



# Eat Wisely – A Focus on Nutrition



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Eat wisely to maximize your health. Eat a variety of foods including vegetables, fruits, and whole grains. It is important to include fat-free or low-fat milk and milk products in your diet, and limit total salt, fat, sugar, and alcohol.

- **Eat Wisely: A Healthy Living Message**  
[http://www.prevention.va.gov/eat\\_wisely.asp](http://www.prevention.va.gov/eat_wisely.asp)
- **Making Health Food Choices**  
[http://www.move.va.gov/download/NewHandouts/Standard/S06\\_MakingHealthyFoodChoices.pdf](http://www.move.va.gov/download/NewHandouts/Standard/S06_MakingHealthyFoodChoices.pdf)
- **Manage Your Weight**  
<http://www.prevention.va.gov/MPT/2013/VANCPPlacemat.pdf>
- **Vegetables**  
[http://www.prevention.va.gov/MPT/2013/N30\\_Vegetables\\_Ver40.pdf](http://www.prevention.va.gov/MPT/2013/N30_Vegetables_Ver40.pdf)
- **Fruit**  
[http://www.prevention.va.gov/MPT/2013/N13\\_Fruit\\_Ver40.pdf](http://www.prevention.va.gov/MPT/2013/N13_Fruit_Ver40.pdf)
- **Grains**  
[http://www.prevention.va.gov/MPT/2013/N28\\_Grains\\_Ver40.pdf](http://www.prevention.va.gov/MPT/2013/N28_Grains_Ver40.pdf)

## FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

## US DEPARTMENT OF AGRICULTURE (USDA) AND US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS) Center for Nutrition Policy and Promotion

### • **Dietary Guidelines for Americans**

The *Dietary Guidelines for Americans* are the cornerstone of Federal nutrition policy and nutrition education activities. These guidelines are jointly issued and updated every 5 years by the Departments of Agriculture (USDA) and Health and Human Services (HHS). They provide authoritative advice for Americans ages 2 and older about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health. For more information please visit the USDA website:  
<http://www.cnpp.usda.gov/dietaryguidelines.htm>

You may also download the 112 page PDF version of the 2010 Dietary Guidelines for Americans here:  
<http://www.cnpp.usda.gov/dietaryguidelines.htm>

### • **My Plate**

In June 2011, MyPlate replaced MyPyramid. MyPlate is part of a larger communication initiative based on [2010 Dietary Guidelines for Americans](#) to help consumers make better food choices.

MyPlate is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone. For more information, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

## US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS) National Heart Lung and Blood Institute, National Institutes of Health



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- **Healthy Eating Plan**

A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal. A healthy eating plan will also lower your risk for heart disease and other negative health conditions.

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/calories.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/calories.htm)

#### Healthfinder

- **Healthy Eating Conversation Starters**

Sometimes a family member or friend just needs encouragement to make a healthy change. Use these tips to start a conversation about eating healthy.

<http://www.healthfinder.gov/prevention/ViewTool.aspx?toolId=38&catId=1>

- **Healthy Eating**

Why is eating a healthy diet important?

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=21&cnt=1&areaID=0>

#### Department of Women's Health

- **Tools to Help You**

Healthy eating and physical activity go hand in hand. Together, they help you maintain a healthy weight and lower your risk of some diseases and conditions.

<http://www.womenshealth.gov/fitness-nutrition/nutrition-basics/>

#### MedlinePlus®: US National Library of Medicine (NLM)

- **Nutrition**

Information to help you improve your diet.

<http://www.nlm.nih.gov/medlineplus/nutrition.html>

#### NON-FEDERAL GOVERNMENT RESOURCES

Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by NCP or the Federal Government, and none should be inferred.

#### Educational handouts offered by the Academy of Nutrition and Dietetics

- **13 Health Tips for 2013**

[http://www.prevention.va.gov/MPT/2013/13\\_Health\\_Tips.pdf](http://www.prevention.va.gov/MPT/2013/13_Health_Tips.pdf)

- **20 Ways to Enjoy More Fruits and Vegetables**

[http://www.prevention.va.gov/MPT/2013/ERM20\\_Ways\\_to\\_Enjoy\\_More\\_Fruits\\_and\\_Vegetables.pdf](http://www.prevention.va.gov/MPT/2013/ERM20_Ways_to_Enjoy_More_Fruits_and_Vegetables.pdf)

- **Healthy Recipes**

[http://www.prevention.va.gov/MPT/2013/Recipes\\_NM\\_2012.pdf](http://www.prevention.va.gov/MPT/2013/Recipes_NM_2012.pdf)

- **Get Your Plate in Shape**

[http://www.prevention.va.gov/MPT/2013/Get\\_Your\\_Plate\\_in\\_Shape.pdf](http://www.prevention.va.gov/MPT/2013/Get_Your_Plate_in_Shape.pdf)

- **Eating Right – Tips for Older Adults**

[http://www.prevention.va.gov/MPT/2013/Eating\\_Right\\_for\\_Older\\_Adults.pdf](http://www.prevention.va.gov/MPT/2013/Eating_Right_for_Older_Adults.pdf)

- **Healthy Eating on the Run**

[http://www.prevention.va.gov/MPT/2013/Healthy\\_Eating\\_on\\_the\\_Run.pdf](http://www.prevention.va.gov/MPT/2013/Healthy_Eating_on_the_Run.pdf)

- **Shop Smart – Get the Facts on Food Labels**

[http://www.prevention.va.gov/MPT/2013/Shop\\_Smart\\_Food\\_Labels.pdf](http://www.prevention.va.gov/MPT/2013/Shop_Smart_Food_Labels.pdf)



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- **Eating Right for a Healthy Weight**

[http://www.prevention.va.gov/MPT/2013/Eating\\_Right\\_for\\_a\\_Healthy\\_Weight.pdf](http://www.prevention.va.gov/MPT/2013/Eating_Right_for_a_Healthy_Weight.pdf)

- **Everyday Eating for a Healthier You**

[http://www.prevention.va.gov/MPT/2013/Everyday\\_Eating\\_for\\_a\\_Healthier\\_You.pdf](http://www.prevention.va.gov/MPT/2013/Everyday_Eating_for_a_Healthier_You.pdf)

- **Power Up with Breakfast**

[http://www.prevention.va.gov/MPT/2013/Power\\_Up\\_with\\_Breakfast.pdf](http://www.prevention.va.gov/MPT/2013/Power_Up_with_Breakfast.pdf)