

**Chapter 1 : Healthy Eating: Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet**

*Make sure you understand what marketing terms mean. Just because something is "natural," "diet," or "whole wheat," don't assume it's healthy.*

When we refer to diet during pregnancy, we are not speaking about restricting calories or trying to lose weight. Dieting to lose weight during pregnancy can be hazardous to you and your baby, especially since a weight loss regimen may restrict important nutrients such as iron, folic acid, and other important vitamins and minerals. The type of diet we encourage during pregnancy refers to fine-tuning your eating habits to ensure you are receiving adequate nutrition for the health of you and your baby. In order to get the nutrients you need, you must eat from a variety of food groups, including fruits and vegetables, breads and grains, protein sources and dairy products. Typically, you will need to consume an extra calories a day. Food Groups It is always important to eat a variety of foods throughout the day making certain you get the nutrients both you and your baby need. Here is a look at the food groups and some suggested sources for creating a healthy diet during pregnancy. Fruits and vegetables contain many important nutrients for pregnancy especially, Vitamin C and Folic Acid. Pregnant women need at least 70 mg of Vitamin C daily, which is contained in fruits such as oranges, grapefruits and honeydew, and vegetables such as broccoli, tomatoes, and brussel sprouts. In order to prevent neural tube defects, 0. A good source of folic acid can be found in dark green leafy vegetables other sources of folic acid include legumes, such as black or lima beans, black-eyed peas, and veal. You should have at least servings of fruit and 4 or more servings of vegetables daily. Whole grain and enriched products provide important nutrients such as iron, B Vitamins, fiber and some protein, even. You can get the required amount of folic acid from fortified bread and cereal. Meat, poultry, fish, eggs, and beans contain the protein, B vitamins and iron needed in pregnancy. Your developing baby needs plenty of protein, especially in the second and third trimesters. Iron helps to carry oxygen to your growing baby, and also carries oxygen to your muscles to help avoid symptoms such as fatigue, weakness, irritability, and depression. RDA recommends about 27 mg per day. Lean beef, chicken, lamb, liver, turkey, and veal are good options. Fish that contain high levels of mercury should be avoided. Read more about Fish and Mercury Levels. You should consume at least 3 servings of protein daily. At least mg of calcium is needed daily to support a pregnancy. Calcium is essential for building strong teeth and bones, normal blood clotting, and muscle and nerve function. Since your developing baby requires a considerable amount of calcium, your body will take calcium from your bones, if you do not consume enough through your diet which can lead to future problems, such as osteoporosis. Good sources of calcium include milk, cheese, yogurt, cream soups, and puddings. Some calcium is also found in green vegetables, seafood, beans and dried peas. You should consume at least 4 servings of dairy products daily. A Complement to Nutrition Prenatal Vitamins: Although the main source of vitamins and nutrients needed during pregnancy should come from your diet, a daily prenatal vitamin can help fill small gaps—just in case you unintentionally do not get enough key nutrients. Prenatal vitamins should be taken up to three months before conception, if possible. Consult your healthcare provider about which supplement is best for you. Sample Daily Menu The following sample menu will give you some idea of what a pregnant woman should typically consume in a day for a healthy diet during pregnancy. Oatmeal cereal, banana, 1 slice whole wheat toast, 2 tsp jam, 1 cup skim milk Snack: Turkey if deli meat, do not eat cold — heat to steaming to avoid Listeria and cheese sandwich on whole wheat bread, small bag potato chips, pear, and 1 cup skim milk Snack: Raw veggies and low-calorie dip Dinner: Mayo Clinic Pregnancy and nutrition:

### Chapter 2 : 14 Keys to a Healthy Diet | Berkeley Wellness

*You will find a healthy diet plan is a lot easier if you make healthy shopping part of your routine. Here are my tips: Spend a morning examining choices at the grocery store to find healthy choices by comparing labels.*

Fried rice and rice or pasta mixes that contain high-fat sauces  
Rice or pasta without egg yolk that contain vegetable sauces  
All-purpose white flour  
Whole-wheat flour  
Fruits and Vegetables  
Fruits and vegetables naturally are low in fat. They provide flavor and variety to your diet. They also contain necessary fiber, vitamins, and minerals. Try not to add unneeded fats to vegetables and fruits. This means avoiding margarine, butter, mayonnaise, and sour cream. You can use yogurt, healthy oils, or herbs to season instead. Regular or fried vegetables served with cream, cheese, or butter sauces  
Raw, steamed, boiled, or baked vegetables tossed with a small amount of olive oil, salt, and pepper  
Fruits served with cream cheese or sugary sauces  
Fresh fruit with a small amount of nut peanut, almond, or cashew butter  
Fried potatoes, including french fries, hash browns, and potato chips  
Baked white or sweet potatoes  
Protein Beef, pork, veal, and lamb  
Select low-fat, lean cuts of meat. Trim off the outside fat before cooking it. Trim any inside, separable fat before eating it. Use herbs, spices, and low-sodium marinades to season meat. Baking, broiling, grilling, and roasting are the healthiest ways to prepare these meats. Lean cuts can be pan-broiled or stir-fried. Use either a nonstick pan or cooking spray instead of butter or margarine. Avoid serving your protein with high-fat sauces and gravies.  
Poultry  
Chicken breasts are a good choice because they are low fat and high in protein. Only eat duck and goose once in a while, because they are high in fat. Remove skin and visible fat before cooking. Baking, broiling, grilling, and roasting are the healthiest ways to prepare poultry. Skinless poultry can be pan-broiled or stir-fried. Use a nonstick pan or cooking spray instead of butter or margarine.  
Fish  
Most seafood is high in healthy polyunsaturated fat. Omega-3 fatty acids also are found in some fish, such as salmon and cold-water trout. Try to eat seafood twice a week. Fresh fish should have a clear color, a clean smell, and firm, springy flesh. To prepare fish, you should poach, steam, bake, broil, or grill it.  
Non-meat proteins  
Non-meat options include dry beans, peas, and lentils. They offer protein and fiber without the cholesterol and fat of meats. These are staple foods for people who are vegetarian or vegan. You can swap beans for meat in recipes, like lasagna or chili. TVP, or textured vegetable protein, also is available. It is found in vegetarian hot dogs, hamburgers, and chicken nuggets. They are low-fat, cholesterol-free substitutes to meat. Breaded fish sticks and cakes, fish canned in oil, or seafood prepared with butter or served in high-fat sauce  
Fish fresh, frozen, or canned in water , grilled fish sticks and cakes, or low-fat shellfish, like shrimp  
Prime and marbled cuts  
Select-grade lean beef, such as round, sirloin, and loin cuts  
Pork spare ribs and bacon  
Lean pork, such as tenderloin and loin chop, and turkey bacon  
Regular ground beef  
Lean or extra-lean ground beef, ground chicken, or ground turkey  
Lunch meats, such as pepperoni, salami, bologna, and liverwurst  
Lean lunch meats, such as turkey, chicken, and ham  
Regular hot dogs and sausage  
Fat-free hot dogs and turkey dogs  
Dairy  
Choose skim or non-dairy milk, like soy, rice, or almond milk. Try low-fat or part-skim cheeses in recipes. Skim ricotta can replace cream cheese on a bagel or in a vegetable dip. String cheese is a low-fat, high-calcium snack option. Nonfat or Greek yogurt can replace sour cream in many recipes. Try mixing them with fruit for dessert. Skim sherbet and soft-serve frozen yogurt is lower in fat than ice cream.

**Chapter 3 : The Automatic Meal Planner - Eat This Much**

*Healthy Eating Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet. Español. Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love.*

Use small bowls and plates. I find it helps me to see a serving as "enough" if it fills up my small bowl or plate. Use the same bowl or plate each day. I find that using the same bowl for my oatmeal or salad makes it easy for me to measure the portion size. Buy plates that show divided sections of correct portion sizes. These plates are good for anyone, but especially helpful if you are trying to teach kids to eat the right amounts. Take one portion of each food you are going to eat on the plate, and then go back for seconds if you are still hungry. Plan Your Fruits and Vegetables First One easy way to fill up your stomach faster and get better nutrition is just to make sure you eat enough vegetables, fruits, and fiber. Most of us need at least 5 servings of vegetables and fruits. Many doctors urge us to have more vegetables. Calculator for Healthcare Professionals told me that as a year-old woman who has minutes of exercise each day, I need 2. What does that look like? Shop for Good Foods You will eat what you have available and when you are busy which is most of us most of the time you need to have something quick to grab. You will find a healthy diet plan is a lot easier if you make healthy shopping part of your routine. Here are my tips: Spend a morning examining choices at the grocery store to find healthy choices by comparing labels. You may be very surprised to find that products which seem identical can have a wide variety of calories, fat, sugars and fiber. My favorite great grocery finds? Nature Valley Breads low sugar and low calorie with whole grains. Brown rice and whole wheat pasta. Canola Oil and margarine made with Canola like Imperial contains Omega 3 oils which are heart healthy. Kashi Lean Cereal great filling snack with 10 grams protein and lots of fiber Frozen Blueberries very reasonable price compared to fresh and are low in sugar and high in antioxidants Cooked frozen chicken breasts for low-fat and low-calorie fast meals. Spring salad mix for a rainbow salad! Your family is the reason you need to stay fit! Sometimes you can choose something that seems healthy, like a salad, only to find out it is served with fried noodles and full-fat dressing which makes it have more fat and calories than the steak and potato your neighbor is eating. What can you do? Plan eating out before you go, and check out the restaurant choices online. Some restaurants offer a lot of good, healthy meal choices. It pays to locate the ones available in your area and go there when you can. Check online for nutrition information menus: For example, at Panda Express, you can actually put together a meal online and find out the whole nutritional information of your choices. Ask for the nutrition information at the restaurant. Often there is an item which I would not know is a good, healthy choice. Moreover, when you ask for this information, it lets the restaurant know people care about what they are eating and that can help encourage them to make this information more easily available. Plan to share a meal with a friend or only eat half and take the rest home for tomorrow. Most restaurant choices are really about twice what most of us need to eat at a meal. So save some money and your health by eating just half! Order from the sides menu. Although this can sometimes be more expensive, it can also help you to eat more vegetables or to avoid the temptations of eating too much. Order a salad with dressing on the side, or ask for butter and sour cream on the side, so you can decide how much to put in.

**Chapter 4 : Changing Your Habits for Better Health | NIDDK**

*Beverages supply more than 20 percent of the calories in the average American's diet. Some liquid calories come from healthy beverages, such as milk and percent fruit juice. But most come from soda and other sweetened beverages and alcoholic drinks, which have lots of calories yet few, if any, nutrients.*

Eat foods with heart-healthy fats, which mainly come from these foods: Choose healthy fats, such as from nuts, seeds, and olive oil. What foods and drinks should I limit if I have diabetes? Foods and drinks to limit include fried foods and other foods high in saturated fat and trans fat foods high in salt, also called sodium sweets, such as baked goods, candy, and ice cream beverages with added sugars, such as juice, regular soda, and regular sports or energy drinks. Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea. If you use insulin or diabetes medicines that increase the amount of insulin your body makes, alcohol can make your blood glucose level drop too low. When should I eat if I have diabetes? Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you use certain diabetes medicines or insulin and you skip or delay a meal, your blood glucose level can drop too low. Ask your health care team when you should eat and whether you should eat before and after physical activity. How much can I eat if I have diabetes? Eating the right amount of food will also help you manage your blood glucose level and your weight. Your health care team can help you figure out how much food and how many calories you should eat each day. Weight-loss planning If you are overweight or have obesity, work with your health care team to create a weight-loss plan. The Body Weight Planner can help you tailor your calorie and physical activity plans to reach and maintain your goal weight. To lose weight, you need to eat fewer calories and replace less healthy foods with foods lower in calories, fat, and sugar. If you have diabetes, are overweight or obese, and are planning to have a baby, you should try to lose any excess weight before you become pregnant. Learn more about planning for pregnancy if you have diabetes. Meal plan methods Two common ways to help you plan how much to eat if you have diabetes are the plate method and carbohydrate counting, also called carb counting. Plate method The plate method helps you control your portion sizes. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner. Use a 9-inch plate. Put nonstarchy vegetables on half of the plate; a meat or other protein on one-fourth of the plate; and a grain or other starch on the last one-fourth. Starches include starchy vegetables such as corn and peas. You also may eat a small bowl of fruit or a piece of fruit, and drink a small glass of milk as included in your meal plan. Your daily eating plan also may include small snacks between meals. Portion sizes You can use everyday objects or your hand to judge the size of a portion. Because carbohydrates turn into glucose in your body, they affect your blood glucose level more than other foods do. Carb counting can help you manage your blood glucose level. If you take insulin, counting carbohydrates can help you know how much insulin to take. The right amount of carbohydrates varies by how you manage your diabetes, including how physically active you are and what medicines you take, if any. Your health care team can help you create a personal eating plan based on carbohydrate counting. The amount of carbohydrates in foods is measured in grams. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or nonfat milk. Choose healthy carbohydrates, such as fruit, vegetables, whole grains, beans, and low-fat milk, as part of your diabetes meal plan. In addition to using the plate method and carb counting, you may want to visit a registered dietitian RD for medical nutrition therapy. What is medical nutrition therapy? Medical nutrition therapy is a service provided by an RD to create personal eating plans based on your needs and likes. For people with diabetes, medical nutrition therapy has been shown to improve diabetes management. Medicare pays for medical nutrition therapy for people with diabetes. If you have insurance other than Medicare, ask if it covers medical nutrition therapy for diabetes. Will supplements and vitamins help my diabetes? No clear proof exists that taking dietary supplements such as vitamins, minerals, herbs, or spices can help manage diabetes. Talk with

your health care provider before you take any dietary supplement since some can cause side effects or affect how your medicines work. Physical activity is an important part of managing your blood glucose level and staying healthy. Being active has many health benefits.

### Chapter 5 : Diet and Nutrition Tips for Women: Eating Right to Look and Feel Your Best at Every Stage of

*Bottom Line: Create a healthy diet that you can enjoy and stick with for the long term. If you want unhealthy foods, save them for an occasional treat. If you want unhealthy foods, save them for.*

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? According to the Dietary Guidelines for Americans , a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products Includes lean meats, poultry, fish, beans, eggs, and nuts Is low in saturated fats, trans fats, cholesterol, salt sodium , and added sugars Stays within your daily calorie needs Eat Healthfully and Enjoy It! A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. All fresh, frozen, or canned fruits are great choices. How about a mango? Or a juicy pineapple or kiwi fruit! One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice. Or try frozen or canned vegetables for a quick side dish – just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week. These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Do I have to give up my favorite comfort food? Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity. Some general tips for comfort foods: Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar. Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size. For more ideas on how to cut back on calories, see Eat More Weigh Less. The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

**Chapter 6 : Lung Institute | How to Create a Healthy COPD Diet in 5 Easy Steps**

*Do not diet or try to lose weight during pregnancy -- both you and your baby need the proper nutrients in order to be healthy. Keep in mind that you will lose some weight the first week your baby.*

The essential steps are to eat mostly foods derived from plants—vegetables, fruits, whole grains and legumes beans, peas, lentils—and limit highly processed foods. Here are our guidelines for building a healthy diet. In addition, this will limit your exposure to any pesticides or toxic substances that may be present in a particular food. In recent years, serving sizes have ballooned. In restaurants, choose an appetizer instead of an entree or split a dish with a friend. If you consume more calories, aim for more; if you eat fewer than 2,000 calories, you can eat less. The nutrients, fiber and other compounds in these foods may help protect against certain types of cancer and other diseases. Legumes, rich in fiber, count as vegetables, though are moderately high in calories. Choose whole fruits over juice for more fiber. Frozen and canned fruits and vegetables are good options. Whole grains retain the bran and germ and thus all or nearly all of the nutrients and fiber of the grain. Also, limit foods with added sugar, such as soda and candy. These are sources of empty calories that contribute to weight gain. Recent research suggests these foods, though high in calories, tend not to promote weight gain because they are satisfying. For instance, substitute olive or canola oil for butter. Fatty fish helps reduce heart disease risks and has other benefits, largely because of its omega-3 polyunsaturated fats. To limit your intake, choose lean meats, skinless poultry and nonfat or low-fat dairy products. Since, when a trans fat labeling law went into effect, many food makers have eliminated or greatly reduced these fats in their products. Thus, many experts no longer recommend limiting dietary cholesterol found only in animal foods, notably eggs and shrimp. The best way for most people to lower their blood cholesterol is to reduce saturated fats as in meats and trans fats from partially hydrogenated oils in processed foods. A possible exception is people with diabetes, who should talk to their doctor about their overall diet. Everyone else should aim for less than 300 milligrams a day. At the same time, consume more potassium, which lowers blood pressure. Potassium-rich foods include citrus fruits, bananas, potatoes, beans and yogurt. Get calcium from low-fat or nonfat dairy products and fortified foods such as some orange juices and soy drinks. Many people—especially those who are over 60, live at northern latitudes or have darker skin—may need a D supplement to 1,000 IU a day. In addition, many people need calcium as well as vitamin D supplements to meet recommended intakes. Some liquid calories come from healthy beverages, such as milk and percent fruit juice. But most come from soda and other sweetened beverages and alcoholic drinks, which have lots of calories yet few, if any, nutrients. Soft drinks are a major source of sugar and calories for many Americans, especially children. That means no more than one drink a day for women, two a day for men. Older people should drink even less. While alcohol in moderation has heart benefits, higher intakes can lead to a wide range of health problems. Even moderate drinking impairs your ability to drive and may increase the risk of certain cancers. Some people, including pregnant women and those who have certain medical conditions, should avoid alcohol altogether. Many cultures around the world emphasize the enjoyment of food, which often includes cooking and eating with others, as an integral ingredient to good health. Even our own Dietary Guidelines for Americans touch on the idea that eating healthfully involves "enjoying food and celebrating cultural and personal traditions through food."

**Chapter 7 : Diabetes Diet, Eating, & Physical Activity | NIDDK**

*A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone.*

Sign up now Diabetes diet: Create your healthy-eating plan Your diabetes diet is simply a healthy-eating plan that will help you control your blood sugar. Definition A diabetes diet simply means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone. Purpose If you have diabetes or prediabetes, your doctor will likely recommend that you see a dietitian to help you develop a healthy eating plan. The plan helps you control your blood sugar glucose , manage your weight and control risk factors for heart disease, such as high blood pressure and high blood fats. When you eat excess calories and fat, your body responds by creating an undesirable rise in blood glucose. You can help keep your blood glucose level in a safe range by making healthy food choices and tracking your eating habits. For most people with type 2 diabetes, weight loss also can make it easier to control blood glucose and offers a host of other health benefits. If you need to lose weight, a diabetes diet provides a well-organized, nutritious way to reach your goal safely. Diet details A diabetes diet is based on eating three meals a day at regular times. This helps your body better use the insulin it produces or gets through a medication. A registered dietitian can help you put together a diet based on your health goals, tastes and lifestyle. He or she can also talk with you about how to improve your eating habits, for example, by choosing portion sizes that suit the needs for your size and level of activity. Recommended foods Make your calories count with these nutritious foods: During digestion, sugars simple carbohydrates and starches complex carbohydrates break down into blood glucose. Focus on the healthiest carbohydrates, such as fruits, vegetables, whole grains, legumes beans, peas and lentils and low-fat dairy products. Fiber moderates how your body digests and helps control blood sugar levels. Foods high in fiber include vegetables, fruits, nuts, legumes beans, peas and lentils , whole-wheat flour and wheat bran. Eat heart-healthy fish at least twice a week. Fish can be a good alternative to high-fat meats. For example, cod, tuna and halibut have less total fat, saturated fat and cholesterol than do meat and poultry. Fish such as salmon, mackerel, tuna, sardines and bluefish are rich in omega-3 fatty acids, which promote heart health by lowering blood fats called triglycerides. Avoid fried fish and fish with high levels of mercury, such as tilefish, swordfish and king mackerel. Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels. These include avocados, almonds, pecans, walnuts, olives, and canola, olive and peanut oils. Foods to avoid Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged and hardened arteries. Foods containing the following can work against your goal of a heart-healthy diet. High-fat dairy products and animal proteins such as beef, hot dogs, sausage and bacon contain saturated fats. These types of fats are found in processed snacks, baked goods, shortening and stick margarines. Sources of cholesterol include high-fat dairy products and high-fat animal proteins, egg yolks, liver, and other organ meats. Aim for no more than milligrams mg of cholesterol a day. Aim for less than 2, mg of sodium a day. However, if you also have hypertension, you should aim for less than 1, mg of sodium a day. Putting it all together: Creating a plan A few different approaches to creating a diabetes diet are available to help you keep your blood glucose level within a normal range. The American Diabetes Association offers a simple seven-step method of meal planning. In essence, it focuses on eating more vegetables. When preparing your plate, fill one-half of it with nonstarchy vegetables, such as spinach, carrots and tomatoes. Fill one-quarter with a protein, such as tuna or lean pork. Fill the last quarter with a whole-grain item or starchy food. Add a serving of fruit or dairy and a drink of water or unsweetened tea or coffee. Because carbohydrates break down into glucose, they have the greatest impact on your blood glucose level. To help control your blood sugar, eat about the same amount of carbohydrates each day, at regular intervals, especially if you take diabetes medications or insulin. A dietitian can teach you how to measure food portions and become an educated reader of food labels, paying special attention to serving size and carbohydrate content. The exchange lists system. A dietitian may recommend using food exchange lists to help you plan meals and

snacks. The lists are organized by categories, such as carbohydrates, protein sources and fats. One serving in a category is called a "choice. Some people who have diabetes use the glycemic index to select foods, especially carbohydrates. This method ranks carbohydrate-containing foods based on their effect on blood glucose levels. Talk with your dietitian about whether this method might work for you. A sample menu When planning meals, take into account your size and activity level. The following menu is tailored for someone who needs 1, to 1, calories a day. Cheese and veggie pita, medium apple with 2 tablespoons almond butter, water Dinner. And if you need to lose weight, you can tailor it to your specific goals. Aside from managing your diabetes, a diabetes diet offers other benefits, too. Because a diabetes diet recommends generous amounts of fruits, vegetables and fiber, following it is likely to reduce your risk of cardiovascular diseases and certain types of cancer. And consuming low-fat dairy products can reduce your risk of low bone mass in the future. Use healthy foods, portion control and scheduling to manage your blood glucose level. If you stray from your prescribed diet, you run the risk of fluctuating blood sugar levels and more-serious complications.

### Chapter 8 : How to Maintain a Balanced Diet: 12 Steps (with Pictures)

*A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is. A healthy eating plan that helps you manage your weight includes a variety of foods you may not.*

Maybe you almost always eat fruit for dessert, or you drink low-fat or fat-free milk. These are good habits! Recognizing your successes will help encourage you to make more changes. Note how you are typically feeling at those times. Often an environmental "cue", or a particular emotional state, is what encourages eating for non-hunger reasons. Common triggers for eating when not hungry are: Opening up the cabinet and seeing your favorite snack food. Sitting at home watching television. Before or after a stressful meeting or situation at work. Having someone offer you a dish they made "just for you! Sitting in the break room beside the vending machine. Seeing a plate of doughnuts at the morning staff meeting. Swinging through your favorite drive-through every morning. Feeling bored or tired and thinking food might offer a pick-me-up. Circle the "cues" on your list that you face on a daily or weekly basis. Going home for the Thanksgiving holiday may be a trigger for you to overeat, and eventually, you want to have a plan for as many eating cues as you can. But for now, focus on the ones you face more often. Is there anything I can do to avoid the cue or situation? For example, could you choose a different route to work to avoid stopping at a fast food restaurant on the way? In these situations, evaluate your options. Could you suggest or bring healthier snacks or beverages? Could you offer to take notes to distract your attention? Could you plan ahead and eat a healthy snack before the meeting? Replace unhealthy habits with new, healthy ones. For example, in reflecting upon your eating habits, you may realize that you eat too fast when you eat alone. So, make a commitment to share a lunch each week with a colleague, or have a neighbor over for dinner one night a week. Other strategies might include putting your fork down between bites or minimizing other distractions i. Here are more ideas to help you replace unhealthy habits: If you eat too quickly, you may "clean your plate" instead of paying attention to whether your hunger is satisfied. If you find yourself eating when you are experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better. Plan meals ahead of time to ensure that you eat a healthy well-balanced meal. Reinforce your new, healthy habits and be patient with yourself. Habits take time to develop. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to make? You can do it! It just takes one day at a time! Want to learn more?

**Chapter 9 : Wellness: Creating a Healthy Eating Plan**

*Best Diets for Healthy Eating The last thing you want from a diet is a risk to your health. Any diet should provide sufficient calories and not fall seriously short on important nutrients or.*

But by using these simple tips, you can cut through the confusion and learn how to create—and stick to—a tasty, varied, and nutritious diet that is as good for your mind as it is for your body. What is a healthy diet? The cornerstone of a healthy diet pattern should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. The widest part at the bottom is for things that are most important. The foods at the narrow top are those that should be eaten sparingly, if at all. The fundamentals of healthy eating While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline. Eating foods high in dietary fiber grains, fruit, vegetables, nuts, and beans can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight. As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. But most should come from complex, unrefined carbs vegetables, whole grains, fruit rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline. A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices. For example, choose just one of the following diet changes to start. Work on it for a few weeks, then add another and so on. To set yourself up for success, try to keep things simple. Instead of being overly concerned with counting calories, for example, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients whenever possible. Prepare more of your own meals. Make the right changes. Replacing dangerous trans fats with healthy fats such as switching fried chicken for grilled salmon will make a positive difference to your health. Focus on how you feel after eating. This will help foster healthy new habits and tastes. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy. Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated—causing tiredness, low energy, and headaches. In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. For many of us, moderation means eating less than we do now. Eating bacon for breakfast once a week, for example, could be considered moderation if you follow it with a healthy lunch and dinner—but not if you follow it with a box of donuts and a sausage pizza. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences. Serving sizes have ballooned recently. At home, visual cues can help with portion sizes. Your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full. Eat with others whenever possible. Eating alone, especially in front of the TV or computer, often leads to mindless overeating. Limit snack foods in the home. Be careful about the foods you keep at hand. Many of us also turn

to food to relieve stress or cope with unpleasant emotions such as sadness, loneliness, or boredom. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day. Avoid eating late at night. Try to eat dinner earlier and fast for hours until breakfast the next morning. Add more fruit and vegetables to your diet. Fruit and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily amount of at least five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat. To increase your intake: Add antioxidant-rich berries to your favorite breakfast cereal. Eat a medley of sweet fruit—“oranges, mangos, pineapple, grapes—“for dessert. Swap your usual rice or pasta side dish for a colorful salad. Instead of eating processed snack foods, snack on vegetables such as carrots, snow peas, or cherry tomatoes along with a spicy hummus dip or peanut butter. How to make vegetables tasty. While plain salads and steamed veggies can quickly become bland, there are plenty of ways to add taste to your vegetable dishes. Not only do brighter, deeper colored vegetables contain higher concentrations of vitamins, minerals and antioxidants, but they can vary the flavor and make meals more visually appealing. Add color using fresh or sundried tomatoes, glazed carrots or beets, roasted red cabbage wedges, yellow squash, or sweet, colorful peppers. Liven up salad greens. Branch out beyond lettuce. Kale, arugula, spinach, mustard greens, broccoli, and Chinese cabbage are all packed with nutrients. To add flavor to your salad greens, try drizzling with olive oil, adding a spicy dressing, or sprinkling with almond slices, chickpeas, a little bacon, parmesan, or goat cheese. Satisfy your sweet tooth. Naturally sweet vegetables—“such as carrots, beets, sweet potatoes, yams, onions, bell peppers, and squash—“add sweetness to your meals and reduce your cravings for added sugar. Add them to soups, stews, or pasta sauces for a satisfying sweet kick. Cook green beans, broccoli, Brussels sprouts, and asparagus in new ways. Instead of boiling or steaming these healthy sides, try grilling, roasting, or pan frying them with chili flakes, garlic, shallots, mushrooms, or onion. Or marinate in tangy lemon or lime before cooking. Plan quick and easy meals ahead. Healthy eating starts with great planning. You will have won half the healthy diet battle if you have a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks. Plan your meals by the week or even the month. One of the best ways to have a healthy diet is to prepare your own food and eat in regularly. Pick a few healthy recipes that you and your family like and build a meal schedule around them. If you have three or four meals planned per week and eat leftovers on the other nights, you will be much farther ahead than if you are eating out or having frozen dinners most nights. Shop the perimeter of the store for most of your groceries: fresh fruits and vegetables, fish and poultry, whole grain breads and dairy products, add a few things from the freezer section: frozen fruits and vegetables, and visit the aisles for spices, oils, and whole grains like rolled oats, brown rice, whole wheat pasta. Cook when you can. Try to cook one or both weekend days or on a weekday evening and make extra to freeze or set aside for another night. Cooking ahead saves time and money, and it is gratifying to know that you have a home cooked meal waiting to be eaten. Challenge yourself to come up with two or three dinners that can be put together without going to the store—“utilizing things in your pantry, freezer, and spice rack. A delicious dinner of whole grain pasta with a quick tomato sauce or a quick and easy black bean quesadilla on a whole wheat flour tortilla among endless other recipes could act as your go-to meal when you are just too busy to shop or cook.