Healthcare Home

Weight Loss and Healthier Eating

-A healthy diet is essential for good health and nutrition. It protects your body against heart disease, diabetes, cancer, and many other chronic non-communicable diseases.

-Keeping active and eating a healthy balanced diet can help you to maintain a healthy weight.

-Work with your Nurse Care Manager to learn more and to help manage your weight and eating habits with practical lifestyle approaches.

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.

Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

Fruits — Grains — Dairy — Vegetables — Protein