

# Six Steps To Good Nutrition

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## 1. Eat a Variety of foods

### Why?

We need a variety of nutrients provided by different foods.

Nutrients including carbohydrates, protein, fat, minerals, vitamins, enzymes are needed for growth, energy, cell repair, and healing.

### How?

A healthy variety of foods includes:

Whole grain breads and cereals

Fresh vegetables and fruits

Beans and nuts

Some fish, meat and dairy (if not vegetarian)

Lots of water

Occasional sweets and desserts



## 2. Use Less Salt

### Why?

Salt increases our appetites and makes us eat more than we really want to.

Too much salt is bad for our hearts, blood pressure, kidneys, and can make diabetes and bone loss (osteoporosis) worse.

### How?

Do not add salt to your food at the table.

Choose lower salt foods, add less salt cooking, ask for less salt added when eating at restaurants.



## 3. Eat Less Fat

### Why?

Fat has more than twice the calories of carbohydrates and protein.

Animal fats can increase risk for heart disease and strokes.

### How?

Eat low and reduced fat foods.

Shift to healthier fats, such as olive, canola, and nut oils, while avoiding animal fats such as lard, fatty meats, butter, cream, whole milk.

## 4. Eat More Fresh Foods



### Why?

Fresh foods have more natural nutrients and enzymes.  
Fresh foods do not have added fat, salt, sugar, and chemicals.

### How?

Visit your local farmers' market or store with good produce (buy organic when able).  
If you cannot get fresh produce, plain frozen or dried are next best choices.  
Fresh vegetables and fruit are best eaten raw or lightly cooked (wash well).

## 5. Use Less Processed Food

### Why?

Processed, packaged, and fast foods have more added salt, sugar, fat, and chemicals.  
Processed foods often do not have as many nutrients and enzymes.

### How?

Eat fresh foods and home prepared healthy meals as much as possible.  
When out, look for salad bars and/or choose meals with whole grains and fresh vegetables, fruits, nuts, grilled or baked foods (not fried).  
Compare ingredient labels on packaged foods for lowest salt, fat, sugar.

## 6. Eat Whole Grains



### Why?

Whole grains are ground up with all the parts of the seed intact (e.g., oatmeal, whole wheat, brown rice, barley).  
Refined grains have had the hulls and often the center germ removed, losing the natural fiber and the most nutritious part of the grain.  
Whole grains have more nutrients and fiber, help keep blood sugar stable, are good for digestion, can lower cholesterol, and make us feel full.

### How?

Choose sandwiches, meals, and snacks made with whole grains.  
Eat multi-grain breads, cereals, pastas (Note: the label must include the word "whole" for it to really be whole grain).