

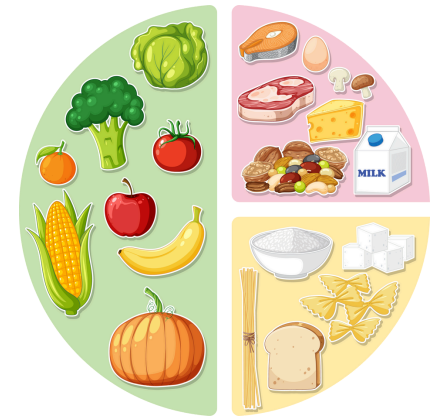
# Healthy Eating Fact Sheet

## What is healthy eating?

Healthy eating emphasizes a wide variety of fruits, vegetables, whole grains, legumes, nuts, fish, fat-free and low-fat dairy products, and non-tropical, liquid plant oils. When eating meat, choose lean or extra lean meats or skinless poultry.<sup>1</sup>

## Healthy Eating in Nebraska

- In 2019, **2 in 5 Nebraska adults (39.5%)** ate, on average, less than 1 fruit per day and **1 in 5 Nebraska adults (20.8%)** ate, on average, less than 1 vegetable per day over the last 30 days.<sup>2</sup>
- In 2023, only **6.9% of Nebraska adults** reported eating 2+ fruits and 3+ vegetables daily.<sup>3</sup>



## What can you do?

MyPlate recommends filling half of your plate with fruits and vegetables and the other half with grains and protein.<sup>4</sup>

Recommended serving sizes include:

- Fruit: 4 servings (2 cups)
- Vegetables: 4 servings (2.5 cups)
- Grains: 3-6 servings (3-6 oz., half should be whole grains)
- Protein: 1-2 servings (5.5 oz., focus on plant sources)
  - Fat-free and low-fat dairy products
  - Fish and seafood
  - Lean, trimmed, skinless meats (avoid processed meats)
- Fats and Oils: Liquid plant oils (1 teaspoon vegetable oil)

## More Information

For more information about healthy eating, visit the resources below:

**American Heart Association:** <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

**My Plate:** [myplate.gov](https://myplate.gov)

<sup>1</sup>American Heart Association. (2024). Suggested Servings From Each Food Group.

<sup>2</sup>Nebraska Public Health Atlas, (2020). Nebraska Behavioral Risk Factor Surveillance System (BRFSS) Dashboard.

<sup>3</sup>United Health Foundation, (2024). Summary of Nebraska: Rankings & Impacts.

<sup>4</sup>MyPlate, (2024). What is MyPlate?.