

Overview & Resources

Update YOUR Plate: How to Choose a Healthy Eating Plan

So many diet choices! Here's help to cut through the hype.

We all need to eat, but there are different ideas about what, when, how much and how often. With dozens of diets, how do you find a long-term healthy eating plan that works for you and your family? In **Update YOUR Plate: How to Choose a Healthy Eating Plan**, Jendy Newman, RD, CDE, offers insight on finding your way to healthier eating habits.

- Most Americans could eat healthier. The “healthy eating index” score is 59 on a scale of 0 to 100, meaning many eat too much fatty meat, sugar and sodium and not enough veggies and fruits.
- Eating healthier (more veggies/fruits, lean protein, whole grains and less sugar) is one simple action that can reduce your risk for diabetes, heart attack, stroke & cancer. Three other steps are:
 1. Not smoking
 2. Not being obese
 3. Getting 30 minutes of exercise daily
- Whose information can you trust when it comes to diets?
 - Online – look for sources on sites with “.gov or .edu or .org”
 - Print/news/TV – check author’s credentials; verify info is based on repeatable studies
 - Overall – make sure info is current, from credible sources and isn’t selling a product
- Nutrition science continues to make discoveries
 - Low-energy density helps with weight loss and diet quality
 - Not all calories are created equal; studies re-evaluate “calories in/calories out”
 - Counting calories or macronutrients has drawbacks
- 5 diets and eating styles to approach with caution
 1. Ketogenic*
 2. Atkins*
 3. Paleo*
 4. Intermittent fasting
 5. FODMAP
- 5 top-rated diets*
 1. Mediterranean
 2. DASH
 3. Flexitarian
 4. (tie) MIND and Weight Watchers

Ready to update your plate?

If you want to change your eating habits, these questions can help you get started.

1. How did I get to my current weight or health situation? Or
What do I want to prevent?
2. What changes have I tried in past? What did and didn’t work, were they balanced, could I stick to the plan long term?
3. What got in my way?
4. Who can support me?
5. How would I need to set myself up to be successful?
6. How can I be kind to myself and set realistic goals/plans?



**according to 2019 US News & World Report*

Update YOUR Plate: How to Choose a Healthy Eating Plan
[Peacehealth.org/healthy-eating-plan](https://peacehealth.org/healthy-eating-plan)

Resource and Reference List

Presentation

Food as Medicine presentation on how to eat Mediterranean style
<https://www.peacehealth.org/webinars-peacehealth-food-medicine>

Suggested Videos

- <https://nutritionfacts.org/video/eating-more-to-weigh-less>
- <https://nutritionfacts.org/video/the-gladiator-diet-how-vegetarian-athletes-stack-up/>
- <https://nutritionfacts.org/video/the-first-studies-on-vegetarian-athletes/>
- https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100

Reputable Online Sources

- cnpp.usda.gov
- health.gov/dietaryguidelines/2015/guidelines
- hsph.harvard.edu/nutritionsource/healthy-weight
- mayoclinic.org/healthy-lifestyle/weight-loss
- ncbi.nlm.nih.gov/pmc
- nhlbi.nih.gov/health-topics
- nutritionfacts.org
- oldwayspt.org/traditional-diets
- webmd.com/diet/a-z/weight-watchers-diet
- wholegrainscouncil.org

Best Diets – US News and World Report - <https://health.usnews.com/best-diet>

2018/19 Diet Categories

- Best Diets Overall
- Best Commercial Diets
- Best Weight-Loss Diets
- Best Diabetes Diets
- Best Heart-Healthy Diets
- Best Diets for Healthy Eating
- Easiest Diets to Follow
- Best Plant-Based Diets
- Best Fast Weight-Loss Diets

Suggested Books

- Academy of Nutrition and Dietetics Complete Food and Nutrition Guide
- Food Rules: An Eater's Manual by Michael Pollan
- Good Food, Great Medicine by Miles Hassell, MD and Mea Hassell
- The DASH Diet Younger You by Marla Heller, MS, RD
- The Flexitarian Diet by Dawn Jackson Blatner, RD
- The MIND Diet by Maggie Moon, MS, RDN
- The MIND Diet Cookbook by Kristin Diversi

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