All Foods Can Fit

There are no good and bad foods.
All foods can fit.
No foods are off limits.

Moderation

Eat until you are satisfied, not stuffed. Watch out for extra helpings, splurging, and "all you can eat" places.

Balance

To manage your weight, balance what you eat and drink with how active you are. You should also balance foods higher in calories, fat, and sugar with choices that are lower in calories, fat, and sugar.,

Variety

Choose a wide variety of foods: vegetables, fruits, whole grains, meats, poultry, seafood, eggs, beans, peas, nuts, seeds, and dairy. This helps you to get all the nutrients (vitamins, minerals, etc.) that you need. Use the following tips:

On your plate

Vary the flavor– sour, sweet, bitter and salty

Vary the texture– crunchy, soft, smooth

Take time to enjoy what you eat!

VA MEDICAL CENTERS

Bronx
130 West Kingsbridge Road
Bronx, NY 10468
(718) 584-9000

VA NY Harbor
Brooklyn Campus
800 Poly Place
Brooklyn, NY 11209
(718) 836-6600

New York Campus
423 East 23rd Street
New York, NY 10010
(212) 686-7500

VA Primary and Extended Care Center
179th Street & Linden Boulevard
St. Albans, NY 11425
(718) 526-1000

VA New Jersey Health Care System
East Orange Campus
385 Tremont Avenue
East Orange, NJ 17018-1095

Lyons Campus
151 Knollcroft Road
Lyons, NJ 07939
(908) 647-0180

VA Hudson Valley Health Care System
Montrose Campus
Route 9A/ P.O. Box 100
Montrose, NY 10548-0100
(914) 737-4400

Castle Point Campus
Route 9D
Castle Point, NY 12511
(845) 831-2000

Northport (Long Island)
79 Middleville Road
Northport, NY 11768
(631) 261-4400

Veterans Health Administration
VA New York/ New Jersey
VETERANS INTEGRATED SERVICE NETWORK 3

DON'T SEE IT?
ASK FOR IT!

Eat Healthy ★ Be Active ★ Get Fit For Life
HealthierUS Veterans

Deli's, Corner Stores, and mini marts are small neighborhood places many people may like to visit. Some have healthier food items such as:

- Fresh vegetables
- Fresh fruits
- Fruit cups
- Dried fruits
- 100% fruit juices

Try whole grain cereals with some low fat milk!

- Bottled water
- 2% or 1% milk

- Low-fat dairy products
- Skim milk (even chocolate)
- Olive oil and canola oil

When you do go to your deli or corner store, be sure to ask for healthier foods.

~~Deli/Sandwich Shops Ordering Tips~~:

-**W**hole Wheat bread
-**R**eplace mayo with mustard
-**G**o light on cheese, or skip it entirely
-**S**kip the bacon
-**I**f you order chips, go for baked or low-fat
-**B**e careful when ordering tuna salad because it can be made with a lot of mayo

Can you find healthier snacks?

When we think of neighborhood food stores we think SNACK! Can you find the healthier snacks in your local deli or corner store?

SOME HEALTHIER CHOICES INCLUDE:

- Roasted corn
- Cherry tomatoes
- Raisins
- Olives
- Guarapa
- Dried fruits
- Low-fat yogurt
- Whole-grain cheerios
- Celery with low-fat cream cheese
- Popcorn (leave off the butter)
- Whole-grain crackers
- 100 calorie snack
- Apple slices
- Fresh nuts
- Baby carrots
- Sunflower seeds
- Red pepper slices
- Mango slices
- Dried plantains
- Low-fat cheese
- Rice cakes
- Peanut butter with celery or bananas
- String cheese
- Fruit cocktail cups

DON'T SEE IT?
ASK FOR IT!
YOU ARE WHAT YOU EAT

- **Boost Your Energy Level**

Food contains vitamins, minerals, and energy that your body needs. If you don't eat well, you won't feel well and you probably won't look good!

- **Have Radiant Hair & Skin**

A good diet feeds your hair and skin. A clear skin says you are eating lots of vitamins like those in vegetables, fruits, whole grains, chicken, fish, and lean meats.

- **Have a Healthy Heart**

A good diet protects your heart and other organs. Lower fat foods, like low fat dairy products, keep you from eating too much fat.

- **Cancer Prevention**

A diet rich in vegetables and fruits can help protect you from cancer. Eat at least 5 portions of vegetables or fruits each day.

- **Be Slim and Healthy**

A good diet means controlling sugar intake to protect you from being overweight and from diabetes. Healthy snacks keep you from eating too much sugar.

- **The Key to Good Eating**

The key to good eating is moderation, variety, and balance. This means eating lots of different foods each day and not eating or drinking large amounts of any one food or beverage.

Healthier US Veterans Be Active Eat Healthy...Get Fit for Life!