

# A Lifetime of Healthy Eating

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**Cardiovascular Disease**  
**High Blood Pressure**  
**Diabetes**  
**Some Cancers**  
**Poor Bone Health**

About **1/2** of American adults have one or more preventable chronic diseases. Many are related to poor eating habits and lack of physical activity.



**\$176 billion**

direct medical costs for diabetes

**\$69 billion**

decreased productivity costs for diabetes



## More vegetables

Choose dark green, red, orange and other vegetables in place of foods high in calories, saturated fats or sodium such as some meats, poultry, cheeses and snack foods.

Include vegetables with most meals and snacks.

Eat a green salad or a vegetable as a side dish.

## More whole grains

Choose whole-grain breads, pasta, cereal and brown rice instead of white. Eat more grains with fewer calories, such as English muffins instead of biscuits, bread instead of croissants, and plain popcorn instead of buttered.

Choose foods with the first ingredient listed as whole grain.



## More fruit

Choose mainly fruit whole — cut up, cooked, canned, frozen or dried.

Eat canned and frozen fruit with little or no added sugar.

Pick fruit as snacks, salads, side dishes and desserts in place of foods with added sugars (cakes, pies, cookies, doughnuts, ice cream and candies).



**More ...**  
**Potassium**  
**Vitamin C**  
**Vitamin A**  
**Fiber**  
**B vitamins**

**Eat more healthy foods.**



## More low-fat dairy foods

Choose more fat-free or low-fat milk, yogurt and cheese made from dairy or soy.

Pick fewer sweetened milk and yogurt products.

Choose cheese less often since most contain more sodium and saturated fats and less potassium, vitamin A and vitamin D than milk or yogurt.

## More variety in protein foods

Include seafood twice a week in place of meat, poultry or eggs.

Eat beans, nuts, seeds and soy products in mixed dishes.

Choose lean meats with less sodium.



## More healthy oils

Use oils rather than solid fats (butter, stick margarine, shortening, lard, coconut oil) when cooking.

Choose foods that naturally contain oils such as seafood and nuts.

Use salad dressings and spreads made with oils instead of solid fat.



## More...

Calcium

Vitamin D

Vitamin E

Iron

Omega-3 fatty acids

## Less

### Saturated fat

Less cheese and/or meat in mixed dishes (for example: burgers, pizza, rice and pasta dishes)

### Trans fats

Fewer processed foods (for example: some desserts, microwave popcorn, frozen pizza, margarines)

### Sodium

Fewer mixed dishes with high-sodium ingredients (for example: burgers and sandwiches, rice, pasta and grain dishes, pizza and soups)

Use the Nutrition Facts label to compare sodium content of foods.

### Added sugar

Fewer sugar-sweetened beverages

Fewer cakes, pastries, cookies and other sweet snacks

