

# PROTECT YOUR BODY YOUR TEMPLE

**Eat Right for a Healthier You!**

A poor diet is bad for your diabetes, high blood pressure & cholesterol. How you eat can make a difference in your health!

#### **Eat More:**

- Fruit, vegetables & whole grains
- Low-fat milk & dairy foods
- Fish, lean meat & poultry
- Beans, peas, nuts & seeds

#### **Eat Less:**

- Salt, fat, cholesterol & fried foods
- Sugars & drinks sweetened with sugar
- Red meat (beef & pork)
- White bread, rice & pasta
- Butter & stick margarines

#### **Also:**

- Drink more water
- Eat smaller portions
- Reach a healthy weight
- Walk 30 minutes - 5 days a week
- For more tips on better nutrition and ways to get healthier, visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

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#### Whole Grains:

- Look for 100% whole wheat, whole cracked wheat, whole grain corn or whole oats on the label

#### Meat, Poultry, Beans, Peas & Nuts:

- Eat more fish, chicken & turkey
- Eat beef & pork just 2 times a week
- Cut off the fat & remove the skin from meats
- Bake, broil, grill or roast your meats
- Add meatless meals by using beans & peas instead of meat
- Choose unsalted nuts as a snack

#### Milk & Dairy:

- Buy cheese made with 2% milk
- Use low-fat or fat free yogurt
- Buy 1% or skim milk
- Can't drink milk? Use low-fat lactose free milk or soy, almond or rice milk

#### Healthier Fats & Oils:

- Use canola, corn, peanut, olive, safflower, sesame, soybean or vegetable oils
- Buy tub margarines

#### Fruits:

- Fresh, frozen or canned in water
- Juice without added sugar

#### Vegetables:

- Fresh, frozen or canned without added salt and sauces

#### Herbs & Spices:

- Use fresh or dried herbs, spices, or salt-free spice mixes to give food flavor without salt

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