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Consume a Variety of Foods. Not all the nutrients and other substances in foods that contribute to good health have been identified, so eating a wide assortment of foods helps ensure that you get all of the disease-fighting potential that foods offer.

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Along with protein and good-for-you fat, fiber is one of those nutrition elements that keeps you full and fueled all day long. And if you're trying to get fit and shed pounds, fiber is your best

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For good health, the type of fat people eat is far more important than the amount (see box), and there's some evidence that the same may be true for weight control.

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