



Why Healthy Eating is Important

Eating healthy helps you feel good, stay strong, and avoid getting sick. Here are some simple tips from the American Heart Association and the American Cancer Society to help you eat better and stay healthy.

Eat Lots of Fruits and Vegetables

- **Why?** They give you vitamins, minerals, and fiber that help your body stay healthy.
- **How Much?** Try to fill half your plate with fruits and vegetables at every meal.
- **Examples:** Apples, carrots, spinach, and berries.

Choose Whole Grains

- **Why?** Whole grains have more nutrients and fiber than white bread or white rice.
- **How Much?** Make at least half of your grains whole grains.
- **Examples:** Brown rice, whole wheat bread, and oatmeal.

Eat Lean Proteins

- **Why?** Proteins help build muscles and keep you strong.
- **How Much?** Include a variety of protein sources in your meals.
- **Examples:** Chicken, fish, beans, and nuts.

Limit Added Sugars

- **Why?** Too much sugar can make you gain weight and feel tired.
- **How Much?** Try to eat less candy, cookies, and sugary drinks.
- **Examples:** Drink water instead of soda and choose fruits for dessert.

Reduce Sodium (Salt)

- **Why?** Too much salt can raise your blood pressure and harm your heart.
- **How Much?** Use less salt when cooking and avoid salty snacks.
- **Examples:** Choose fresh foods over processed ones and use herbs and spices for flavor.

Stay Active

- **Why?** Exercise helps keep your heart healthy and makes you feel good.

- **How Much?** Aim for 30-45 minutes of physical activity every day if you're an adult or 1 hour of every day if you're a child or teen.
- **Examples:** Walk, Dance, Ride a bike, or join a sports team.

Fun Tips for Healthy Eating

- **Try New Foods:** Be adventurous and try different fruits and vegetables.
- **Cook with Family:** Learn how to make healthy meals together.
- **Snack Smart:** Choose healthy snacks like yogurt, nuts, or fruit instead of chips or candy.

Remember

Eating healthy is not just about one meal; it's about making good choices every day. By following these tips, you can help your body stay strong and healthy!

If you'd like to promote healthier eating in your faith community or community group, please reach out to Julie Alexander at Healthy Meck [via this contact form](#) to learn about the Blue Tablecloth Initiative!

Sources

- [American Heart Association: https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics)
- [American Cancer Society: https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html](https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html)