



Make changes one step at a time.


✓ Check off the ways you can make healthy food choices:

- Choose lean meats, such as chicken or fish.
- Fill half of your plate with vegetables and fruits.
- Switch to fat-free or 1% milk or non-dairy choices.
- Eat fewer foods that are high in salt, sugar, and butter.
- Drink water instead of sugary sodas and other drinks.
- Try whole wheat bread instead of white bread, or brown rice instead of white rice.



Balance the calories you take in with how active you are

These ranges depend on your age and how much physical activity you get. Ask your healthcare provider what would be a good range for you.

How many calories do I need?	Not active No added activity to day-to-day life	Somewhat active Walking quickly at least 1.5 miles a day	Active Walking or running more than 3 miles a day
 Women	1,600–2,000	1,800–2,200	2,000–2,400
 Men	2,000–2,600	2,200–2,800	2,400–3,000

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Making healthy food choices



Healthy eating for a healthy body

What you eat can affect your entire body, including your heart, skin, bones, and mood. Your body needs healthy food to be at its best. Eating smaller portions, drinking more water, and adding more fruits and vegetables are all ways you can eat healthier.



Making healthy choices when someone else is the cook

When someone else does the grocery shopping and cooking, it may seem that food choices are outside your control. But there are ways you can choose healthier foods.



Keep your portions the right size

Eating a healthy mix of different foods is important. So is eating the right amounts of food. It can be hard to measure every portion of food you eat. There are some simple ways to know that you are eating the right serving sizes.



Serving of pasta



A tennis ball



Serving of cheese



Three dice



Serving of meat



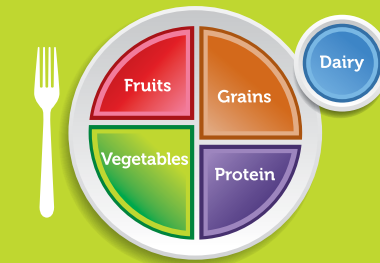
A deck of cards



Serving of nuts



A golf ball



Choose **MyPlate**.gov

The “MyPlate” approach to balanced eating

This “MyPlate” picture shows the five food groups you can choose from for a healthy diet. It’s a simple reminder for healthy eating. Before you eat, think about what will go on your plate or in your cup or bowl.

Tips to get more healthy foods in your day



Add **fruit** to cereal and salads.



Cut up **veggies** to snack on before meals.



Go for grilled or baked lean meat instead of fried to avoid added fat in your **protein**.



Switch to whole wheat bread, whole wheat tortillas, or brown rice for healthier **grains**.



Find calcium in **non-dairy** foods, including tofu, almonds, and kale.

Start the day right

Choose wheat breads, whole grain cereals, oatmeal, low-fat yogurt or milk, and fresh fruits. Skip the pastries and donuts.

Choose low-calorie snacks

Look for healthy snack options like yogurt, graham crackers, cut-up fruits and vegetables, sorbets, and frozen fruit.

Choose healthier toppings

Instead of butter, choose olive oil. For salads, choose flavored vinegars or low-fat dressings.

Create a personal pantry

Stock up on healthy foods that last awhile: peanut butter, salsa, whole wheat crackers, canned tuna, canned fruit, and whole grain cereals.



What is one reason why you want to eat healthier?

To have more energy.



Tips for eating out

Try these ideas for making it a treat to eat out without giving up your health goals:

- **Choose the small size.** Instead of a medium or large, ask for the smallest size.
- **Order an appetizer rather than an entree.** Avoid fried foods and other high-fat choices.
- **Fill up with lower-calorie foods.** Order a small salad, fruit cup, or cup of broth soup before your entree.
- **Limit the sweet stuff.** Choose water instead of soda, and if you have a dessert, see if a kid’s size portion is available.