

NBSIA Member Services Safety Bulletin

March 2024

HEALTHY EATING HABITS

It's easy to feel bombarded by the latest healthy eating trend or buzzworthy ingredient. But good nutrition is really about consistently choosing healthy foods and beverages. With healthy eating patterns, it's possible to enjoy food and beverages that reflect your preferences, cultural traditions, and budgetary considerations.

Bump Up Fiber

Fiber helps maintain digestive health and helps us feel fuller longer.

- Slice up raw vegetables to use as quick snacks. Storing celery and carrots in water in the refrigerator will keep them crisp longer.
- Start your day off with a whole grain cereal like oatmeal or food made with bulgur or teff.
- Add half a cup of beans or lentils to your salad to add fiber, texture, and flavor.
- Enjoy whole fruit—maybe a pear, apple, melon slice or passion fruit—with a meal or as dessert.

Increase Calcium and Vitamin D

Calcium and vitamin D work together to promote optimal bone health.

- Drink a fortified dairy beverage with your meals.
- When you pack your lunch, include a packet of salmon or can of sardines once a week. Salmon and sardines with bones has more calcium than salmon and sardines without bones.
- Include spinach, collard greens, bok choy, mushrooms, and taro root in your vegetable dishes.

Add More Potassium

Potassium helps the kidneys, heart, muscles and, nerves function properly.

- Try new recipes that use beet greens, lima beans, or Swiss chard.
- Put some variety in your beverages with one cup of 100% prune juice or 100% pomegranate juice.
- Have a banana as a snack.
- Enjoy 100% orange juice or a recommended dairy product with your meals.

Limit Added Sugars

Too much added sugar in your diet can contribute to weight gain, obesity, type 2 diabetes, and heart disease.

- Drink water instead of sugary drinks. Add berries or

slices of lime, lemon, or cucumber for more flavor.

- Add fruit to your cereal or yogurt for sweetness.
- At coffee shops, skip the flavored syrups and whipped cream. Ask for low-fat or fat-free milk or an unsweetened, fortified soy beverage. Or get back to basics with black coffee.
- Read nutrition labels and choose foods with no or lower amounts of added sugars.



Aim for a Variety of Colors

A good practice is to aim for a variety of colors on your plate.

- Sprinkle fresh herbs over a salad or whole wheat pasta.
- Make a red sauce with fresh tomatoes (or canned tomatoes with low sodium or no salt added), fresh herbs, and spices.
- Add diced veggies—like peppers, broccoli, or onions—to stews and omelets to give them a boost of color and nutrients.
- Top low-fat, unsweetened yogurt with your favorite fruit.

Sources

<https://www.cdc.gov/nccdphp/dnpao/features/healthy-eating-tips/index.html>



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