

HEALTHY EATING FOR ADULTS

(AGES 18-64)

Everything that you eat and drink has an impact on your body so making healthy food and beverage choices matter. It may seem difficult when trying to determine what is healthy. Information comes at you from all directions: advice from non-experts, trendy fad diets, social media. However, healthy eating does not need to be difficult. Following a few simple guidelines will help you implement healthy eating into practically every lifestyle less overwhelming.

▪ FOCUS ON A VARIETY

Choose an assortment from each color group of vegetables and fruits, especially whole that have not been significantly processed.

RED: apples, strawberries, watermelon, tomatoes, beets, red onion, red peppers.

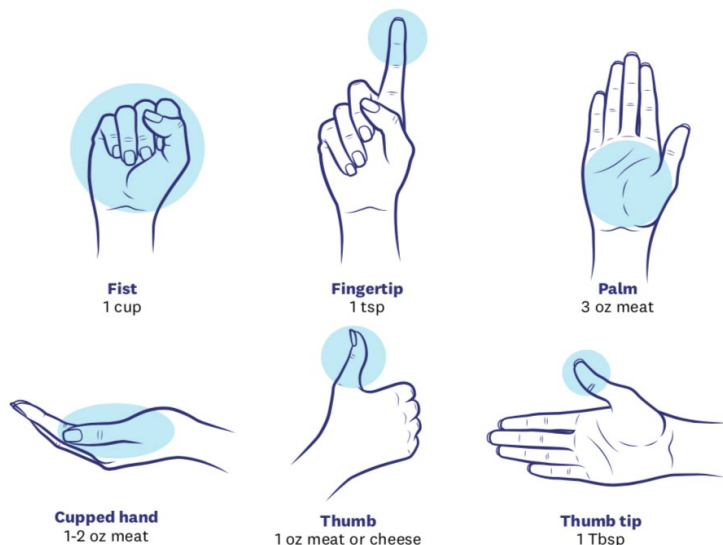
ORANGE & YELLOW: oranges, cantaloupe, mango, pineapple, grapefruit, carrots, butternut squash, sweet potatoes, corn.

GREEN: kiwi, avocado, grapes, honeydew melon, spinach, asparagus, green beans, broccoli, cabbage, cucumbers.

BLUE & PURPLE: blueberries, blackberries, raisins, plums, red cabbage, eggplant, red cabbage.

WHITE & TAN/BROWN: bananas, pears, white nectarines, dates, mushrooms, onions, cauliflower, potatoes, garlic.

▪ BE MINDFUL OF PORTION SIZES



▪ CHOOSE NUTRIENT-RICH OPTIONS

- ✓ Grains that are at least 50% whole grain (contain the entire grain).
- ✓ Fruits and vegetables that are fresh or frozen. If choosing canned, rinse with water to remove liquids that contain excess sugar or salt.
- ✓ Fat-free or low-fat dairy.
- ✓ Lean cuts of beef and poultry.
- ✓ Oils, such as canola and olive
- ✓ Limit calories from added sugars and saturated fat
- ✓ Reduce sodium intake

▪ LET'S MOVE!

In addition to choosing healthy eating habits, physical activity is important. Adults should be getting at least 150 minutes of moderate physical activity, such as brisk walking, a week.

Guyenet, S.J. <https://www.frontiersin.org/articles/10.3389/fnut.2019.00066/full>
<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines>