



### MyPlate

MyPlate is a reminder of the 5 food groups that are the building blocks for a healthy diet.

Before you eat, think about what goes on your plate, in your cup or in your bowl:

- **Fruits and vegetables:** make half of your plate fruits and vegetables. Vary your veggies and focus on whole fruit
- **Grains:** make half of your grains whole grains
- **Dairy:** move to low-fat or fat-free milk or yogurt
- **Protein:** vary your protein routine

Talk to your doctor before implementing any new diet changes.



## Contact Us

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 VeryWellHealth-  
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# Healthy Eating & Pain



# Pain and Health

The key to a well balanced diet is eating healthy food, drinking plenty of water and exercising regularly. This will put you on the road to a healthier weight and reduce your risk of developing chronic diseases. If you already suffer from other medical conditions in addition to your pain, a healthy diet is even more important.

## Diet and Pain

A well balanced diet is especially important for patients suffering from pain. A high-calorie diet full of unhealthy fats not only makes you more prone to obesity, but may actually *increase* the intensity of your chronic pain. A diet deficient in fruits and vegetables can increase inflammation in your body which negatively affects muscular or joint pain. For example, if you are diagnosed with arthritis, avoid junk foods because extra weight also increases pressure on joints.

## What Should I Eat?

**Fruits:** Add whole fruit to meals & snacks. Adults need about 1.5 to 2 cups of fruit per day.

**Vegetables:** Eat a variety. Vegetables are categorized as dark green, starchy, red & orange, beans & peas, and other. Most adults need 2½ to 3 cups of vegetables per day. **If you are on the blood thinner warfarin, check with your doctor about special dietary restrictions.**

**Whole Grains:** Make at least half your grains whole grains. Examples of whole grains include brown rice, whole-wheat breads/pasta/cereals, and oatmeal. Most adults need at least 3 to 4 servings of whole grains per day.

**Dairy:** Examples include low-fat or fat free milk, yogurt, or cheese. Calcium-fortified soy milk also counts as dairy. Most adults need about 3 servings of dairy products a day.

**Protein:** Eat variety of protein foods, including at least 8 ounces of cooked seafood per week. Examples of protein foods include lean meat and poultry, seafood, eggs, beans and peas. Most adults need 5-6 ounces of protein per day.

**Oils:** Oils can be in liquid forms, such as canola, olive, & peanut oil, or can be found in foods that are rich in oils, such as salad dressings, avocados, nuts, and olives. Oils are high in "healthy" fats, and typically low in "unhealthy" fat. Most adults need about 5-7 teaspoons of oils per day.

## What Should I Avoid?

**Refined Grains:** Refined grains don't include many of the healthy benefits whole grains provide. Examples of refined grains include white bread & white rice.

**Added Sugars:** Limit calories from added sugars such as soft drinks, energy or sports drinks, candy, cakes, cookies, ice cream, jams & more.

**Salt:** Be aware of foods with a lot of salt such as frozen & canned foods, especially if you have high blood pressure. Choose foods that are labeled "low-sodium", "reduced-sodium" or "no salt added".

**Solid & Trans Fats:** Common solid fats include butter and shortening. Trans fats can be found in fried foods and baked goods.

**Avoid Oversized Portions:** Use smaller plates, bowls & glasses. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.

