

Foundations of a Healthy Diet

What is a healthy diet?

A healthy diet is one that provides adequate energy and all the necessary nutrients to maintain optimal health. Macronutrients, required in higher amounts in the diet, include carbohydrates, fats, and protein. Micronutrients, required in relatively smaller amounts, include vitamins, minerals, and phytonutrients (beneficial substances found in plants).

Why consume a healthy diet?

Diet is an essential component of physical wellbeing. Although genetic predisposition may increase an individual's risk of developing certain health conditions, environmental factors, such as diet and lifestyle, may influence the risk and/or development of these conditions. In addition to disease prevention, a healthy diet is necessary to support all biochemical processes, such as growth and development, energy production, cognitive and immune function, and tissue formation (e.g., bones, muscle, nails, skin).

Did you know? Five out of ten leading causes of death are associated with dietary factors, including coronary heart disease, atherosclerosis, stroke, type 2 diabetes mellitus, and certain types of cancer.

Which foods are included in a healthy diet?

Be sure to consume a variety of fresh, local, and organic vegetables and fruits to ensure you're meeting your daily nutrient needs. When purchasing animal products, look for organic, free-range, pasture-raised, wild-caught, and sustainable options when possible.

The following table summarizes the foods to avoid, moderate, and enjoy on a healthy diet.

Avoid	Moderate	Enjoy
Refined carbohydrates (e.g., added sugars, soda, white flour) Processed fats and oils (e.g., fried foods, hydrogenated vegetable oils) Other processed foods (e.g., fast foods, prepared meals)	Caffeinated beverages (e.g., coffee, tea) Dairy Eggs Meat, especially cured Unprocessed oils (e.g., avocado oil, coconut oil, extra virgin olive oil)	Vegetables Fruit Beans and legumes Nuts and seeds Fish and seafood Whole grains Herbs and spices Water and herbal tea

Healthy Grocery Guide

The Healthy Grocery Guide provides examples of foods encouraged on a healthy diet.

Vegetables

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cruciferous vegetables (e.g., broccoli, Brussel sprouts, cabbage) | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Leafy greens (e.g., kale, spinach, arugula) | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Carrots | | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Celery | | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Chives | | <input type="checkbox"/> Zucchini |

Fruit

- | | | |
|--|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Dates | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Citrus fruits (e.g., lemon, orange, grapefruit) | <input type="checkbox"/> Mango | <input type="checkbox"/> Plums |
| | <input type="checkbox"/> Melon | <input type="checkbox"/> Tomato |

Plant proteins

- | | | |
|---|---|---|
| <input type="checkbox"/> Beans (e.g., adzuki, black, kidney, pinto) | <input type="checkbox"/> Nuts (e.g., almonds, Brazil nuts, cashews, hazelnuts, walnuts) | <input type="checkbox"/> Seeds (e.g., chia, flax, pumpkin, sunflower) |
| <input type="checkbox"/> Legumes (e.g., chickpeas, lentils, peas) | | <input type="checkbox"/> Soy (e.g., edamame, miso, tempeh, tofu) |

Animal proteins

- | | | |
|---|---|---|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Eggs | <input type="checkbox"/> Seafood (e.g., shrimp, lobster, clams) |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Fish (e.g., herring, mackerel, salmon, tuna) | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Dairy (e.g., cheese, milk, yogurt) | <input type="checkbox"/> Pork | <input type="checkbox"/> Wild game |

Whole grains and pseudograins

- | | | |
|-------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Millet | <input type="checkbox"/> Quinoa |

Herbs, spices, and seasonings

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Herbs, dried or fresh
- Spices

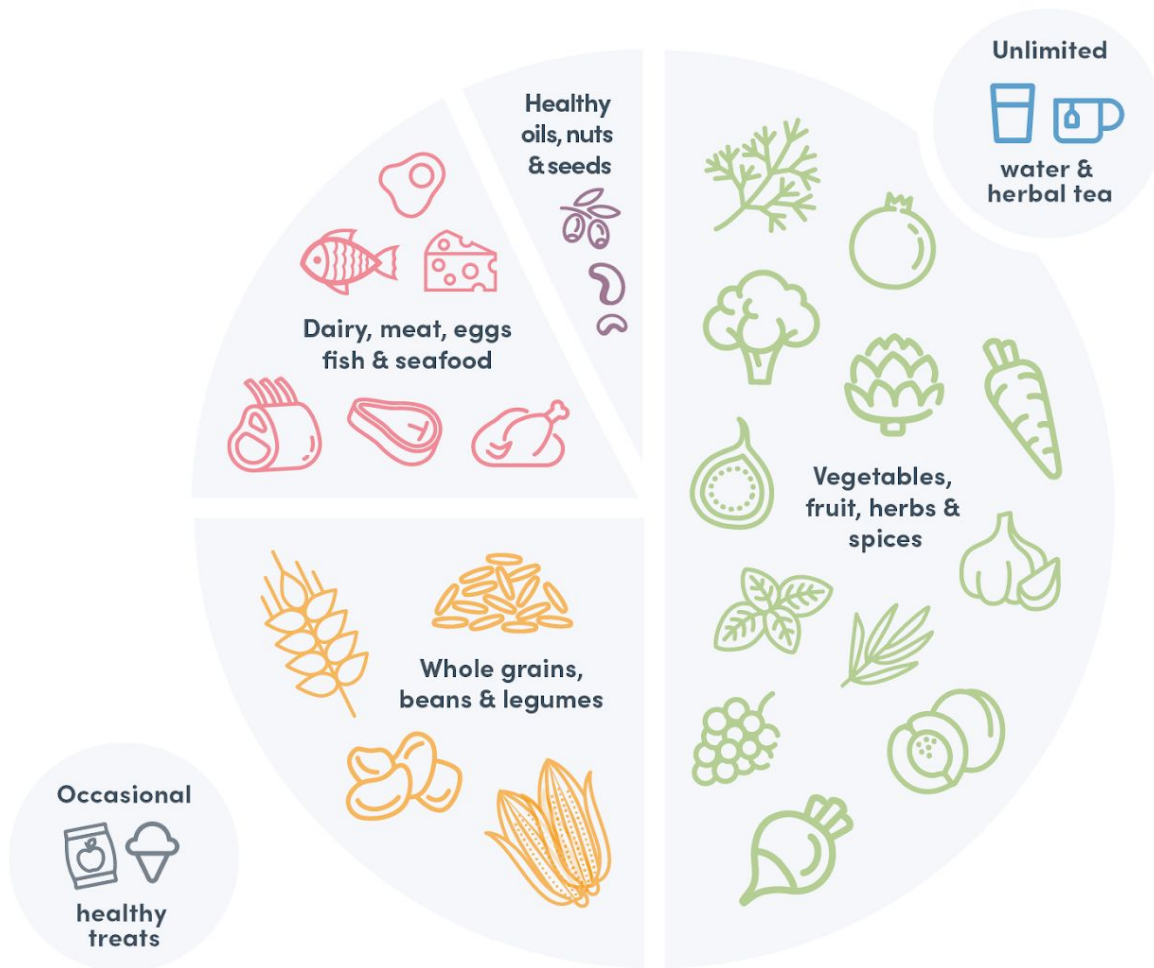
Fats and oils

- Avocado oil
- Coconut milk and oil
- Extra virgin olive oil
- Lard, duck fat
- Sunflower oil

Sweeteners

- Blackstrap molasses
- Coconut sugar
- Maple syrup
- Raw honey
- Stevia

Components of a **healthy diet**



This graphic provides a visual representation of the proportions of dietary components that should be consumed on a healthy diet. Keep this handout in a visible place, such as on your fridge, to help guide healthy dietary choices.