

inspired

[to make healthy choices]

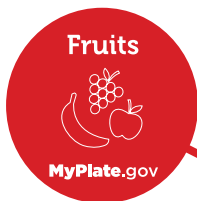
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Nutrition

Nutrition is about eating a healthy and balanced diet. (MedlinePlus.gov)

Nutrition is a critical part of health and development. Better nutrition is related to improved health, stronger immune systems, safer pregnancy and childbirth, lower risk of diseases like diabetes and longer life expectancy. (WHO)

MyPlate.gov provides guidelines for how to eat nutritionally based on the MyPlate Food Groups (USDA):



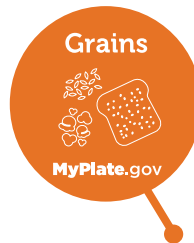
Focus on whole fruits

Fruits and vegetables can help increase fiber and potassium intake, which are important nutrients



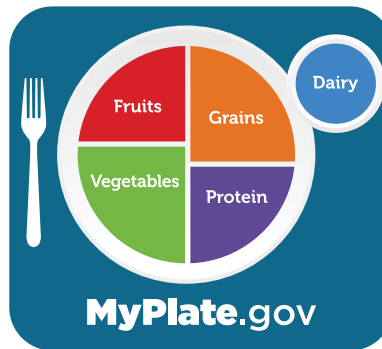
Consume diverse types of veggies

Fruits and vegetables can reduce risk of heart disease and some cancers



Make half your grains whole grains (whole-wheat flour, oatmeal, whole cornmeal and brown rice)

Whole grains are helpful to your immune system, nervous system and more



Opt for low-fat or fat-free milk or yogurt

Dairy is important for calcium, potassium, vitamin D and protein intake, which help build and maintain strong bones



Vary your protein sources (meat, poultry, fish, eggs, nuts and seeds)

Proteins function as building blocks for bones, muscles, cartilage, skin and blood

The daily amount we need to eat from each food category depends on our age, sex and level of physical activity. For additional guidance, goal tracking and more, download the *Start Simple with MyPlate* app.

Small dietary changes to focus on nutrition can have many positive health effects over time!



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