

# TIPS FOR DEVELOPING A HEALTHY EATING PATTERN

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## EAT A VARIETY OF FOODS FROM EACH FOOD GROUP EACH DAY, ESPECIALLY PLANT FOODS, AND INCLUDE:

- Colorful fruits and vegetables
- Whole grains and legumes
  - *whole wheat bread*
  - *cereals such as, shredded wheat, whole wheat flakes, raisin bran, whole oats*
  - *beans & lentils*
- Healthful sources of fat
  - *olive oil, avocados, nuts, and fish (like salmon)*
- Low-fat or nonfat dairy products (nonfat or 1% milk, light string cheese, and low-fat yogurt) or other high-calcium products (e.g. fortified orange juice)
- Low-fat meat and poultry, including chicken and turkey breasts, lean ground beef, center cut pork, and game meats
  - *try not to eat meats with visible fat*
- Fish at least once a week
  - *Any fish is good; sustainably raised or not over-fished in the wild are better*
  - *Smaller fish (e.g. salmon) is better because it has fewer heavy metals than larger fish (e.g. swordfish)*

## READ FOOD LABELS AND CHOOSE FOODS THAT ARE GOOD SOURCES OF FIBER (>2G /SERVING) AND LOWER IN SODIUM (<150MG PER SERVING)

- Eat processed meats (like hotdogs, sausage, and bologna) only occasionally.

## BE AWARE OF PORTION SIZES

- Eat until you are satisfied, not ‘full’ or ‘stuffed’.
- Avoid ‘super-sizing’ or large portions.
- If you do receive a large portion while eating out, share it with a friend, or ask for a to-go box and immediately set half aside for later.

## WHEN YOU'RE THIRSTY, CHOOSE WATER FIRST. WATER IS BEST!

- Have low-calorie sports drinks, diet sodas, high caffeine “energy” drinks, or juices only occasionally;
- Regular soda or other beverages rarely (e.g. fruit drinks, lemonade, sweet tea, fruit juice, and punch);
- Only 1–2 servings of coffee per day; and
- When 21, limit alcohol to 1 serving for women and up to 2 for men a day.

## FOLLOW A HEALTHFUL MEAL PATTERN, WHICH INCLUDES BREAKFAST, LUNCH, DINNER, AND 1-2 PLANNED SNACKS

- The body needs regular intake of nutrients throughout the day to stay focused and strong.
- Meals eaten while sitting down are recognized by your body better than meals on the go.
- Too frequent meals and grazing may lead to unwanted weight gain.
- Have healthful snacks readily available, so you can have them when you are hungry.
  - *Good snack choices include carrots and hummus, fresh fruit, any fresh vegetables, and whole grain bread with peanut butter.*
  - *Enjoy your favorite “less healthy” choices on special occasions or only 1-2 times per week (e.g. French fries, chocolate, candy, chips, and cookies).*



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FOR MORE INFORMATION ABOUT THE URBAN FOOD TASK FORCE, VISIT [WWW.GWU.EDU/FOODTASKFORCE](http://WWW.GWU.EDU/FOODTASKFORCE).