

## Preparing a Healthy Menu



Eating a balanced diet is key to maintaining good health and supporting the management of chronic conditions such as diabetes, hypertension, and heart disease. Planning the menu will help you make better decisions and avoid impulsive choices.

### What is a healthy menu?

A healthy menu is a balanced meal plan that includes the nutrients necessary for the proper functioning of the body. Maintaining a proper diet can help prevent and manage chronic conditions such as diabetes, hypertension, and heart disease.

### How to prepare a healthy menu?

- **Include a variety of foods:** Combine vegetables, fruits, proteins, dairy, and whole grains.
- **Portion control:** Avoid overeating, even healthy foods.
- **Prefer healthy cooking methods,** such as boiling, steaming, baking or grilling.
- **Plan your meals:** Organizing your weekly menu helps you make better decisions.

### What foods should you include?

- **Vegetables and fruits:** Rich in vitamins, minerals, and fiber.
- **Healthy proteins:** chicken, fish, eggs, and legumes.
- **Whole grains:** Brown rice, oatmeal, whole-grain bread.
- **Dairy:** Milk, yogurt, cheese, butter.
- **Healthy fats:** avocado, nuts, olive oil.
- **Water,** as the main drink.

Prepared by licensed Health Educators.

Created in April 2025.

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### What should you limit?

- Foods high in sodium (salt)
- Added sugars
- Fried or processed foods
- Sugary drinks

### How does a healthy menu help your health?



### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7801

APS Health 787-641-9133

### References

<https://nutricionistadela Fuente.com/blog-menu-semanal-saludable/>

<https://medlineplus.gov/spanish/recetas/>