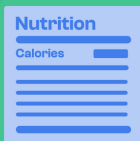


Small Steps to Better Nutrition

Eating healthy doesn't need be complicated. Here are some practical tips for small ways to improve dietary habits using recommendations from the Dietary Guidelines for Americans (DGAs).^{1,2}



Notice your nutrient needs

The DGAs have identified 5 high priority nutrients due to the concern that many Americans are not meeting recommendations for them - calcium, potassium, vitamin D, dietary fiber, and iron.¹ Use the nutrition facts label on packaged foods to see how much of the recommended daily value (DV) each food is contributing.

PRACTICAL TIP: Start your day off right by adding cup of yogurt and/or a glass of orange juice to your breakfast as a good source of calcium, potassium, and vitamin D.³



Fill up on fiber (and whole grains)

Dietary fiber is a priority nutrient due to the concern that 90% of women and 97% of men are not eating the recommended daily amount.¹ Additionally, only ~2% of Americans eat the recommend amount of whole grains per day.¹ Eating enough of these foods is important for a variety of health benefits, including digestive & heart health.¹

PRACTICAL TIP: Swap out your usual breakfast for a bowl of oatmeal, which will provide you with both fiber and whole grains. Customize your bowl by adding fresh fruit or nuts for additional fiber, color, and texture.



Eat a rainbow of fruits & vegetables

Fruits and vegetables are sometimes categorized into 5 color groups - blue / purple, red / pink, green, orange / yellow, and white - with each color group generally providing a unique group of important vitamins and minerals.^{1,2} To add variety in your diet - in terms of both nutrients and enjoyment with color, taste, and texture - select fruits and vegetables from different color groups throughout the day.

PRACTICAL TIP: Make a colorful salad with leafy, dark green vegetables like spinach and romaine lettuce, red and orange vegetables like sweet peppers and tomatoes, beans and legumes like chickpeas, and fruits like blueberries, blackberries, or strawberries.



Swap out sugar, salt, & saturated fat

The DGAs suggest Americans focus on limiting added sugar, sodium, and saturated fat, which are commonly eaten in excess and associated with negative health outcomes.¹ A helpful strategy is to use the nutrition facts panel to compare and select options lower in these nutrients. You can also use similar substitutions, such as low-calorie sweeteners, low-sodium seasonings and spices, or unsaturated fat alternatives.

PRACTICAL TIP: Healthy snack options that are lower in these nutrients to limit without compromising on taste include canned fruit in 100% juice (no added sugar) and unsalted roasted almonds (lower sodium and good source of unsaturated fat).⁴

References

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