

# HEALTHY DIET

## **RECOMMENDATIONS:**

1. Know your fats in the diet, good and bad. Not all fats are bad. Fats provide calories which give you energy. Fat help the body absorb nutrients, such as Vitamin A, D, E, and K. Fats implant oils and fish and can help prevent chronic disease.
2. Make the most of your daily fat from fish, nuts, and vegetable oil, such as olive, peanut, and canola oil.
3. Avoid saturated fats, mainly in animal products, such as dark meat and skin.
4. Limit solid fats like butter—stick margarine, shortening, and lard.
5. Get no more than 25% to 35% of your total calories from fat.
6. Read food labels, eating too much fat can be unhealthy.

## **GRAINS:**

1. Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta everyday.
2. Look for the word "*whole*" before the grain name on the ingredient.

Fruits and vegetables are a big part of a healthy diet. A diet full of fruits and vegetables help prevent Heart Disease and Cancer!

## **VEGETABLES:**

Vegetables provide needed vitamins and minerals. They provide fiber and are low

in fats and calories. Eat more dark green vegetables such as spinach and yellow corn.

## **FRUITS:**

Fruits also are a good source of fiber. Eat a variety of fruits. Choose fresh frozen or canned. Eat whole fruit more often than juice.

## **MILK:**

Drink fat-free, low -fat, or skim milk. If you can't drink milk products, choose Lactose free products or other calcium sources as soy milk or calcium enriched, orange juice.

## **MEATS AND BEANS:**

Choose fish, low-fat or lean meat, and poultry. Bake, broil, or grill meat. Eat beans, peas, nuts, and seeds.

## **OTHER HEALTHY SNACKS:**

- Low fat or fat-free yogurt.
- Flavored rice cakes.
- Low-fat microwave or air-popped popcorn.
- Cottage cheese with pineapple chunks.
- Celery with peanut butter.
- Fruit smoothies made with frozen yogurt.

*"He giveth power to the faint; and to them that have no might he increaseth strength." Isaiah 40:29*  
Amen!