

# Eat Right

Food and Nutrition Tips from the Academy of Nutrition and Dietetics, and the St. Ignatius of Loyola Parish Health Ministry

So whether you eat or drink, or whatever you do, do everything for the glory of God. *1 Corinthians 10:31*



## **Eat Breakfast**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.



## **Fix Healthy Snacks**

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.



## **Make Half Your Plate Fruits and Vegetables**

Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with fresh, frozen, and canned.



## **Drink More Water**

Quench your thirst with water instead of drinks with added sugars. Stay well-hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.



## **Plan Family Meal Times**

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking, and use this time to teach them about good nutrition.



## **Try New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.



## **Experiment With Plant-Based Meals**

Expand the variety in your menus with budget-friendly meatless meals. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.



## **Cut Back On Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar.