



Jewish Home

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Prepared For:		Date:	
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General, Healthful Nutrition Therapy (2022)

This handout provides you with the information you'll need to follow a general, healthful diet, which can be tailored to your personal preferences.

There are several benefits to following a general, healthful diet:

- It could mean less calories, less salt, less added sugars, and less saturated fat than many other diets. This outcome will depend on the foods you choose.
- Eating more whole grains, beans, lentils, fruits, vegetables, nuts, and seeds may improve how much fiber, vitamins, and minerals you eat.
- It can lower your risk for health conditions like diabetes, heart disease, hypertension, stroke, and cancer.

Your registered dietitian nutritionist (RDN) may recommend portion sizes based on your individual needs and personal and cultural preferences.

Tips

- Every day, eat a variety of fruits and vegetables in a variety of colors.
 - Be sure to include lots of dark green, red, blue-purple, and orange vegetables.
- Choose whole grains for at least half of your grain selections.
- Eat more beans, peas, and lentils.
- Try meatless alternatives.
 - Get protein in your diet from eggs, fish, poultry, beans, peas, lentils, and nuts/nut butters.
 - Low-fat or fat-free dairy products are also good sources of protein.
- Keep your salt intake to a minimum (less than 2300 milligrams per day).
 - Limit use of salt, soy sauce, or fish sauce when cooking.
 - Eat freshly prepared meals at home. Processed, prepackaged, and restaurant foods contain more salt.
 - Choose fresh fruits and vegetables for snacks.
 - Choose products with lower sodium content when grocery shopping.
- Limit your daily sugar intake.
 - Sugar may be used in sauces, marinades, dressings, and condiments – even those that do not taste sweet.
 - Sugar can be found in honey, syrups, jelly, fruit juice, and fruit juice concentrate.
 - Limit sugar-sweetened beverages like sodas and fruit juice, sugary snacks, and candy.
 - It's best to choose products without added sugar, but if you do eat them, read labels carefully so you know how much sugar is in each portion.
- It is better to eat unsaturated fats than saturated fats.
 - Use fats and oils in moderation, up to 5 servings per day.
 - Unsaturated fat is found in fish, avocado, nuts, and oils like sunflower, canola, avocado and olive oils.
 - Saturated fat is found in fatty meat, butter, ice cream, palm and coconut oil, cream, cheese, and lard.
 - Many processed foods, fried foods, fast food items, convenience foods like frozen pizza and snack foods, and sweets including pies, cookies, and other pastries are high in fat. Check nutrition labels and choose these foods less often.

For additional resources please contact Clinical Nutrition at 784-6640.