



# Healthy Diet for Adults

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**GENERAL RECOMMENDATIONS FOR A HEALTHY DIET** — Eat lots of vegetables, fruits, and whole grains and a limited amount of red meat. Get at least five servings of fruits and vegetables every day. Tips for achieving this goal include:

- Make fruits and vegetables part of every meal. They contain vitamins, minerals, and fiber and have been shown to reduce the risk of cardiovascular disease and some cancers. Eat a variety of fruits and vegetables. Frozen or canned can be used when fresh isn't convenient.
- Eat vegetables as snacks.
- Include high fiber foods. Foods high in fiber include vegetables, fruit, beans, nuts, oatmeal, and other whole grains. The recommended daily intake of fiber is 20 to 35 grams.
- Consume at least half of all grains as whole grains (like whole wheat bread, brown rice, whole grain cereal), replacing refined grains (like white bread and rice, refined or sweetened cereals).

Cut down on unhealthy fats (trans fats and saturated fats) and consume healthy fats (polyunsaturated and monounsaturated fat). Tips for achieving this goal include:

- Choose chicken, fish, and beans instead of red meat and cheese.
- Cook with oils that contain polyunsaturated and monounsaturated fats, like olive and peanut oil.
- Choose margarines that do not have partially hydrogenated oils. Soft margarines (especially squeeze margarines) have less trans fatty acids than stick margarines.
- Eat fewer baked goods that are store-made and contain partially hydrogenated fats (like many types of crackers, cookies, and cupcakes).
- When eating at fast food restaurants, choose healthy items for yourself as well as your family, like broiled chicken or salad.

Avoid sugar-sweetened beverages and excessive alcohol intake. Tips for achieving this goal include:

- Choose non-sweetened and non-alcoholic beverages, like water, at meals and parties.
- Avoid making sugar-sweetened beverages and alcohol an essential part of family gatherings.

Keep calorie intake balanced with needs and activity level.

These are general recommendations; ask your healthcare provider if there are any dietary recommendations specific to your medical condition.

