

# Make Every Bite Count

Proper nutrition is the foundation of total wellness, providing the energy and nutrients your body needs to thrive. Eating a balanced diet helps prevent disease, boosts mental and physical well-being, and supports long-term health. By making every bite count with nutrient-rich foods, you can create a healthier, stronger future for yourself.



## Choose from these simple tips to help you...



### Focus on whole fruits

- Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep ready-to-eat fruits in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a salad.



### Vary your veggies

- Add shredded carrots to the lettuce and tomato in your sandwich, make soup from the veggies in your vegetable drawer, and snack on raw vegetables.
- Try a stir-fry with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and get a new recipe from a cookbook, website, supermarket, or friend.



### Make half your grains whole grains

- For breakfast, enjoy a whole-grain-based hot or cold cereal. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a healthy whole-grain snack.



## Protein



### Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



## Dairy



### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



### Choose foods and beverages with less added sugars, saturated fat, and sodium

#### Limit



#### Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor.

Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

#### Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

#### Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

