

Healthy Eating Tips to Try This Month

Add Healthy Fats

1.



Not all fats are bad. Good fats help lower cholesterol and reduce the risk of heart disease and stroke. There are good sources of fats like olive oil, nuts, seeds, avocados and some fish.

TRY THIS:

- Put sliced avocado on top of lean meats
- Add avocado to your morning smoothie
- Put nuts or seeds on soups and salads
- Trade processed oils (such as canola or soybean oil) for extra-virgin olive oil

Cut the Sodium

2.



Sodium increases blood pressure. This raises the risk of heart disease and stroke. You should limit sodium to less than 2,300 mg per day. This is about 1 teaspoon of salt.

TRY THIS:

- Shop for products that say “low sodium”
- Instead of salt, add a squeeze of lemon juice, fresh herbs or a dash of no-salt spice blends
- Choose fresh poultry, fish and lean meat (not canned processed meats)

Bump Up Your Fiber

3.



Fiber in your diet keeps your digestive tract flowing and helps you feel full longer. It also helps control blood sugar and lowers cholesterol. Fresh fruits and vegetables are good sources of fiber. Whole grains and legumes, such as beans and peas, are good options, too.

TRY THIS:

- Begin your day with a high-fiber breakfast, such as whole grain oatmeal topped with pecans
- Steam veggies instead of boiling them
- When you buy frozen veggies, look for “flash frozen” ones
- Add half a cup of beans to your salad

Aim For a Variety Of Colors On Your Plate

4.



Add foods like dark, leafy greens, oranges and tomatoes. They are loaded with vitamins, fiber and minerals.

TRY THIS:

- Add herbs to whole wheat pasta or salad
- Add diced veggies to omelets and pastas. This will give them a boost of color and nutrients!

Sources: www.mayoclinic.org | www.heart.org

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).