

HEART HEALTHY NUTRITION: BALANCE IS BEST

To get the nutrients you need, think variety and balance.

If you prepare meals with a variety of nutritious foods, you will enjoy eating them. And they will fill you up.



Include food from these groups in these portions:

- Carbohydrates (fruit, vegetables $\frac{1}{2}$ your meal) (grains $\frac{1}{4}$ your meal)
- Proteins ($\frac{1}{4}$ your meal)
- Fats (to taste, 1 or 2 servings)
- Do not forget water!

Combine food from all groups. Load up on fruits and vegetables, then add proteins and fats. It will satisfy you and prevent dips in blood sugar, which can lead to energy crashes. Concentrate on feeling full and happy.

Your body uses water to regulate temperature, lubricate joints and aid digestion. Staying well-hydrated also improves, mood, memory, brain function and energy. Try to drink half your body weight in ounces each day. For example, if you weigh 150 pounds you will want to drink 75 ounces of water. You will get fluid from food (20%) and drink (80%).

SOURCE:

Personify Health Journeys:

“Eat for Health” & “Eat for Energy”

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