

Employee Assistance Program

Eating Your Way to Wellness

Choosing what foods to eat to live healthier may be challenging at times. Fortunately, the United States Department of Agriculture's 'Choose MyPlate' website, <https://www.choosemyplate.gov/>, provides information and resources on how to build a healthy eating style with guides on what to eat and drink and things to look for when making selections.

Below are some quick tips from MyPlate on creating a healthier eating style:

Building a Healthy Eating Style

All food and beverage choices matter – focus on variety, amount, and nutrition.

- Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.
- Eat the right amount of calories based on your age, gender, height, weight, and physical activity level.
- Building a healthier eating style can help you avoid being overweight and reduce your risk of diseases such as heart disease, diabetes, and cancer.

Choose an eating style low in saturated fat, sodium, and added sugars.

- Use Nutrition labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
- Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories, prevent weight gain and improve your overall health.
- Eating foods with less sodium can reduce your risk of high blood pressure.

Support healthy eating for everyone.

- Create settings where healthy choices are available and affordable to you and others in your community.
- Friends, co-workers, families, and individuals can help others in their journey to make healthy eating a part of their lives.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count.

For more information on this topic or further assistance, please contact your Employee Assistance Program.

What is MyPlate? (2018, January 26). Retrieved May 14, 2018, from <https://www.choosemyplate.gov/MyPlate>



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