

Tips for healthy eating

Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day. Breakfast also gives you

energy and helps you think and learn.

Choose whole grains more often. Try whole wheat breads and pastas, oatmeal, brown rice, or bulgur.

Select a mix of colorful vegetables each day. Different colored vegetables provide different nutrients. Choose dark, leafy greens such as kale, collards, and mustard greens, and reds and oranges such as carrots, sweet potatoes, red peppers, and tomatoes.

Choose fresh or canned fruit more often than fruit juice.

Fruit juice has little or no fiber.

Use fats and oils sparingly. Olive, canola, and peanut oils, avocados, nuts and nut butters, olives, and fish provide heart-healthy fat as well as vitamins and minerals.

Eat sweets sparingly. Limit foods and beverages that are high in added sugars.

Eat three meals every day instead of skipping meals or eating a snack instead of a meal.

Have low-fat, low-sugar snacks on hand at home, at work, or

on the go, to combat hunger and prevent overeating.

Quick breakfast ideas

low-fat yogurt sprinkled with low-fat granola

oatmeal with low-fat or fat-free milk, or soy-based beverage

whole wheat toast with thin spread of peanut butter

fruit smoothie made with frozen fruit, low-fat yogurt, and juice

low-sugar cereal with soy-based beverage

Easy snack ideas

low-fat or fat-free yogurt

rice cakes

fresh or canned fruits

sliced vegetables or baby carrots

dried fruit and nut mix (no more than a small handful)

air-popped popcorn sprinkled with garlic powder or other spices

low-sugar cereal

Weight-control Information Network

1 WIN WAY

BETHESDA, MD 20892-3665

Phone: (202) 828-1025

FAX: (202) 828-1028

Toll-free number: 1-877-946-4627

Internet: <http://www.win.niddk.nih.gov>

E-mail: win@info.niddk.nih.gov