

Importance of a Healthy Diet

- Promote a healthy weight
- Improve overall nutrition and well-being
- Help decrease risk of developing some chronic diseases

Focus on:

- Variety of vegetables and fruit
- Grains, aiming for half to be whole grain
- Fat-free or low-fat dairy
- Lean protein such as seafood, meat, poultry, eggs, legumes, nuts and seeds
- Healthy fats and oils

Remember:

- Limit saturated fats, trans fats, added sugar and sodium
- If consuming alcohol, do so in moderation
- To learn more about healthy eating, visit **www.choosemyplate.gov**



Healthy Diet Principles

Healthy Snacks May Help:



**Increase your
energy**

**Eat in moderation
at meals**

**Refuel your
body**

**Increase
nutritional intake**

Building a Healthy Snack

- Shift from empty-calorie snacks to more nutritious options
- Start by looking at the nutrition facts label:
 - Serving size
 - Calories
 - Saturated fat
 - Sodium
 - Fiber
 - Added sugars

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Healthy Snack Ideas for Adults

1 cup cut or baby carrots with
2 Tbsp. hummus

Sliced medium apple with
1 Tbsp. unsalted peanut butter

Low-fat plain yogurt with ½ cup berries

Toasted whole grain English muffin with
1 Tbsp. avocado

1 ½ cups air-popped popcorn with
1 oz. almonds

For sustained energy, consider a fiber-rich
carbohydrate with a protein or fat





Healthy Snack Ideas for Adults

- ½ sweet potato and ½ cup low-fat cottage cheese
- 10 baked tortilla chips with 2 Tbsp. bean dip and salsa
- 1 oz. low-fat cheese and 1 medium pear
- 1-2 oz. reduced-sodium deli-sliced turkey breast wrapped around apple slices (equivalent to 1 medium apple)
- Small salad with 1-2 oz. sliced chicken breast or tuna (in water)
- ½ cup cooked oatmeal with 1 Tbsp. unsalted nut butter
- 8 oz. low-fat chocolate milk
- 2 Tbsp. unsalted nuts and a small piece of fruit

For sustained energy, consider a fiber-rich carbohydrate with a protein or fat



What About Late Night Snacking?

- It's not the time of day when you snack, but what you eat and why
- Ask yourself: "Am I hungry? Bored? Tired?"
- Focus on healthy meals and snacks every 3 to 4 hours, starting with breakfast
- Listen to your body (eat when hungry, sleep when tired, etc.)





Exercise Snacks

Before*

- Hydrate with water
- Eat healthy carbohydrates

During

- Drink water as needed
- High-intensity workouts, refuel every hour**

After†

- Choose carbohydrates and lean protein
- Hydrate

** Ideally 2 hours prior*

*** Consume 50 to 100 calories from carbohydrates every half hour*

† 20–60 minutes after

Sources

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