

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Fuel for the Future

No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.



Ways we can Fuel for the Future:

Eat with the environment in mind.

Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help you keep food costs down.

Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substituting some or all of the meat in recipes with plant-based proteins.

See a Registered Dietitian Nutritionist (RDN).

Good nutrition can positively influence our health, and there are many ways to eat healthfully. Plus, no single food or food group provides all the nutrients we need for good health.

It's important to learn what choices work best for you so that a healthy eating routine becomes a way of life. Ask your doctor for a referral to an RDN and find an RDN who specializes in your unique needs.

Stay nourished and save money.

When prices of food and other goods go up, buying healthful foods may not feel like a priority. Yet, many healthful foods are filling, cost less overall and help to manage or reduce your chances of developing certain chronic diseases. A little planning before you shop can go a long way in choosing foods that are affordable, satisfying and have a higher amount of nutrition.

Eat a variety of foods from all food groups.

Fruits, vegetables, grains, protein foods and dairy all play a role in fueling our bodies.

Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide.

Follow MyPlate's Daily Recommendations for each food group to get the nutrients you need at each life stage. Eat foods in various forms including fresh, frozen, canned and dried.

Make tasty foods at home.

To increase variety in your eating routine, try new flavors and foods from around the world. Another way to eat healthier and save money is to learn cooking and meal preparation skills. This can help you find creative ways to use leftovers rather than tossing them.

Putting it all together

Finding ways to include the foods you enjoy while getting the nutrients you need is important at any age.

The foods and drinks we choose can be influenced by a variety of things, such as taste, cost, culture, convenience and cooking skills.

For help in reaching your health goals, consult a registered dietitian nutritionist. RDNs are *the* nutrition experts and can provide individualized nutrition advice to help you ***Fuel for the Future***.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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Sources: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov and MyPlate.gov