Healthy Food. Healthy You.

Eating nutritious foods like vegetables, fruits, nuts, chicken or fish can lower your risk for Type 2 diabetes, heart disease and even some types of cancer. And eating healthy foods can help you feel better now by helping improve conditions like high blood pressure, Type 2 diabetes and heart disease.

Watch Portion Sizes

Use these examples to visualize a single portion size.

Meat: The palm of your hand

Cheese: A pair of dice

Rice, pasta: A tennis ball

Cut-up raw fruit, vegetables: A baseball

Dried fruit, nuts: A golf ball

Read Food Labels

Look for this important nutritional information.

Nutrition Facts

Added sugar: Less than 10% of daily calories. None for children under 2.

Saturated and trans fats: Less than 10% of daily calories.

Serving size: Calories and nutritional info may be for multiple servings.

Fiber: Aim for 20-30+ grams of fiber a day.

Sodium: Under 2,300 mg a day or below 1,500 mg if you have high blood pressure.

* The % Daily Value (DV) tells you how much a nutrient contributes to daily diet.

Eat the Rainbow

A quick way to get the nutrients you need is to eat a rainbow of fruits and vegetables. Aim for five or more servings of fruits and vegetables a day.

RED

HEALTH BENEFITS
Anti-Inflammatory, antioxidant, may help lower risk of heart disease and certain cancers, may reduce sun-related skin damage.

YELLOW & ORANGE

HEALTH BENEFITS
Anti-Inflammatory, antioxidant, supports eye health, may help lower risk of heart disease and cancer

GREEN

HEALTH BENEFITS
Anti-Inflammatory, antioxidant, cruciferous veggies in particular may help lower risk of cancer and heart disease

BLUE & PURPLE

HEALTH BENEFITS
Anti-Inflammatory, antioxidant, may help improve brain function, may help lower risk of heart disease, neurological disorders, type 2 diabetes and certain cancers

WHITE & BROWN

HEALTH BENEFITS
Anti-Inflammatory, antioxidant, may help lower risk of heart disease, colon cancer and other cancers