



## TIPS FOR HEALTHY EATING

In 2011, the US Department of Agriculture created “My Plate” that guides healthy food choices for every stage of life and for many health conditions. “My Plate” advises choosing foods and beverages from five food groups: Fruits, Vegetables, Grains, Proteins, and Dairy.

### A “My Plate” Healthy Diet Emphasizes:

- Vegetables of all types
- Fruits, especially whole fruit
- Grains, especially whole grain foods
- Dairy: choose fat-free or low-fat milk, yogurt, & cheeses
- Protein foods: look for seafood, poultry, eggs, & lean meats
- Meat-free protein: beans, peas, lentils, nuts, seeds, and soy products
- Healthy Oils: vegetable, olive oil, and oils found in seafood and nuts
- Foods to avoid (*to enjoy these “occasionally” is fine\**): Anything fried, snack foods like potato chips & nut snacks, salty foods, coconut oil, butter, lard, fatty meats, cured meats such as bacon, sugary drinks, fruit drinks
- No alcoholic beverages, or limit alcohol to 1-2 drinks per day

Sources: [www.healthyflorida.flmedical.org](http://www.healthyflorida.flmedical.org); [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)  
\*Dr. Robert H Eckel, endocrinologist. Quoted in NY Times 11/30/2021

## FOR YOUR COMMUNITY

- Join a community garden or ask your town to start one where your neighbors and you can learn to grow your own healthy, organic foods.
- Ask your schools to teach students about healthy food choices, including organic food.
- Support local farmers and the environment by buying from producers located within 100 miles of your home whenever possible. “Buying local” generally means fresher foods, and also cleaner air since less fossil fuel is burned for transportation.



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YOUR HEALTHY HOME

# ORGANIC FOODS & TIPS FOR HEALTHY EATING

*Saving money, healthier communities.*





## BACKGROUND

- Organic foods can be part of a healthy diet: healthy for your family and for the natural environment.
- Certified organic foods are grown and processed according to national standards that do not use synthetic chemical fertilizers or artificial pesticides.
- Organic farmers use natural practices to raise animals, to control pests and weeds, and to enrich the soil.
- Organic produce is grown in soil with no prohibited substances applied for three years prior to harvest. Prohibited substances include most synthetic fertilizers and pesticides.
- Organic farms undergo government inspection annually.

## WHAT YOU CAN DO

### Buy Organic

Look for organic foods in your grocery stores and farmer's markets: organic vegetables, fruits, cereals, meat, poultry, dairy, eggs, and fish.

### "My Plate"

Learn the five food groups of the US Department of Agriculture's "My Plate" program and be sure to eat at least one of each group every day: fruits, vegetables, grains, proteins, and dairy

### More Tips for Healthy Eating

- enjoy some fresh fruit every day, such as an apple, banana, or other fruit
- try to have fresh vegetables on every dinner plate
- look for whole grain foods, such as whole wheat bread, whole grain breakfast cereals, lentils, beans, and brown rice
- limit deep fried foods to once per week
- enjoy desserts, but not every day or at every meal
- for even better health, why not "go vegetarian" for two days each week, or always?

### Ask your doctor about special dietary topics:

- infants, children, teens
- pregnancy
- elderly
- specific disease needs such as heart disease, diabetes, obesity, liver or kidney diseases

## LEARN MORE

### The Organic Label—What it Means

Different countries have their own definitions of "organic". The United States Department of Agriculture allows the USDA Organic label to be displayed on products that meet its standards.

[usda.gov/media/blog/2012/03/22/organic-101-what-usda-organic-label-means](https://www.usda.gov/media/blog/2012/03/22/organic-101-what-usda-organic-label-means)

### Find Healthy Farms, Restaurants, Markets, and Other Sustainable Food Producers Near You

[www.localharvest.org](http://www.localharvest.org)  
[www.eatwellguide.com](http://www.eatwellguide.com)

### The Healthy Food Initiative's Eating Guide From the Foundation for Healthy Floridians

[www.healthyflorida.flmedical.org](http://www.healthyflorida.flmedical.org)



## Benefits of Choosing Organic Foods

- Fewer pesticides, hormones, and other toxins in your food
- Better-tasting food
- More humane treatment of farm animals
- Healthier soils and communities