

HEALTHY FOOD FOR HEALTHY ADULTS

- Eating healthy food means eating a variety of food everyday, including whole grains, fruits and vegetables, milk and other dairy products, and meat, seafood, or beans.
- Eating healthy food also means not eating large amounts of fat, sugar, and salt.
- Whole grains such as brown rice, whole wheat breads, whole wheat pasta, and cereals like oatmeal are an important source of fiber.
- It is important to eat a lot of fruits and vegetables, at least five times a day. When fresh fruits and vegetables are not available, choose frozen or canned fruits and vegetables.
- Limit the amount of fast food and processed food that you eat because these foods are very high in fat and salt.
- **Eating healthy food will help you and your family stay strong and healthy and do well at work, school, and play.**

