



Eat Wisely - A Focus on Nutrition

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

- Eat Wisely: A Healthy Living Message
https://www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp

- Eat Wisely to Maintain a Healthy Weight – Banner



<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NCP-HL-Banner-March-Eat%20Wisely-500%20x%20275.png>

- Eat Wisely: Healthy Food Matters -



<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NCP-Communications-Banner-500x275-Eat-Wisely-March-2017-png.png>

- Eat Wisely Whiteboard Video



<https://www.youtube.com/watch?v=v3zlwvG-yuY>

MOVE! Resources

- Manage Your Weight – Create a Healthy Plate



<https://www.prevention.va.gov/MPT/2016/docs/VANCPPlacematRev2015.pdf>

MOVE! Veteran Workbook Materials

- Eat Wisely - Eating Healthy by Creating a Healthy Plate
<https://www.move.va.gov/docs/veteranworkbook/movewbm04.pdf>
- Menu Planning, Shopping, Cooking
<https://www.move.va.gov/docs/veteranworkbook/movewbm07.pdf>
- Finesse Your Food
<https://www.move.va.gov/docs/veteranworkbook/movewbm11.pdf>



- Dine Out Successfully
<https://www.move.va.gov/docs/veteranworkbook/movewbm13.pdf>

MOVE! Video Gallery

<https://www.move.va.gov/video/>

Eat Wisely Topics:

- ✓ Making Healthy Food Choices
- ✓ Food Composition and Dietary Guidelines
- ✓ Managing Hunger

Veterans Health Library

<https://www.veteranshealthlibrary.va.gov/>

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that’s consistent with VA clinical practice. Its information, resources, and tools are engaging, “Veteran-friendly” and written in plain language. The VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Check out the VHL for more information on Eat Wisely.

- Facts About Healthy Eating
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/Facts/>
- Tools for Healthy Eating
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/Tools/>
- Understanding Fat and Cholesterol
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/FatCholesterol/>
- Understanding MyPlate
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/MyPlate/>
- Understanding Salt and Sodium
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/Sodium/>

- Understanding Supplements
<https://www.veteranshealthlibrary.va.gov/HealthyLiving/EatWisely/Supplements/>
- En Español
<https://www.veteranshealthlibrary.va.gov/Spanish/HealthyLiving/EatWisely/>

VHA Nutrition and Food Services (NFS) Yummy Benefits Cookbooks:

<https://www.nutrition.va.gov/Recipes.asp>

Checkout the NFS Recipes and Cookbooks including information on safe food cooking temperatures, and healthy sustainable eating tips. Recipes were compiled from the VA Healthy Teaching Kitchens across the country!

Federal Government Resources

(you are leaving the Department of Veterans Affairs web site.)

US Department of Agriculture & US Department of Health and Human Services

Center for Nutrition Policy and Promotion

- Dietary Guidelines for Americans 2015- 2020
The Dietary Guidelines for Americans, 2015-2020 are the 8th edition released since 1980. The 2020-2025 Dietary Guidelines for Americans development process is underway. These guidelines are the cornerstone of Federal nutrition policy and nutrition education activities and are jointly issued and updated every 5 years by the Departments of Agriculture (USDA) and Health and Human Services (HHS). They provide authoritative science-based nutrition guidance for Americans ages 2 and older about consuming appropriate calorie levels, 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: <https://www.dietaryguidelines.gov/>



- MyPlate Kitchen
[MyPlate Kitchen](#), formerly *What's Cooking? USDA Mixing Bowl*, provides recipes and resources to support building healthy and budget-friendly meals. MyPlate Kitchen includes recipes from the USDA Food and Nutrition Service (FNS) programs including the [Center for Nutrition Policy and Promotion \(CNPP\)](#) and the [Supplemental Nutrition Assistance Program \(SNAP\)](#). MyPlate Kitchen features are designed to encourage key behaviors emphasized in the Dietary Guidelines for Americans and include the following:
 - Detailed nutrition analysis to help consumers identify healthy recipes
 - Comprehensive search filters to help users find recipes according to personal interest
 - Cost ranges for recipes as available
 - A personal cookbook builder as well as ready-made cookbooks
 - User-friendly options such as star ratings and sharing on social media

Nutritious recipes and menu planning serve as the building blocks for healthy meals and overall diet. Healthy meal patterns that meet the *Dietary Guidelines for Americans* are achieved by considering the overall food intake over time and consuming a variety of foods. While individual recipes cannot meet the Dietary Guidelines for Americans, collectively they can contribute to meeting the recommendations. See more at: <https://www.choosemyplate.gov/myplatekitchen>

- MyPlate
[MyPlate](#) is based on the Dietary Guidelines for Americans, 2015-2020 and is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means: Focus on variety, amount, and nutrition. Choose foods and beverages with less saturated fat, sodium, and added sugars. Start with small changes to build

healthier eating styles. Support healthy eating for everyone. Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. See more at:

<https://www.choosemyplate.gov/>.

US Department of Health and Human Services

National Heart Lung and Blood Institute, National Institutes of Health

- 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.
https://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 healthy eating.
<https://www.healthfinder.gov/prevention/ViewTool.aspx?toolId=38&catId=1>
- Healthy Eating
Why is eating a healthy diet important?
<https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/eat-healthy>



Medline Plus: U.S. National Library of Medicine

- Nutrition
Information to help you improve your diet.
<https://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

- 20 Health Tips for 2020
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/20HealthTipsfor2020.pdf>
- Smart Tips for Building a Healthy Salad
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/SmartTipsforBuildingaHealthySalad.pdf>
- Smart Snacking for Adults and Teens
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/SmartSnackingforAdultsandTeens.pdf>
- Eating Right on a Budget
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatingRightonaBudget.pdf>
- 20 Ways to Enjoy More Fruits and Vegetables
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/20WaystoEnjoyMoreFruitsandVegetables.pdf>
- Healthy Eating on the Run
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/HealthyEatingontheRun.pdf>
- Power Up with Breakfast
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/PowerUpwithBreakfast.pdf>
- Total Body Diet
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/TotalBodyDiet.pdf>
- Eat Right with MyPlate
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatRightwithMyPlate.pdf>
- Eating Right – Tips for Older Adults
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatingRightTipsforOlderAdults.pdf>
- Eating Right - Tips for Vegetarians
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/HealthyEatingTipsforVegetarians.pdf>
- Eating Right for a Healthy Weight
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatingRightforaHealthyWeight.pdf>



- Eating Right with Less Added Sugars
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatingRightwithLessAddedSugars.pdf>
- Eating Right with Less Salt
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatingRightwithLessSalt.pdf>
- Smart Tips for Successful Meals
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/SmartTipsforSuccessfulMeals.pdf>
- Eat Right and Reduce Food Waste
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/EatRightandReduceFoodWaste.pdf>
- Eat Wisely Crossword Puzzle
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/CrosswordPuzzle.pdf>
- Nutrition Sudoku-Easy
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NutritionSudokuEasy.pdf>
- Nutrition Sudoku-Moderate
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NutritionSudokuModerate.pdf>
- Nutrition Word Search
<https://vaww.infoshare.va.gov/sites/prevention/shared-resources/Published/NutritionWordSearch.pdf>