Restaurant Foods. American Heart Association. 2020.

Whole Grains. Harvard T.H. Chan School of Public Health. 2020.

Meat, Poultry and Fish: Picking Healthy Proteins. American Heart Association. 2017.

**NCOA:** <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>  
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