

Good Eating Habits

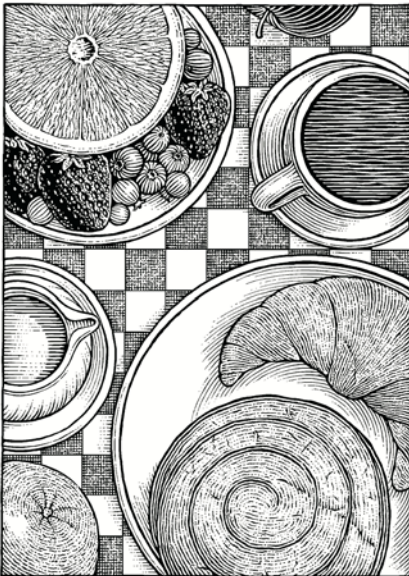
Good eating habits include: eating a variety of foods, eating in moderate amounts and using fats, salt and sweets in moderation.

Our body needs 40 or more nutrients to be healthy and work properly. Nutrients are vitamins, minerals, proteins, carbohydrates, and fats. They are found in a variety of foods.

Some foods are rich in some of the nutrients. But there is none that has all the nutrients that we need. For example:

- ▶ Milk is rich in calcium, but has little iron.
- ▶ Meats, eggs, poultry, and beans are rich in proteins and iron, but are low in vitamin C.
- ▶ Fruits and vegetables are good sources of many vitamins, minerals, and fiber, but are low in iron and protein.

***Aim for a
healthy
weight and be
physically
active each
day.***



For a healthy diet eat the following foods every day

- ▶ Whole grain breads and cereals, corn tortillas, rice, pasta, and cereals: 6 -11 servings.
- ▶ Fruits: 2 or more servings. Vegetables: 3 or more servings. Choose a variety.
- ▶ Meat, poultry, fish, eggs, beans and other dry legumes: 2 to 3 servings.
- ▶ Milk, yogurt, low-fat cheese: 2 to 3 servings.

Paula Fitch, Nutrition, Family & Consumer Sciences Advisor, University of California, Cooperative Extension, in collaboration with UC's Spanish News Service.

Extension Educational programs are open to all people without regard to race, color, sex, disability, religion, age or national origin. Other publications of Cooperative Extension at: <http://extensionenespanol.net>