

August Goals to Healthy Eating

Eating healthy is easier than you might think. By making small changes like these over time, and taking them one at a time, not trying to rush into all of them at once, the changes are more likely to stick.

Goal 1: Eat More Fruits and Vegetables

Fruits and vegetables are high in vitamins, minerals and fiber – and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and blood pressure.

Which fruits and vegetables are best?

That's easy: They're all good! If you eat many different types of fruits and veggies, you're sure to get all the different types of nutrients you need. The American Heart Association recommends filling at least half your plate with fruits and veggies in order to make it to the recommended 4-5 servings of each per day. The good news is that all produce counts, which means canned, dried, fresh and frozen varieties can help you reach your goal.

When buying canned, dried or frozen vegetables and fruit, be sure to compare food labels and choose the products with the lowest amount of sodium and added sugars.

Take the Next Step

If you're already eating plenty of fruits and veggies every day, you may be ready for the next step: include more color. All fruits and vegetables contain vitamins, minerals and other nutrients that may help prevent heart disease, cancer and other illnesses. Some of these nutrients are fiber, potassium, folate, and vitamin A and C. The best way to get all the various nutrients is to eat fruits and vegetables of many different colors as you can each day.

From the American Heart Association Nutrition Center

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-More-Fruits-and-Vegetables_UCM_320237_Article.jsp