

Healthier Eating



Small Changes Matter. Start Simple!

Take a look at your current eating routine. Pick **one or two ways** that you can switch to choices that are rich in nutrition. A **healthy eating routine** can help keep you healthy now and prevent illness in the future.

Eat lots of **different kinds** of fruits, vegetables, whole grains, protein, and dairy or milk alternatives. Choose food and drink options with **less added sugar, fat, and salt** (sodium).

1/4
Protein

1/4
Grains



Dairy & Alternatives

1/2
Fruits & Vegetables

Simple Healthy Tips You Can Try

Vary Your Veggies

- Add vegetables to soups and sandwiches
- Snack on raw vegetables
- Stir-fry, grill, steam, or sauté
- Pick a new vegetable and try a recipe from a website, cookbook, or friend

Focus on Whole Fruits

- Add fruit with protein for breakfast
- Cut fresh fruit and keep in your fridge for snacks
- Add fruit to salad, like oranges, apples, or grapes
- Mix seasonal or frozen fruits for a quick salsa to top fish or chicken

Make 1/2 Your Grains Whole Grains

- Enjoy a whole-grain cereal for breakfast
- Try whole-grain tortillas, pita, sliced bread, rolls, naan or another flatbread
- Create your own trail mix with whole-grain cereal
- Pair whole-grain crackers with spreads like hummus for a snack

Mix Up Your Protein Routine

- Have fish or seafood 2 times a week
- Grill, roast, or broil meats instead of frying or breading
- Try meatless meals—vegetarian chili, lentil soup, nuts with salad
- Braise tofu with vegetables

Move to Low-Fat/Fat-Free Dairy or Alternatives

- Add low-fat or fat-free dairy to oatmeal, smoothies, or scrambled eggs
- Try lactose-free dairy milk, yogurt, or alternative milks
- Choose the unsweetened option when drinking low-fat/fat-free milk or alternatives



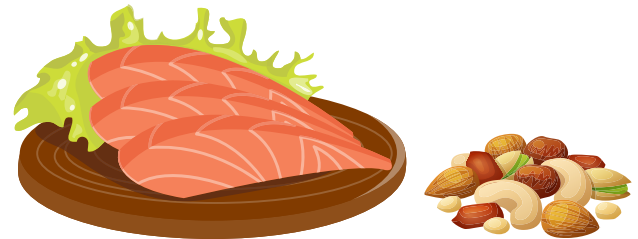
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More Healthy Eating Tips

Tips for Less Added Sugar

- Choose packaged foods that have less or **no added sugar**
- Enjoy **fruit packed in 100% juice** for a snack
- Try chilled, **plain water or sparkling water** with a squeeze of fruit
- **Limit sugary drinks** such as soda, lemonade, sports drinks, fruit drinks, or boba



Tips for Less Saturated Fat

- Look for foods like **nuts and seeds**
- Have **fatty fish** like tuna, salmon, trout, or mackerel that are high in unsaturated fats
- Choose **vegetable oils** like canola, olive, or sunflower oil for cooking



Tips for Less Salt (Sodium)

- Check **Nutrition Facts labels** and choose foods with a lower percent (%) Daily Value (DV) of salt
- **Cook at home!** Control how much salt goes into your food
- Add **spices, herbs, lemon, lime, and vinegar** instead of salt or seasonings high in salt
- **Limit drinks high in salt** like sports drinks or juices





Sample Options for Each Food Group

Vegetables



- Fresh, frozen, or low-salt canned options
- Dark green—spinach, kale, broccoli, bok choy, romaine lettuce
- Red and orange—carrots, bell peppers, sweet potatoes, tomatoes, squash
- Beans, peas, and lentils—black beans, chickpeas, edamame, kidney beans (does not include green beans or green peas)
- Starchy—cassava, corn, lima beans, plantains, taro root, yucca

Fruit

- Fresh, frozen, low-salt canned, dried, 100% fruit juices
- Berries—blackberries, blueberries, kiwi, mulberries, strawberries
- Citrus—calamansi, grapefruit, lemon, lime, orange
- Melons—cantaloupe, casaba, honeydew, watermelon
- Apples, Asian pears, bananas, cherries, dates, figs, grapes, nectarines, papaya, peaches, pears, persimmon, pineapple, plum, pomegranates, raisins, rhubarb, sapote, soursop



Grains



- Whole grains—brown rice, buckwheat, oats, popcorn, quinoa, whole-wheat bread, whole-wheat cornmeal, whole-wheat chapati, whole-wheat cereals and crackers, wild rice

Protein

- Meat—skinless chicken, duck, turkey, pork loin, 90% lean beef
- Meat and poultry should be lean or low fat
- Eggs
- Seafood—low-salt canned tuna, clams, crab, crawfish, lobster, tilapia, salmon, sardines, shrimp, squid
- Seeds—chia, flax, pumpkin, sesame, sunflower

- All tree nuts and peanuts—nuts should be unsalted
- Seed butters—sesame or tahini, sunflower
- Soy—tofu, tempeh



Dairy and Alternatives



- Most choices should be fat-free or low-fat
- All fluid, dry, or evaporated milk
- Lactose-free and lactose-reduced milk
- Soymilk, buttermilk
- Yogurt, kefir, dairy desserts, cheese

Sources:



"Customizing the Dietary Guidelines Framework"

Dietary Guidelines for America

[dietaryguidelines.gov](https://www.dietaryguidelines.gov)



"Start Simple With MyPlate Today"

U.S. Department of Agriculture

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