

MYLIFE MYPLAN

STAYING HEALTHY

Eating for Life



OptimaHealth 

Congratulations! If you are ready to feel your best, then let the **Eating for Life** program help you get started.

Designed by a registered dietitian nutritionist, **Eating for Life** gives you the knowledge and skills to eat the right amount and right variety of foods to promote good health. **Eating for Life** also helps you evaluate your current eating and exercise habits and design a program to improve them.

The **Eating for Life** program includes information on calories, fat, salt and sugar, physical activity, and specific nutrition recommendations for all ages.

Consult with your physician before starting a weight loss or exercise program. **Eating for Life** content is based on current Dietary Guidelines for Americans and **ChooseMyPlate.gov**.

For more information, visit
optimahealth.com/mylifemyplan

Eating for Life can help you:

- Create a healthy eating plan
- Limit added sugars, solid fat and salt
- Eat the right amount of calories
- Be physically active every day





Create a Healthy Eating Plan

Make half of the food on your plate fruits and vegetables. They are packed with essential nutrients and are low in calories.

Choose vegetables with lots of color, like red tomatoes, orange sweet potatoes and dark greens.

Drink skim, 1% milk, or fortified soy beverages instead of whole milk. You can reach calcium and vitamin D goals without the extra fat and calories.

Make at least half your grains whole. Choose 100% whole grain cereals, breads and pastas.

Vary your protein food choices. Choose seafood twice a week and eat beans for protein and fiber.

TIP

Keep a healthy snack with you, like fresh fruit or a handful of nuts.

Limit Added Sugars, Solid Fat and Salt

Choose foods and drinks with little or no added sugars. Drink water instead of fruit-flavored drinks, sweet tea or regular soda. Limit candy, pastries and desserts.

Eat fewer foods that are high in solid fats like pizza, cheese, and hot dogs. Try grilled chicken and salads instead of a cheeseburger or pizza at fast food restaurants.

Reduce daily sodium intake to less than 2,300 milligrams. When cooking, season with onion, garlic, and fresh herbs instead of salt.



TIP

Choose lean meats and poultry without skin, and cook by grilling, baking, or broiling.



Eat the Right Amount of Calories For You

Follow your healthy meal plan to help maintain or lose weight.

Prepare your food at home, and bring snacks and meals to work.

When eating out, choose lower calorie menu options and avoid oversized portions.

Write down what you eat to keep track of how much you eat every day.

TIP

Control your portions by putting less food on your plate, or using a smaller plate, bowl, or glass.

Be Physically Active Every Day

Pick activities that you like and start by doing what you can, at least 10 minutes at a time.

Every bit adds up, and the health benefits increase as you spend more time being active.

Try to be active for at least 30 minutes, 5 days a week. Up to 60-90 minutes daily may be needed for weight loss.

Walk in a safe place like the mall or at community centers.

March in place while you watch TV.



TIP

Turn up the music and dance when doing household chores.

Visit wellnessforme.com for more Staying Healthy programs.

Get Off Your Butt: Stay Smokeless for Life

Stop using tobacco to benefit your health.

Guided Meditation

Experience a retreat from everyday stressors.

Healthy Habits, Healthy You

Develop habits to prevent diabetes and heart disease.

Tai Chi

Learn to mentally and physically relax.

MoveAbout

Learn about staying physically active every day.

Yoga

Relax with stretching and strengthening exercises.

Additional Resources

DietaryGuidelines.gov
ChooseMyPlate.gov
Health.gov/paguidelines
HealthFinder.gov

References

U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2020 - 2025 Dietary Guidelines for Americans. 9th Edition. Available at dietaryguidelines.gov.

