Healthy Eating, Healthy You

Healthy eating habits are a fundamental part of any wellness program. Healthy eating makes it easier for you to maintain an appropriate weight and can lead to a reduced risk of cardiovascular disease and type two diabetes. Eating for a healthy weight is not about going on and off the latest diet. The best way to achieve long-term weight loss is to make small changes that you are willing to do forever.

Vegetables

- Choose vegetables that are fresh or frozen more often than canned.
- Eat a variety of colors and types of vegetables to keep meals interesting and add nutrient variety to your diet.
- One serving equals: 1 cup raw leafy, ½ cup cooked, or ½ cup juice.

Fruits

- Choose fruits that are fresh, frozen, dried, or canned in water without added sugar more often than fruit juice.
- Eat a variety of colors and types of fruits to keep meals interesting and add nutrient variety to your diet.
- One serving equals: 1 medium fruit, ¼ cup dried fruit, ½ cup cut fruit, and 4 oz. 100% fruit juice.

Low-Fat Dairy

- Choose fat-free or low-fat (1%) milk, yogurt, and cheese products.

Whole Grains

- Make at least half of your grains whole grains. Select items like whole-wheat bread, whole-wheat crackers, whole-wheat pasta, and brown rice.
- Aim for about 25-35 grams of fiber each day.
- One serving equals: 1 slice bread, ½ cup hot cereal, 1 cup cold cereal, or ½ cup cooked rice or pasta

Lean Meats

- Choose lean or low-fat meat and poultry choices. For higher fat meats, trim all visible fat before cooking.
- Remove skin from poultry before eating.
- Purchase lean ground meat with <10% fat.
- Aim to consume at least two servings of baked or grilled fish each week, especially fish higher in omega-3 fatty acids like salmon, tuna, herring, and trout.
- One serving equals: 3 oz. cooked meat (about the sizes of a deck of cards), ½ a chicken breast, or ¾ cup flaked fish.

Tips on Getting Started

Eat early: Kick start your day with a nutrient rich breakfast to feed your body with the energy it needs to get going in the morning.

Eat regularly: Getting too hungry usually leads to overeating. Have healthy snacks on hand to satisfy hunger between meals and prevent a trip to the vending machine.

Eat bright: Choose fruits and vegetables in a variety of colors to maximize the health benefits of your produce.

Eat mindfully: Pay attention when you eat. Distracted eating, like that done when watching the TV, can lean to unhealthy or excessive food choices.

Eat slowly: It takes about 15 minutes for our brain to catch up to our stomach when we eat. Eating slowly gives your body time to recognize that you are full.

Eat forgivingly: Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, do not give up. Just get back on track as soon as possible.

Texas Liver Institute
The Road to A Healthier Liver