# Nutrition

Overall good Alpha nutrition includes a healthy diet. Check out [www.choosemyplate.gov](www.choosemyplate.gov) and download the app. Some guidelines to remember:

- Not too much or too little
- Lots of different foods of plant or animal origin
- A balance between the energy you take in and the energy you put out

## All food and beverage choices matter

Focus on making healthy food and beverage choices from all five food groups to get the nutrients you need.

- Fruits
- Vegetables
- Grains
- Protein foods
- Dairy

Eat the right number of calories for you based on your age, sex, height, weight, and physical activity level.

Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

## Choose a healthy eating style

Use *Nutrition Facts labels* and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.

Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.

- Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity.

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- Most of us eat too many foods that are high in saturated fat and added sugar.
- Eating foods with less sodium can reduce your risk of high blood pressure.

## Make small changes to create a healthier eating style

Think of each change as a personal "win" on your path to living healthier. Each *MyWin* is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a *MyWin*!

Start with a few of these small changes:

- Make half your plate fruits and vegetables.
    - Focus on whole fruits.
    - Vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free dairy.
- Vary your protein routine.
- Eat and drink the right amount for you.

***For more in-depth information on this topic, please visit the [Big Fat Reference Guide](#). If you are enrolled in AlphaNet's Subscriber Portal, you can access the BFRG [here](#).***