

Healthy Eating and Physical Activity



Healthy eating and physical activity are important elements that will help you take care of your health, feel better, and look better. They will also reduce your risk of developing diseases. Healthy eating combined with physical activity will help keep you healthy.

What is a healthy eating plan?

An eating plan is used to determine how much food your body needs. The goal is to ensure that you eat the right amount of each food group.

A healthy eating plan includes a variety of the following foods:

- **Fruit:** apples, mangoes, bananas, and pears, among others. Read the nutrition label to find out how much sugar they contain. Make sure they are packaged in water or their own juice.
- **Vegetables:** spinach, broccoli, carrots, and beets, among others. If you can't find them fresh, try low-sodium frozen or canned vegetables.
- **Calcium-rich foods:** milk, yogurt, and cheese, among others. Drink a glass of low-fat or fat-free milk and eat different flavors of yogurt to replace high-sugar desserts.
- **Proteins:** eggs, fish, chicken, and seafood, among others. A healthier option to replace fried fish or breaded chicken is to grill or bake them. You can try eating grains instead of high-fat meat.



- **Whole grains:** oats, dry cereals, rice, pasta, bread, among others.
- **Oils:** vegetable or olive oil, oils in foods such as fish and seafood, avocado, and nuts.
- **Water:** check with your nutritionist to find out how much water you should drink, based on your weight or health conditions.

Recommendations for foods with lower nutritional value:

- Eat them less frequently, either once a week or once a month.
- Eat small portions, especially if the food is high in calories.
- Try a healthier version, using low-calorie ingredients or preparing them differently, without increasing your portion sizes.



Recommendations on the consumption of certain nutrients and ingredients:

- Choose low-sodium foods, including the type of seasonings you use.
- Limit your consumption of added sugars.
- Avoid saturated fats.
- If you choose to drink alcohol, do so in moderation and consult your doctor.

What is physical activity?

The World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure.

Among its benefits are:

- Reduces high blood pressure.
- Reduces the risk of type 2 diabetes, heart attack, stroke, and several types of cancer.
- Reduces the risk of mortality.
- Improves bone health.
- Reduces body fat measurements.
- Improves mental health.

Examples of physical activity:

- Brisk walking
- Playing sports
- Cycling
- Pedaling



Recommendations for starting physical activity:

- Reduce the amount of time you spend being sedentary. Choose a type of physical activity that you find fun or interesting.
- Set aside specific times of the day to engage in physical activity on a daily or weekly basis.
- Find places and times that you prefer, such as walking around the neighborhood in the morning.
- Start gradually and increase the intensity of your physical activity over time.

Before starting any type of exercise, it is important to consult your doctor about the type and amount of physical activity that is right for you.



Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during your treatment, visit your primary doctor or call the following hotlines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://health.gov/espanol/myhealthfinder/pr/oblemas-salud/diabetes/alimentate-saludablemente>

<https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>

<https://www.health.com/weight-loss/30-simple-diet-and-fitness-tips>

<https://www.academianutricionydietetica.org/dietas/alimentos-bajos-calorias-saludables/>

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