

## HEALTHY DIET INFO



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### **Nutrition and healthy eating Healthy diets Mayo Clinic**

If so, be sure to follow a diet that's low in salt, saturated fat and cholesterol, and high in fruits, vegetables, whole grains and healthy fats. For personalized advice, talk with your doctor or a dietitian.

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### **Healthy Eating American Heart Association**

Healthy eating starts with healthy food choices. You don't need to be a chef to create nutritious, heart-healthy meals your family will love. Learn what to look for at the grocery store, restaurants, your workplace and any eating occasion.

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Diet & Weight Management Overview. Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type 2 diabetes, and some

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