

# Pacific Medical Centers

## Better Nutrition for a Healthier You

Dietitians help patients incorporate food and exercise into a healthy lifestyle. They advise patients on what to eat and help them set and reach health goals. Dietitians can address various issues such as weight loss, food allergies, diabetes, kidney disease and nutrition. Seeing a dietitian can get you on the right path to better health.

### General Healthy Tips

**1. Make half your plate fruits and vegetables.**

Eat a variety of vegetables, whether fresh or frozen. Choose dark-green, red and orange vegetables.

**2. Make at least half your grains whole.**

Choose 100% whole grain breads, crackers, pasta and brown rice. Also, look for fiber-rich cereals. Aim for at least 3 grams of fiber per serving.

**3. Use low-fat milk, yogurt and cheeses.**

Include three servings of dairy per day. If you are lactose intolerant, try lactose-free milk or calcium-fortified soy milk.

**4. Cut back on sodium. Avoid empty calories from solid fats and added sugar.**

Add spices and herbs to flavor food instead of salt. Shop for low-salt or reduced-salt products. Use olive oil for cooking rather than butter to reduce saturated fat intake. Drink water instead of sugary drinks and select fruit for dessert.

**5. Enjoy foods but eat less.**

Use smaller plates, bowls and glasses for portion control. Cook at home more often so you are in control of what goes in your food. Write down what you eat to keep track of how much you eat.

**6. Stay physically active.**

Pick physical activities that you like. Start slowly and build up as you become stronger. Health benefits increase as you become more active!

Please visit our website at [www.PacMed.org](http://www.PacMed.org) to find out more. You can call 206.505.1300 to schedule an appointment.

*"Let food be thy medicine and medicine be thy food." —Hippocrates*



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