



For more health education information

Call the Health Education Information Line at 1-800-804-6074 (TTY: 711).

www.CalVivaHealth.org

Healthy Eating *for Healthy Living*

Get started now!

Not all diets are equal

Some ways to lose weight may not be good for your health. For example:

- **Diet pills and drinks.** There is no miracle pill or drink that will help you lose weight. Some may lower your weight by water loss, but this method may not allow for long-term weight loss.
- **Crash diets.** These provide few or no calories. Starving yourself is not good for your health! Weight loss is a slow process, and you must have healthy eating and activity habits to lose weight safely. You should lose no more than two pounds per week.
- **Fad diets.** These limit food groups or nutrients. You still need a variety of foods to lose weight safely.

Check with your doctor before starting any weight loss plan or product.



This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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Let good habits be your guide

A healthy eating plan can help you eat the right amount of food from each food group. Here are a few tips to keep you on the right track:

- Eat a variety of foods to get the vitamins, minerals and fiber your body needs.
- Choose foods and beverages low in sugar. Juices labeled “100% juice” can still be high in sugar. Limit them to ½ cup per day.
- Eat a variety of colorful fruits and vegetables.
- Eat plenty of whole grain foods.



Why eat healthy foods?

Foods provide nutrients which help your body grow and stay healthy. They also reduce your risk for many diseases, including:

- heart disease,
- high blood pressure,
- high cholesterol,
- diabetes,
- certain cancers, and
- osteoporosis (a disease that causes your bones to become thin and weak).



Carefully **read food labels** to find out how many servings are in a food package. Many foods and soft drinks contain more than one serving.

Every bite counts

According to the Centers for Disease Control and Prevention (CDC),



only about 1 in 4 adults in the U.S. eats enough fruits and vegetables each day. More than half of young people eat too much fat, and most of them don't get enough fruits and veggies either.

Keep your food safe!

Here are four easy steps for keeping food safe:

Clean

Wash your hands often. Keep countertops and cutting boards clean.

Separate

Keep raw meats, seafood and their juices separate from cooked, ready-to-eat foods.

Cook

Heat food properly by covering, stirring and rotating foods during the cooking process (especially when using microwaves for cooking).

Chill

Store foods in the refrigerator. The longer foods are in the “danger zone,” temperatures between 40°F and 140°F, the higher the risk of the food going bad.