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in this tool helps you make healthy choices build a healthy eating routine you know that healthy eating is key to a healthy life and the good news is that small changes can make a big difference follow these tips to build a healthy eating routine that works for you choose a mix of healthy foods dietary guidelines for americans aim for fitness aim for a healthy weight be physically active each day build a healthy base let the pyramid guide your food choices choose a variety of grains daily especially whole grains choose a variety of fruits and vegetables daily keep food safe to eat follow these tips based on the 2015 2020 dietary guidelines for americans for making choices that can help you reach or keep a healthy body weight get the nutrients you need and lower your risk of health problems like heart disease type 2 diabetes and some types of cancers how much protein carbohydrates and fats should you eat for a healthy meal plan these charts can show you what your goal should be in calories and in grams for each macronutrient you can read nutrition labels or use a macro tracking app to add them up each day the best choices are fresh frozen and canned vegetables and vegetable juices without added salt sodium fat or sugar such as asparagus green beans carrots cabbage eggplant cauliflower

broccoli mushrooms tomatoes spinach onion peppers find healthy entrees from a variety of ethnic cuisines explore examples from each food group to help you choose healthy options that meet your personal preferences cultural foodways and budget get resources to help you eat a healthy diet with vegetables fruits protein grains and dairy foods 2 000 calories a day is used as a general guide for nutrition advice but your calorie needs may be higher or lower depending on your age sex height weight and physical activity level know your diet needs for calories fats cholesterol carbohydrates protein potassium and phosphorus ask your kidney dietitian to help you no single food will have all the nutrients at the levels you need but a balanced diet from various foods will help you meet your needs

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