



# Recipe for a Healthier You



- \* **Eat 5 to 9 servings of fruits and vegetables.**

Most of us need to double our intake of fruits and vegetables to gain the benefits they provide in promoting good health, maintaining weight and preventing chronic disease. Choose colorful, convenient and flavorful fruits and vegetables for maximum health benefits.

- \* **Drink water.**

Water meets the body's fluid needs without adding any calories. Beverages such as sodas, coffee specialty drinks and other sweetened drinks are often loaded with calories and saturated fat.

- \* **Consume less bad fat, more good fat.**

For heart health, eat less bad fats – *saturated fats* found in red meat, cold cuts, butter, cheese, and whole milk products and *trans fats* found in processed and fried foods made with “partially hydrogenated” oils. Choose good fats when cooking and menu planning – olive and canola oils, nuts and seeds, peanut butter and avocados, corn and soybean oils, and salmon and tuna.

- \* **Choose whole grains.**

Half of your daily grains – breads, cereals, rice, crackers, bulgur – should be whole grains.

- \* **Reduce sodium and sugar.**

Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium we eat comes from processed foods, not from the salt shaker.

- \* **Eat modest portions.**

Portion sizes of many foods have increased dramatically and with this growth have come increases in waistlines and body weight. Be mindful of your portions throughout the day.

- \* **Be active.**

Regular physical activity – 30 minutes most days of the week – is important for promoting overall health and maintaining body weight.

Go to [atyourservice.ucop.edu](http://atyourservice.ucop.edu) and connect to the *UC Living Well* site for information on healthy eating and links to wellness programs available at UC locations and through your medical plan.

**Make it a priority to eat healthy... every day!**

