



Healthy Eating and Activity— How Can They Help?

Regardless of your health problem, the best “treatment”—which is good for just about everyone—is healthy eating and exercise.

Regular exercise can help you:

- Lose weight
- Lower blood pressure
- Lower “bad” cholesterol and increase “good” cholesterol
- Lower blood sugar
- Lower stress and reduce the effects of depression in some people
- Have more energy and confidence
- Sleep better



What is healthy eating?

There are dozens of diets around. But experts agree that the best eating plan includes a balance of:



- Grains—especially whole grain products such as whole wheat bread and pasta, oatmeal, and brown rice



- Vegetables (all colors and varieties)
- Fruits of all kinds—without added sugar



- Fat-free and low-fat dairy products—milk, yogurt, and cheese
- Lean meat and fish, as well as beans, nuts, and seeds
- Heart-healthy oils—such as olive oil and canola oil



Two important things to do before starting any physical activity program:

- 1 Talk to your doctor about what activity is best for you.
- 2 Find an activity that you really enjoy and want to do.

A healthy diet includes little or no saturated fats, trans fats, cholesterol, and added sugars.

Learn to read nutrition labels. Talk with an expert to design an eating plan that meets your needs. To learn more about the basics of healthy eating, visit www.mypyramid.gov.*

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