

Get Healthy Stay Healthy

MAKE EVERY BITE COUNT

A healthy diet helps protect against malnutrition in all forms, as well as, diabetes, heart disease, stroke, and cancer.¹ Creating a diet that consists of nutrient-dense foods and beverages can benefit all – regardless of age, race, ethnicity, or current health status. Customize a diet to include: vegetables, fruits, grains, dairy, protein, and oils. Limit food and beverages that are high in added sugars, saturated fat, and sodium.²

A Balanced Diet¹

Energy intake (calories) should be in balance with energy use to maintain a healthy lifestyle.



TOTAL FAT consumed **SHOULD NOT EXCEED 30%** of total energy intake. Take care to avoid saturated fats.



SUGARS consumed **SHOULD NOT EXCEED 10%** of total energy intake to maintain a healthy diet.



TOTAL SALT consumed **SHOULD NOT EXCEED 2300 MG** per day to reduce the risk of hypertension, heart disease, and stroke.

Vegetables

Dark-green, red, and orange vegetables, beans, peas, lentils, etc.²



Fruits

Fresh, frozen, canned, and dried fruits, as well as 100% fruit juice.²

Grains

Whole grains, limiting refined grains.²



Protein

Meats, poultry, eggs, seafood, nuts, seeds, and soy products.²

Dairy

Fat-free or low-fat milk products, lactose-free products, and fortified soy beverages.²



Oils

Canola, corn, olive, peanut, safflower, soybean, and sunflower oils and oils in food, such as seafood and nuts.²



WORLDWIDE OBESITY has nearly **TRIPLED** since 1975.³



38 MILLION CHILDREN under the age of five were overweight or obese in 2019.³



ABOUT 74% of adults in the U.S. are overweight or have obesity.²

Overweight vs. Obesity³

The body mass index (BMI) is a simple index of weight-for-height used to classify overweight and obesity in adults.

OVERWEIGHT:
BMI 25 - 29.9

OBESE:
BMI 30+

An unhealthy diet and lack of physical activity are leading risks to health globally.¹

CHECK OUT NEXT MONTH'S FEATURE ON MANAGING A HEALTHY WEIGHT THROUGH EXERCISE.

Sources:

1. Healthy diet. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>.
2. Dietary Guidelines for Americans. <https://www.dietaryguidelines.gov/>.
3. Obesity and overweight. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.