

Healthy Eating



http://www.cdc.gov/healthyweight/healthy_eating/

According to the Centers for Disease Control and Prevention, a healthy lifestyle involves many choices. Choosing a balanced diet is the first step. A healthy eating plan should:

- Emphasize fruits, vegetables, whole grains, and fat-free or low fat milk
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Be low in saturated fats, trans fats, cholesterol, salt, and added sugars
- Stay within your daily caloric needs

When it comes to maintaining a healthy weight for a lifetime, the bottom line is, calories count. Weight management is all about balancing the number of calories you consume with the number of calories your body uses or burns. A Body Mass Index, or BMI, calculator can help you determine whether your weight is healthy or not. Here's a link to a BMI calculator: <http://www.cdc.gov/healthyweight/assessing/index.html>

Why should you care about your food choices? Health care professionals have long recognized the benefits associated with a healthy eating plan. Research has shown that as weight increases, the risk of the following conditions also increases:

- Coronary heart disease
- Type 2 diabetes
- Cancers such as endometrial, breast, and colon
- Hypertension (high blood pressure)
- Stroke
- Liver and Gallbladder disease
- Gynecological problems including infertility

Healthy eating is not a diet.

Living a healthy lifestyle means making changes you can live with and enjoy. Let the Akron-Summit County Public Library help you start this journey. The Library has many health and nutrition books, along with cookbooks full of healthy recipes. Contact the Health Information Center at the Akron-Summit County Public Library for resources. Below is a sample of book titles and websites that will assist you in making good choices.



Resources for Healthy Eating

Cookbooks:

Culinary Intelligence: The Art of Eating Healthy and Really Well by Peter Kaminsky

641.5 K15c

Eating for Eye Health: The Macular Degeneration Cookbook by Ita Buttrose

641.5632 B989ea

The Essential Low Fat Cookbook: Good Healthy Eating Every Day by Antony Worrall

641.5638 T468e

Start Fresh: Your Child's Jump Start to Lifelong Healthy Eating by Tyler Florence

641.5622 F632s

Your Nutrition Solution to Type 2 Diabetes: A Meal-Based Plan to Help Manage Diabetes by Kimberly Tessmer

641.5631 T341y

Weight Loss/Nutrition Books:

American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet

613.2852 Ea14

The Everything Guide to Nutrition: All You Need to Know to Keep You and Your Family Healthy by Nicole Cormier

613.2 C811e

Nutrition and Weight Management by Lori Smolin

613.2 Sm666nu

Nutrition for Dummies by Carol Ann Rinzler

613.2 R584n

Prescription for Life: Three Simple Strategies to Live Younger Longer by Richard Furman

613.2 F986p

Healthy Eating Resource Online Websites:

The Center for Disease Control and Prevention

www.cdc.gov/healthyweight/healthy_eating

Nutrition, Dietary Guidelines and Tips

www.usa.gov/nutrition

Medlineplus: A Service of the U.S. National Library of Medicine; National Institute of Health

www.nlm.nih.gov/medlineplus

United States Department of Agriculture, Choose My Plate

www.choosemyplate.gov

Webmd

www.webmd.com

As with any health-related issue, talk to your doctor or another health professional before making any changes to your diet.