

Living Well Tip of the Week

Good Eating Guide

With so much health advice going around these days, it's sometimes hard to figure out which foods to choose for a proper diet. However, the U.S. government provides some basic guidelines that can help. People can maintain a healthy diet on a regular basis by following these tips for good eating:

- ✓ To get all the vitamins, minerals and other nutrients necessary, be sure to eat a variety of different foods. Meals should be well-balanced, including fruits and vegetables, whole grains, breads and cereals, and a variety of protein sources, such as poultry, fish, lean meats, beans and peas.
- ✓ Healthy eating works best when a person maintains a healthy weight. If a weight-loss diet is necessary, choose a moderate plan that aims to improve eating habits.
- ✓ When selecting foods, stay away from items that are high in fat and avoid saturated fats, butter, hard, hydrogenated shortenings and tropical oils. Try to be creative when seasoning foods, using herbs or other flavorings instead of salt. Avoid salty snack foods and processed food products that are high in sodium.
- ✓ Make sure that daily meals include plenty of fruits, vegetables and whole grains, which provide energy, contribute to overall health and help prevent disease.
- ✓ Avoid too much sugar. When a sweet is desired, choose whole fruit, carrot sticks, yogurt or lowfat reads and crackers instead of sugary snacks.
- ✓ When drinking alcoholic beverages, do so in moderation.

Get more tips, tools and resources on how to eat healthy go to
<https://www.webmdhealth.com/ut/default.aspx?startid=3018>*

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