

Nutrition Rx for Health Promotion and Disease Prevention



Eat more fruits and vegetables. Consume less sugar and fewer calories.

The following recommendations can help you feel better and may prevent health issues like diabetes, cardiovascular disease, pain and cancer:

- **Eat a plant-strong diet.** More than half of each meal and most snacks should be produce. Each meal should also contain fiber and protein.
- **Practice portion control.** Eat less, use smaller plates and try to regularly have a few bites leftover.
- **Be aware of what you're eating.** Keeping track of your daily diet with a food journal can be helpful. Learn more at www.mindlesseating.org.
- **Eat less junk.** Junk food, processed food and fast food should be eaten rarely, if at all (less than once a week).
- **Reduce your sugar intake.** Consume much less sugar and simple carbohydrates (starches, white bread, white flour, white rice, pasta, peeled potatoes, fries, crackers, donuts, chips, candy and soda).
- **Don't stuff yourself.** Don't eat until you're *full*; eat until you're *not hungry* anymore.
- **Eat slower.** Eating slower allows your brain to “catch up” and recognize when you're full.
- **Don't skip meals** — especially breakfast!
- **Plan ahead.** Plan your meals ahead of time to avoid last-minute unhealthy food choices. Avoid eating when you're bored or stressed.
- **Grow a garden** — or join a CSA. Use a good cookbook to plan your meals. Check out Vegetarian Cooking for Everyone by Deborah Madison, or Farm-Fresh and Fast created by FairShare CSA Coalition.
- **Read Food Rules.** Written by Michael Pollan, this informative book is short and to the point.
- **Watch Forks over Knives.** The documentary can be downloaded for free on Netflix.
- **Watch The Weight of the Nation.** This HBO documentary can be viewed for free at <http://theweightofthenation.hbo.com/watch/main-films/Choices>.

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Eat superfoods every day! Superfoods are a special category of foods found in nature. By definition, they are calorie-sparse and nutrient-dense, meaning they pack a lot of punch for their weight in terms of overall nutrition value. Here are some examples to try:

- **Nuts & Seeds (watch the calories!):** Walnuts, Pumpkin Seeds, Almonds, Brazil Nuts, Mixed Nuts
- **Green, Leafy Vegetables:** Collards, Kale, Spinach, Chard, Arugula, Purslane
- **Herbs & Spices:** Thyme, Basil, Parsley, Dill, Cilantro, Cinnamon, Cumin, Turmeric
- **Healthy Tubers:** Rutabaga, Daikon, Turnips, Parsnips, Beets, Sweet Potatoes/Yams
- **Colorful Berries:** Blueberries, Raspberries, Blackberries, Acai, Goji, Cranberries
- **Cruciferous Vegetables:** Broccoli, Cauliflower, Brussels Sprouts, Cabbage
- **Allium Family “Aromatic” Bulbs:** Garlic, Onions, Leeks, Shallots
- **Healthy Whole Grains:** Oats, Barley, Rye, Quinoa, Buckwheat, Wild/Brown Rice, Millet, Spelt
- **“Big” Fall Vegetables:** Pumpkin, Squash, Zucchini, Eggplants
- **Plant Proteins:** Organic Soy, Quinoa, Garbanzo/Chick Peas (Hummus)
- **Mushrooms:** Maitake, Shiitake, Oyster, Enoki, Portobello, Crimini
- **Beans, Legumes & Lentils:** Any Variety (Soy, Tempeh, Edamame, Miso)
- **Digestive Fruit:** Pineapple, Mango, Papaya
- **Fiber Fruit:** Figs, Dates, Raisins, Plums, Prunes, Apricots, Cherries, Apples, Pears
- **Healthy Fats (watch the calories!):** Wild-Caught Fish (Mackerel, Sardines, Salmon), Nuts, Free-Range Eggs, Grass-Fed Meats, Flax Seed, Avocado, Coconut/Olive/Canola Oils
- **Color & Spice:** All Kinds of Peppers, Cumin, Curry, Turmeric
- **Citrus:** Nectarines, Oranges, Clementines, Lemons, Limes, Grapefruit
- **Carotenes & Lycopene:** Tomatoes, Beets, Peppers, Carrots, Squash, Pumpkin, Yams
- **Melons:** Cantaloupe, Watermelon, Honeydew

Meet with one of our registered dietitians. Visit www.meriter.com/wellness to learn more or to request an appointment.

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