



General Healthy Nutrition

Eat balanced meals by using My Plate as a guideline for each meal. Eat 5 servings of fruits and vegetables daily. Make half your grains whole grain by choosing whole wheat bread, pasta, crackers, brown rice, and quinoa.



Add Healthy fats

Unsaturated fats are important for your brain and heart health. Limit foods with saturated fats which can increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

Bump up the fiber

The recommended daily fiber intake is 21 to 25 grams per day for women and 30 to 38 grams for men. Fiber helps control blood sugar and lowers cholesterol levels. Good sources of fiber include fruits and vegetables, whole grains, and legumes.

Limit Sodium

Sodium increases blood pressure, which increases the risk for heart disease. About 90% of Americans consume too much sodium. Sodium should be limited to 2,300 milligrams (mg) per day. Choose low sodium deli meats and choose foods with no more than 300mg of sodium per serving.

ECHN offers outpatient nutritional counseling at Manchester Memorial Hospital – in person or via telehealth. A referral is needed from your primary care provider or specialist.

Call **860.647.1222 x 2112** to learn more.
Call **860.872.5150** to schedule an appointment.

