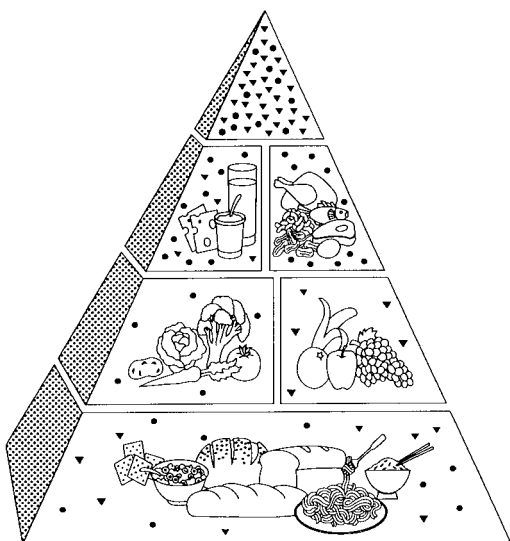


What Should You Eat To Stay Healthy?

Stark County Health Department
 Community Nutrition Clinic
 3969 Convenience Circle NW
 Canton, Ohio 44718
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A healthy diet helps you have a healthy body! The guidelines below describe a diet that is healthy and prevents disease:

- Let the Pyramid guide your food choices.
 - Aim for a healthy weight.
 - Keep your diet low in saturated fat and cholesterol. Keep your diet moderate in total fat.
 - Choose a diet with plenty of vegetables, fruits, and whole grains.
- Limit use of sugar and salt (sodium).
 - Limit alcohol. For women and older people, that is no more than one drink per day. For men, that is no more than two drinks per day.

USE THE FOOD GUIDE TO VARY YOUR MEALS

Tired of the same old meals? The Food Guide Pyramid can help you vary your diet. Choose foods each day from the five main food groups. Eat plenty of whole grains, vegetables, and fruits. Put lots of colors on your plate! The Food Guide Pyramid suggests this:

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Put These in Your Diet Every Day

Vegetables: 3 to 5 servings

Fruits: 2 to 4 servings

Whole grains, breads, cereals, rices, pastas: 6 to 11 servings

Milk, yogurt, cheese: 2 to 3 servings

Meat, poultry, fish, dried beans and peas, eggs, nuts: 2 to 3 servings

What foods don't you eat enough of? Try to include more of those!

ABOUT FAT

Saturated fat can be bad for your heart. Cut back on foods with a lot of saturated fat. Some of these foods are:

- fatty meat
- butter
- cream
- ice cream
- cheese
- palm oil
- coconut oil

A healthy diet is just part of the picture. Get some physical activity on most days!

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Use tub or liquid margarine instead of the stick form more often. Avoid hard white shortening (like Crisco). Use oil instead when you can.

Small amounts of some oils can help your heart. When you use oils, choose:

- olive
- canola
- corn
- soybean
- peanut
- safflower
- sunflower

Pregnancy or a disease can change your nutritional needs. Talk with your health care team about your diet.