

Good Nutrition Improves Wellness

Your Food and YOU

Good Nutrition Matters — Part 1

• **EATING HEALTHY** means having a **balanced diet** of the **Five Food Groups**: **Carbohydrates, Fruits and Vegetables, Milk and Dairy, Fats and Sugars** and **Proteins**.

You will learn more over the next **Good Nutrition Matters fliers** about eating foods that can make you feel **healthy and happy**.



Carbohydrates

include pasta, rice, oats, potatoes, as well as whole grain breads and cereals.



Fruits and Vegetables

include apples, bananas, strawberries, potatoes, carrots, lettuce, and tomatoes.

Proteins

include lean cuts of chicken, beef, or pork, along with eggs, fish, and beans.

Milk and Dairy

include foods like milk, cheese, and yogurt.

It's Your Choice.

Fats and Sugars Fats include red meats, hot dogs, nuts, avocados, and tuna fish. **Some fats are healthier than others.** Sugars include sugars from **fruits** as well as sweets like cookies, candy, and fruit juices. Many **processed foods** contain both **fats and sugars**. Often these foods **have “empty” calories with no nutritional value.**

EATING HEALTHY helps prevent or manage such diseases as **obesity, type 2 diabetes, high blood pressure, heart disease, certain cancers, and bone loss.**



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