

# HEALTHY EATING

REDUCES RISK FOR BREAST CANCER AND HEART DISEASE



## WHOLE AND REFINED GRAINS

Add whole grains to your diet. Whole grains contain entire grain kernels. Refining creates a softer texture by stripping away vital nutrients. Refining removes important nutrients, so at least half of the grains you eat should be whole grains.

Whole-grain varieties of breads, cereals, and pastas will list a whole-grain product as the first ingredient on a food label. Look for the terms whole or whole-grain (for example, whole wheat).

### **BEWARE — Food label terms that do NOT indicate whole grains**

- 100% wheat
- Bran
- De-germed
- Durum
- Enriched flour
- Multi-grain
- Semolina
- Stone-ground
- White flour
- White rice

## PROTEIN

Protein is important for muscles and nerves. Choose lean meat, skinless poultry, fish, dry beans and nuts, and soy products (milk, nuts, tofu, and veggie burgers).

## DAIRY

Calcium is important for healthy bones and teeth. Choose low-fat or no-fat varieties of milk, yogurt, and cheese. If you do not consume dairy products, choose calcium-fortified products like soy, rice, or almond milk.

## OTHER BEVERAGES



Plain water is inexpensive and has no calories.

Low-fat and fat-free milk or fortified soy milk provide calcium, vitamin D, and potassium. Limit fruit juices (100%) to less than half of the fruits consumed.

### **Limit beverages with added sugars**

- Energy drinks
- Fruit punches
- Fruitades
- Soft drinks
- Sports drinks



## ADDED SUGARS

Reduce added sugar intake. Many foods contain natural sugars. Others are sweetened with added sugars. Limit added sugars by drinking water or unsweetened beverages, choosing naturally sweet foods, and reading food labels. Added sugars come in many forms.

### **Different names for added sugars**

- Cane
- Dextrose
- Fructose
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Lactose
- Maltose
- Molasses
- Nectar
- Sucrose
- Sugar (in many forms, even raw)
- Syrup



## EAT MORE VEGETABLES

Vegetables provide important vitamins and minerals. They are also low in calories. To provide a wide variety of nutrients, choose a variety of colors.

### **Red examples**

- Red peppers
- Tomatoes
- Beets
- Radishes

### **Orange examples**

- Carrots
- Pumpkins
- Sweet potatoes
- Winter squash

### **Dark green examples**

- Broccoli
- Collard greens
- Spinach
- Dark leafy greens (romaine, endive, etc.)

### **Tips for eating more vegetables**

**Wash, cut up, and store** vegetables in advance.

**Microwave** fresh or frozen vegetables.

Keep **low-salt canned varieties** on hand.

**Make** vegetable soup.

**Add** vegetables to your recipes.

**Order** a salad or vegetables instead of French fries.

**Experiment** with vegetables you haven't tried before.

## EAT MORE FRUIT

Fruits provide potassium, fiber, folic acid, vitamin C, and other important nutrients that are vital for your health.

### **Tips for eating more fruit**

**Buy fresh** fruit in season; rinse it before preparing or eating.

**Vary fruit choices** for a wider selection of nutrients.

**Keep ready-to-eat** fruit available for snacks.

**Add** to breakfast cereals, pack with lunches, include in salads, and enjoy as a dessert.

**Prefer whole or cut-up** fruit; juice does not provide fiber.

*Remember: Look for frozen or dried fruit options with no added sugar. Avoid canned varieties packed in syrup.*

*Note: The information in this brochure is not intended to be used for diagnosing illness or prescribing treatments. Please see your healthcare provider to discuss symptoms, care options, or other medical concerns.*