

Well-Being Tips: Nutrition

If you're looking to put this nutritional knowledge to practice, [check out these recipes](#) from UW Health or browse the simple and budget-friendly recipes on the [UHS website](#).

Eating well is an important part of creating and maintaining a healthy lifestyle. [Healthy eating](#) can also help prevent or manage chronic disease like diabetes, cancer, obesity, heart disease, kidney disease, liver disease, and digestive tract problems. Check out the tips below for creating a healthy plate.*

Grains: In general, 6-8 oz. of grains per day is recommended. Try to eat foods with whole grains like brown/wild rice or whole wheat bread.

Fruit: Try to get 1.5-2 cups of fruit per day. This is the equivalent of one small apple and one large orange, or any other [combination](#).

Dairy: Dairy adds calcium to your diet, and 3 cups of dairy is recommended per day. For [example](#), this could be one cup of yogurt, one cup of soy milk, and 1/3 cup of shredded cheese.

Protein: About 5-7 oz. of protein is recommended per day. [Protein](#) includes foods like meat, poultry, seafood, beans, nuts, etc. Try to choose lean meats and healthy cooking styles (baking over frying).

Vegetables: In general, 2-3 cups of vegetables are recommended per day. Make sure you include all types of vegetables in your diet including dark green, red/orange, beans, peas, starchy, and other vegetables.

Oils: Some Americans consume enough oil in the foods they eat (nuts, fish, cooking oil, etc.), but it is recommended you get 5-7 tsp. of oil per day. Include in every meal foods like avocados, nuts, salad dressing, olive oil, canola oil, butter, and [more](#).

Active individuals may need to add snacks to the healthy plate guidelines. Fruits and vegetables can fill you up before you get enough food to meet your energy needs. Eat snack that include a carbohydrate (grain, fruit or vegetable) with a protein, such as cereal and milk, fruit and yogurt or carrots and hummus.

*Note: These recommendations vary based on age, sex, and activity level. For specific recommendations, click [here](#).

