



# Healthy Eating

A presentation by the  
East Shore District Health Department



# What You'll Learn

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- Healthy diet basics
- Food and nutrition myths
- How to understand news articles about health or diet research

**You need to eat  
enough “stuff” for  
your body to  
function**



# What's "Stuff"?



Macronutrients  
(Carbs, Fat, Protein)



Micronutrients  
(Vitamins and  
Minerals)



Fiber (Soluble and  
Insoluble)

# But Don't You Need to Eat Specific Amounts of Each?

- Yes and no
- There are ranges and recommendations, but each body is different
  - Don't fixate on the numbers – get an idea about the proportions instead
  - We're not machines off an assembly line!
- Your 'healthiest' may include more or less of something than another person's, and that's okay!
- Humans have lived on all kinds of diets throughout history





# Listen to Your Body!

- If something doesn't make you feel good to eat, don't eat it!
- It doesn't matter how healthy it is!



# Carbs

- Our bodies' preferred energy source
- Not as evil as news headlines make it seem
- Has the largest impact on blood sugar, BUT
  - This depends entirely on what else is eaten along with them
- Fiber helps your gut microbiome stay healthy
- Bottom line: Vary your carbs, get plenty of fiber, and mix them with fats and protein

# Fat

- It's not the 90s – low fat doesn't mean healthy by default
  - But neither does high fat (Keto, etc.)
- There are different kinds of fats
  - Saturated (bad for your cholesterol – includes trans fats)
  - Unsaturated (good for your cholesterol)
- Healthier options include avocado, olive oil, nuts, and seeds





# Protein

- Think about the protein package – what else are you getting with your protein?
  - Red meat: Extra saturated fat, maybe not worth increasing
  - Fish: Extra omega-3s, maybe worth increasing
  - Beans and legumes: Extra fiber and micronutrients, maybe worth increasing
- It all depends on the greater context of your current diet
  - It'd be a larger improvement for someone who eats a lot of red meat to replace half of it with beans and legumes than someone who already doesn't eat much red meat



# Eat the Rainbow

- Eating a variety of foods is the simplest way to stay healthy
- Switch up your fruits and vegetables during the week
- See if you can eat the rainbow!



**Newest miracle food may be avocado,  
which has potential cancer-busting  
properties**

**Blueberries have joined green beans in this  
year's Dirty Dozen list**

**Eating 1 hot dog claims 35 minutes off life, study  
suggests**

**Gut bacteria affect brain health, mouse study shows**

Fad Finders! What's Wrong With These Headlines?

# Questions?

