



Simple switches to eat healthier



Eating healthy can help boost your immune system and protect you against health problems such as high blood pressure and diabetes.

Try these simple switches to get started:

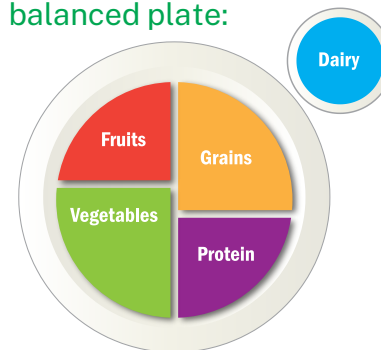


Add foods from all food groups to your plate

For your meals, **fill your plate with food from all 5 food groups:**

- Make half your plate **fruits** and **vegetables**
- Fill a quarter of your plate with **grains**, such as whole grains like brown rice and wheat bread
- Fill a quarter of your plate with **protein**, such as lean meat, fish, eggs, or beans
- Add 1 cup of **dairy**, such as low-fat or non-fat milk, yogurt, or cheese

Here's an example of a balanced plate:



➔ [Learn more at myplate.gov](https://myplate.gov)



Plan your meals

Planning your meals ahead of time helps to make sure you'll eat healthy all week and save you money.

To get started:

- **Decide which recipes you'll make for the week** and create a shopping list. That way, you can be sure you have everything you need for your planned meals.
- **Buy in bulk.** Many fresh foods, such as meat, are cheaper when you buy large amounts and freeze what you don't need right away.
- **Make extras.** You can freeze or refrigerate leftovers. That way, you'll have something healthy to make quickly when you're pressed for time.



Choose lean proteins

Lean (low-fat) proteins are **foods that are high in protein without unwanted fat.** For example:

- Skinless chicken or turkey – white meat is leaner than dark
- Baked fish and seafood like tuna, salmon, or trout
- Whole eggs and egg whites
- Soy products like tofu



Replace sugary drinks with water or unsweetened drinks

The sugars in drinks quickly add up. Replace sugary drinks, like soda and fruit juice, with water.

If you want something with more flavor:

- Add low-fat milk to your coffee
- Use herbal tea or flavor tea with lemon
- Drink sparkling flavored water instead of soda or energy drinks



Switch to healthy snacks

Many snacks are high in fat, salt, and sugar. **Try these healthier snacks:**

- Apple slices or celery with peanut butter
- Unsalted nuts, such as almonds or peanuts
- Low-fat string cheese
- Baby carrots with hummus

To schedule a visit for a health care service at Nashville Healthcare Center, call 615-341-4YOU (4968)