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healthy eating is important for many reasons including fueling your body acquiring necessary nutrients lowering your disease risk increasing your longevity and promoting optimal mental and the foods you eat have the power to help you live a longer healthier life choose the right foods and you ll fuel your body with the nutrients it needs to prevent nearly every disease and dysfunction from cataracts infertility and neurodegenerative conditions to cardiovascular disease and cancer 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 healthful options include seafood lean meats and poultry eggs legumes beans and peas soy products nuts and seeds is low in added sugars sodium salt saturated fats trans fats and cholesterol stays within your daily calorie needs the fundamentals of healthy eating while some extreme diets may suggest otherwise we all need a balance of protein fat carbohydrates fiber vitamins and minerals in our diets to sustain a healthy body and mind you don t need to eliminate categories of food from your diet but rather select a balance of options from each category nutrition basics you can master healthy eating by learning how to plan meals and shop smart and by practicing healthy cooking techniques

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