

Eating Healthy

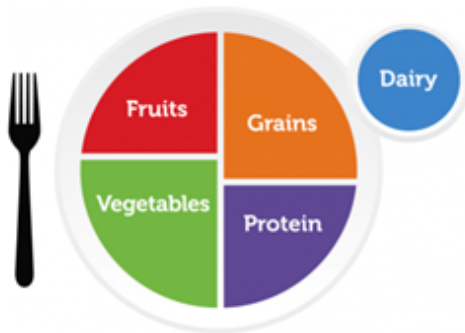
Fast Edition



ZUCKERBERG
SAN FRANCISCO GENERAL
Hospital and Trauma Center

WHAT'S ON MY PLATE?

Here's an example of a healthy meal. It's ok if your meals don't look exactly like this!



AT HOME:

For **microwave dinners**, consider adding fresh fruits or vegetables.

When you leave the house, try to bring **water** and a **snack**, like sliced fruits with peanut butter.

Read food labels. Avoid saturated fat and trans fat. Low fat does not necessarily mean it is the healthier option!

Eat **fiber** to feel full. Plus, it's good for your heart and digestion.



IN A RESTAURANT:

Try **pre-made food** from a grocery store, like a sandwich or salad when thinking of ordering fast food.



Grilled meat > fried food.
Low-fat or nonfat milk > soda.

When ordering less healthy sides or desserts, consider ordering one serving for everyone to **share**.

Ask for the **nutrition information** at your favorite fast-food restaurants so you can make informed choices.

IN A STORE:

Frozen vegetables are a **convenient** way to have vegetables without frequent trips to the grocery store.

Look for "whole grain," instead of just "wheat."

Protein options: beans, tuna, eggs, low-fat or nonfat milk, and low-fat or nonfat cheese and yogurt.

Limit processed foods like chips, candy, and soda.

