

Eat Wisely – A Focus on Nutrition



MARCH 2014 | *Monthly Topic* Page 1

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
- **Making Health Food Choices**
http://www.move.va.gov/download/NewHandouts/Standard/SO6_MakingHealthyFoodChoicesWithAHealthyPlate.pdf
- **Manage Your Weight**
<http://www.prevention.va.gov/MPT/2014/docs/VANCPPlacemat.pdf>
- **Vegetables**
http://www.move.va.gov/download/NewHandouts/Nutrition/N30_Vegetables.pdf
- **Fruit**
http://www.move.va.gov/download/NewHandouts/Nutrition/N13_Fruit.pdf
- **Grains**
http://www.move.va.gov/download/NewHandouts/Nutrition/N28_Grains.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.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

• **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.

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



Eat Wisely – A Focus on Nutrition



MARCH 2014 | *Monthly Topic* *Page 2*

- **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

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

- **14 Health Tips for 2013**

http://www.prevention.va.gov/MPT/2014/docs/14_Health_Tips_for_2014.pdf

- **Color Your Plate with Salad**

http://www.prevention.va.gov/MPT/2014/docs/Color_Your_Plate_with_Salad.pdf

- **Smart Snacking for Adults and Teens**

http://www.prevention.va.gov/MPT/2014/docs/Smart_Snacking_for_Adults_and_Teens.pdf

- **Eating Right on a Budget**

http://www.prevention.va.gov/MPT/2014/docs/Eating_Right_on_a_Budget.pdf

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

http://www.prevention.va.gov/MPT/2014/docs/20_Ways_to_Eat_More_Fruits_and_Vegetables.pdf

- **Healthy Recipes**

http://www.prevention.va.gov/MPT/2014/docs/Healthy_Recipes.pdf

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

http://www.prevention.va.gov/MPT/2014/docs/Eating_Right_for_Older_Adults_Rev_2012.pdf



Eat Wisely – A Focus on Nutrition



MARCH 2014 | *Monthly Topic* *Page 3*

- **Healthy Eating on the Run**

http://www.prevention.va.gov/MPT/2014/docs/Healthy_Eating_on_the_Run_Rev_2012.pdf

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

http://www.prevention.va.gov/MPT/2014/docs/Shop_Smart_Food_Labels_Rev_2012.pdf

- **Eating Right for a Healthy Weight**

http://www.prevention.va.gov/MPT/2014/docs/Everyday_Eating_for_a_Healthy_Weight_Rev_2012.pdf

- **Everyday Eating for a Healthier You**

http://www.prevention.va.gov/MPT/2014/docs/Everyday_Eating_for_a_Healthier_You_REV_2012.pdf

- **Power Up with Breakfast**

http://www.prevention.va.gov/MPT/2014/docs/Power_Up_with_Breakfast.pdf