

The Importance of Good Nutrition

Your daily food choices make a big difference in your health.

Why it's important. Most people know good nutrition and physical activity can help maintain a healthy weight. But the benefits of good nutrition go beyond weight. Good nutrition can help:

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level

What is good nutrition?

Good nutrition means your body gets all the vitamins, minerals and nutrients it needs to work its best. Plan your meals and snacks to include nutrient-dense foods that are also low in calories.

Tips for eating well



Eat plenty of fruit

To get the benefit of the natural fiber in fruits, you should eat fruit whole rather than as juices.



Eat plenty of vegetables

Eat a variety of colors and types of vegetables every day.



Eat plenty of whole grains

At least half of the cereals, breads, crackers, and pastas you eat should be made from whole grains.



Choose low fat or fat free milk

These provide calcium and vitamin D to help keep your bones strong.



Choose lean meats

Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein.



Try other sources of protein

Try replacing meats and poultry with fish, beans, or tofu.