

# Healthy Living Tips

## Nutritional Resources

Healthy living is your ability to maintain a healthy lifestyle and implement new habits to improve and maintain a better way of living. The first step to living a happier, healthy life. A healthy lifestyle includes holistic attention to the individual at the physical, mental, socio-emotional, and spiritual levels. Learn more about ways to get started or enhance your career's daily routine.

### Tips for Nutritional Health

- Start with small changes to build healthier eating styles.
- Avoid processed junk food (eat more home-cooked meals instead)
- Take care of your gut health with probiotics and fiber.
- Minimize your sugar intake
- Choose foods with healthy fats, limit foods high in saturated fat, and avoid foods with trans-fat. Plant oils, nuts, and fish are the healthiest sources.
- Eat more vegetables and fruits. Go for color and variety — dark green, yellow, orange, and red. Calcium is important. But milk is not the only, or even best, source
- Water is best to quench your thirst.
- Meal planning can help you save money, time, and energy
- Do not go on a diet. Diets rarely work well in the long term. Try adopting a healthier lifestyle.
- Use plenty of herbs and spices.

### Resources

- [Healthline](#)
- [Harvard School of Public Health 10 Steps](#)
- [Choose MyPlate](#)

### Tools to Eat on a Budget ([Healthy Eating on a Budget](#))

Create a grocery game plan  
Shop Smart to Fill Your Cart  
Prepare Healthy Meals

### Nutrition and Culture

It is important to consider cultural differences when implementing nutritional tips. For tips on healthy recipes and tips that take into consideration a variety of cultures, visit the [USDA website](#).

For personalized nutritional tips based on age, sex, height, weight, and physical level, you can visit [MyPlatePlan](#).

### Downloadable Worksheets ([ChooseMyPlate](#))

Access valuable downloadable and printable worksheets on dietary guidelines, food groups for the caregiver, caree, and the family.