

NUTRITION STRATEGIES FOR BETTER HEALTH

BUILDING BALANCED MEALS AND SNACKS

- Avoid skipping meals and aim for 3 balanced meals and 1–2 snacks per day
- Follow a Mediterranean-style eating pattern by building meals around vegetables, fruits, whole grains, legumes, lean proteins, nuts, seeds, olive oil, and low-fat dairy or dairy alternatives, while limiting highly processed foods, added sugars, and foods high in saturated fat
- Include a source of lean protein with every meal, such as fish and seafood, skinless chicken or turkey, eggs, beans, lentils, tofu, Greek yogurt, cottage cheese, nuts, and seeds
- Include non-starchy vegetables at meals and snacks whenever possible
- Pair high-fiber carbohydrate sources with protein to promote satiety, support digestive health, and maintain consistent energy throughout the day
- At snack times, combine a protein source with a carbohydrate source, such as an apple with peanut butter, Greek yogurt with fruit, or whole-grain crackers with cottage cheese

HYDRATION

- Choose water as your primary beverage and stay well hydrated throughout the day
- Limit sugar-sweetened beverages such as soda, sweet tea, energy drinks, and fruit drinks

PHYSICAL ACTIVITY

Aim for regular physical activity and daily movement. Consult your healthcare provider before starting a new exercise program if you have a medical condition, symptoms, or other limitations that may affect your ability to exercise safely

HEALTHY FATS

- Limit foods high in saturated fat, such as fatty cuts of meat, processed meats, full-fat dairy products, butter, and fried foods. Aim for foods that provide 5% Daily Value (%DV) or less of saturated fat per serving
- Choose foods rich in heart-healthy unsaturated fats, including nuts, seeds, avocados, olive oil, and other plant-based oils
- Include sources of omega-3 fatty acids regularly, such as salmon, trout, sardines, herring, mackerel, chia seeds, ground flaxseed, and walnuts

FIBER

- Choose whole grains, breads, cereals, and grains that provide at least 3–5 grams of fiber per serving
- Include a variety of vegetables, choosing fresh, frozen, or canned options
- Select frozen vegetables without added sauces, butter, cream, or cheese

