

Healthy Eating Basics

Practical tips you can use today. Share this with your family and bring questions to your visit.

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Telehealth-friendly	Easy to print	Educational only
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A simple plate that works

If you only change one thing, build your plate around protein + fiber. It helps energy, cravings, and blood sugar.

- Half the plate: non-starchy vegetables (salad, broccoli, peppers, green beans).
- Quarter: lean protein (chicken, fish, eggs, beans, Greek yogurt).
- Quarter: smart carbs (brown rice, quinoa, oats, beans, sweet potato) or fruit.
- Add healthy fats in small amounts (olive oil, avocado, nuts).

Hydration without overthinking it

- Aim for pale-yellow urine most of the day.
- Water first; add flavor with lemon/lime or zero-sugar electrolyte packets if needed.
- Caffeine is okay, but balance it with water (especially in Florida heat).

Grocery list starter

Keep it boring on purpose. Boring groceries make healthy days easier.

- Proteins: rotisserie chicken, tuna packets, eggs, turkey, tofu, beans.
- Fiber: frozen veggies, salad kits, berries, apples, oats, chia/flax.
- Quick meals: microwavable brown rice, whole-grain wraps, marinara + chickpea pasta.
- Snacks: nuts, string cheese, hummus, carrots, popcorn.

If you have diabetes, prediabetes, or insulin resistance

- Pair carbs with protein/fat to reduce spikes (e.g., apple + peanut butter).
- Try a 10-minute walk after meals (even indoors).
- Choose drinks with 0 sugar when possible. Liquid sugar hits fast.

1-day easy meal example

- Breakfast: Greek yogurt + berries + a handful of nuts.
- Lunch: salad kit + chicken + olive oil/vinaigrette.
- Snack: hummus + carrots, or a protein shake.
- Dinner: salmon (or beans) + frozen veggies + microwavable brown rice.

Disclaimer: This guide is educational and does not replace personalized medical advice. If you have chest pain, trouble breathing, severe symptoms, or feel unsafe, call 911 or go to the nearest emergency room.