## **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.



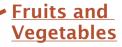
include pasta, rice, oats, potatoes, as well as whole grain breads and cereals.

## **Proteins**

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

It's Your Choice.

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



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

Milk and Dairy

include foods like milk, cheese, and yogurt.

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.



For more information, call Katreena Hite at (906) 225-7344 **Integrated Care Specialist** 

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