



# Healthy Eating

Based on Dietary Guidelines for Americans

## Focus On Fruit

Eat fruit (fresh, frozen, canned, or dried) rather than drinking fruit juice. Aim for 2 servings of fruit daily. A serving equals 1 small banana, 1 orange, 1 cup of fresh fruit, or 1/4 cup dried fruit.

## Vary Your Veggies

Eat more dark green veggies, orange veggies, and bell peppers. Aim for 2 veggie servings daily. A serving equals 1 cup raw or 1/2 cup cooked veggies.

## Make Half Your Grains Whole

Aim for at least 3 whole grain servings each day. A serving equals 1 slice of bread, 1 cup of cereal, or 1/2 cup cooked rice/pasta. Be sure grains (wheat, rice, oats, or corn) are listed as “whole” in the ingredients.

## Go Lean With Protein

Choose lean meats and skinless poultry. Healthy cooking methods including baking, broiling, and grilling. Vary your protein choices — include more soy products, fish, egg whites, beans, and peas.

## Remember Your Calcium

Get 3 servings of dairy every day. A serving equals 1 cup of low-fat milk, 1 cup of low-fat yogurt, or 1/5 ounces of low-fat cheese. If you can't drink milk, choose lactose-free milk products, enriched soy milk, or dark green vegetables to get calcium.

## Don't Give In On The Go

- Make smart food choices wherever you are. On campus, at work, at your favorite restaurant, or running errands. *Continued on back...*

- Plan ahead at the store and buy a variety of healthy foods for meals and snacks throughout the week.
- At a restaurant, choose steamed, grilled, or broiled dishes instead of fried, and watch out for creamy sauces and salad dressings.
- When you're going to be out all day, pack fresh fruit, cut veggies, or trail mix to avoid impulsive snack choices.

## What To Look For In The Nutrition Facts

- Check serving sizes and number per package. If you're eating 2 servings, you're doubling the calories and nutrients.
- Keep low: saturated fats, trans fats, cholesterol, and sodium.
- Get enough: fiber, Vitamins A and C, calcium, and iron.
- Use the % Daily Value column when possible: 5% or less is low, 20% or more is high.
- Look at the calories and listed nutrition on the label. Compare with similar foods and choose the one with the most nutrients for the least calories.
- Don't sugarcoat it. Sugars contribute calories with few nutrients, so avoid foods with added sugars in the first few ingredients (including high fructose corn syrup, sucrose, and glucose).
- Reduce sodium. Eating <2,300mg of sodium per day may reduce the risk of high blood pressure. Most of the sodium we eat comes from processed foods, so read the label and look for low sodium products.

## More Information

- UHS Health Coaching: (510) 642-2000. Make an appointment with a health coach to discuss making healthy food choices.
- Nutrition Information: [uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)
- Cal Dining Menus/Nutrition Info: Access nutrition info about menu items at the dining halls or create a nutritive analysis report. [caldining.berkeley.edu/menus](https://caldining.berkeley.edu/menus)
- On the web: [health.gov/our-work/food-nutrition/current-dietary-guidelines](https://health.gov/our-work/food-nutrition/current-dietary-guidelines)
- Food guidelines: [myplate.gov](https://myplate.gov)