Helpful Tips on How to Eat Healthy

Eating a healthy diet is easier said than done. Sticking with a healthy diet is about finding what works for you and your health. Below are some simple changes you can make to achieve a healthy diet.

Cut out the fried foods.
Rather than fry your meat, bake or grill it

Pile them on!
Make fruits and vegetables half of your plate

Stay hydrated.
Make sure to drink plenty of water throughout the day. Staying hydrated can help curb hunger

Eat fish once a week.
Fish are a great source of protein and omega-3 fats, which support heart health

Cut out salt.
Americans consume more than double the daily amount of sodium recommended. Try to cut out processed foods and use less table salt

The food source.
Are most of the foods you eat coming from the ground or a factory? Choose to eat food that was grown and not processed
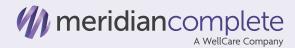
So many choices.
Choose nonfat or 1% milk or pick lean meats such as chicken, turkey, fish or bison. Try to cut out fatty meat, such as ground beef and sausage

Maintaining a healthy diet is a good way to improve your health, however, some foods can interact with medications. Always consult with your Primary Care Provider (PCP) if you plan to make dramatic changes to your diet.

Sources: *www.heart.org/*

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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**).

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