

Good nutrition is about consistently choosing healthy foods and beverages. Keep these tips in mind when planning your meals and snacks:

- **Choose good carbs**—but not no carbs; opt for whole grains.
- **Look for lean sources of protein**, such as fish, poultry, nuts, and beans.
- **Limit foods high in saturated and trans fat**; incorporate plant oils, nuts, and fish.
- **Fill up on fiber** by eating plenty of fresh fruits, vegetables, and whole grains.
- **Eat a variety of colorful fruits and vegetables**, rich in micronutrients.
- **Incorporate calcium**, found in milk, dark leafy greens, certain fish, and many fortified foods and beverages.
- **Choose water** over a sugary drink, and limit juice intake.
- **Avoid processed foods**, which are often high in sodium and/or added sugars.

A green plastic lunchbox is open, revealing a meal inside. On the left is a sandwich made with whole-grain bread, filled with lettuce and a slice of tomato. To the right of the sandwich are three whole, ripe red tomatoes and a small pile of almonds. The lunchbox is set against a dark, textured background.

Eat Well

Total health