



Healthy Eating Habits for Life



What does a healthy diet contain?

- Adequate
 - Protein
 - Carbohydrate
 - Fat
 - Vitamins
 - Minerals
 - Phytochemicals
 - Fiber



What does a healthy diet contain?

- Fresh foods from nature in their most natural form
- A variety of foods within each food group
- Foods that promote satiety not addiction
- Adequate portion size
- Foods grown locally
- Foods that will eventually rot



Healthy Eating Habits

Red Meat

- Small Amounts
- Grass fed red meat
- Humanely raised
- No added hormones, antibiotics added
- No processed red meat

Chicken

- Pasture raised chicken
- No antibiotics
- Humanely raised
- No processed chicken products



Healthy Eating Habits

Eggs

- Organic
- Pastured eggs
- Omega 3 eggs

Dairy

- Grass fed dairy
- Organic



Healthy Eating Habits

Fish

- Wild salmon from Alaskan waters
- Small fish like sardines, herring, mackerel, anchovies

Vegetables

- Variety and rainbow of colors
- Organic
- Local farmers



Healthy Eating Habits

Fruits

- Local
- Fresh
- Organic
- Variety and rainbow of colors

Fats and oils

- Extra virgin olive oil
- Butter from grass fed cows



Healthy Eating Habits

Grains

- Whole grains
- Organic

Nuts and seeds

- Variety
- Raw form



Healthy Eating Habits

Herbs and Spices

- Variety
- Fresh

Beverages

- Water
- Teas
- Coffee
- Coconut water



What is put into our food supply and why?

- Growth hormones fed to cows and sheep to grow bigger faster
- Dairy cows treated with bovine growth hormone to produce more milk
- Antibiotics fed to farm animals we eat to prevent infections and fatten them up faster.
- Pesticides and herbicides are sprayed on plants we eat to kill insects and pests.
- Food additives put into processed foods to preserve foods, enhance flavor and color of foods, provide certain mouth feel, etc



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