Healthy Eating for a Healthy Weight

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you can't have, try refocusing on all the new foods you can eat—

**Fruits and Vegetables:** Try to eat every color of the rainbow! Give something new a try. Visit your local produce aisle or farmer’s market and pick up something you haven’t eaten before.

**Meats, poultry, fish, beans, eggs, and nuts:** These all provide protein -- a necessary part of a healthy diet -- as well as other important nutrients. Consider giving a new protein a try; you may be surprised by what you like.

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