According to the Centers for Disease Control and Prevention (2021), a well-balanced diet can lead to a healthier and longer life.

**What Kind of Foods are Recommended?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **GO**  (Have Almost Anytime)  | **SLOW**  (Have Sometimes)  | **WHOA** (Have Once in a While)  |
| **Vegetables**  | Plain vegetables   | Vegetables with sauce  | Fried vegetables   |
| **Fruits**  | Fresh or frozen fruit  | Dried fruit  | Fruit in heavy syrup  |
| **Grains**  | Whole grains Brown rice  | White rice White bread  | Donuts and pancakes Sweetened cereal  |
| **Dairy**  | Fat-free yogurt  | 2% milk  | Whole milk, full-fat American cheese |
| **Protein**  | Chicken and turkey Non-fried fish Beans  | Baked nuggets Peanut butter/nuts Whole eggs  | Bacon and red meat Hot dogs/lunchmeat Fried fish and meat  |
| **Snacks**  | Any ‘GO’ foods  | Baked pretzels/chips Frozen yogurt  | Regular chips Ice cream and candy  |
| **Drinks**  | Water  | Sports drinks  | Regular soda |

For further details, visit <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>

For information on how this can be applied to different traditional diets, visit <https://oldwayspt.org/> (select *diet, learn more, foods & flavors*).

**Tips for Healthy Eating**

1. Choose your healthy eating plan at [https://www.myplate.gov/.](https://www.myplate.gov/)

2. Drink water throughout the day because it keeps your body hydrated, which helps with mood and clear thinking.

3. Go grocery shopping with your family and help them cook meals.

4. Sit down to eat meals with your family so you can enjoy their company and the fun!

5. Small changes make a difference! Keep ‘GO’ foods available by cutting up fruits and vegetables to reach for (instead of ‘WHOA’ foods).

6. Listen to your body; eat when you feel hungry and stop when you feel full. Eat slowly so you can appreciate the food.

**Resources and Additional Information**

Hwang Y, Pae C, Lee S, Yook K, Park CI. Relationship between Mediterranean diet and depression in South Korea: the Korea National Health and Nutrition Examination Survey. *Front Public Health.* 2023;10. doi: [10.3389/fnut.2023.1219743](https://doi.org/10.3389/fnut.2023.1219743)

Shawon MSR, Jahan E, Rouf RR, Hossain FB. Psychological distress and unhealthy dietary behaviours among adolescents aged 12-15 years in nine South-East Asian countries: a secondary analysis of the global school-based health survey data. *Br J Nutr*. 2022. doi: 10.1017/S0007114522002306

Benefits of healthy eating. Centers for Disease and Prevention. May 16, 2021. Accessed February 24, 2024. https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html

Eat right. National Heart, Lung, and Blood Institute. February 13, 2013. Accessed March 2, 2024. <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/index.htm>

Includes healthy recipes!

Water and healthier drinks. Centers for Disease and Prevention. May 16, 2021. Accessed February 24, 2024. https://www.cdc.gov/healthyweight/healthy\_eating/water-and-healthier-drinks.html

For information about accessing food, visit <https://regionalfoodbank.net/> (New York) or <https://www.vtfoodbank.org/> (Vermont).