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.

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).

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.

For more information, visit www.gwu.edu/hr/colonialcommunity/eatwell.

For more information about the Urban Food Task Force, visit www.gwu.edu/foodtaskforce.