

## Healthy Eating



Healthy eating helps keep people healthy and reduces the risk of developing diseases such as type 2 diabetes, obesity, heart disease, among others.

### What is a healthy eating plan?

A healthy eating plan is a guide that indicates what to eat, how much, and when. It helps ensure that you consume the correct amount from each food group.

**A healthy eating plan includes the following nutrients:**

- **Fats:** a source of energy that helps the body absorb vitamins. Example: olive oil.
- **Vitamins:** essential for the body's growth and development. Example: vitamin C.
- **Minerals:** help keep the bones, heart, and brain functioning properly. Example: iron.
- **Proteins:** strengthen and maintain bones, muscles, and skin. Example: meat.
- **Carbohydrates:** sugar molecules that serve as the main source of energy for cells, tissues, and organs. Examples: sugars, starches, and fiber.
- **Water:** essential for life. Consult your nutritionist about the amount of water you should consume based on your weight and health conditions.



### Keys to a Healthy Eating Plan:

- Get enough fiber
- Drink water
- Limit salt, added sugars, alcohol, and saturated fats.
- Eat a variety of foods, including vegetables, fruits, and whole grains.
- Choose lean meats, fish, poultry, beans, and low-fat dairy products.
- Ensure adequate intake of key nutrients, especially calcium, vitamin D, and potassium.

### Recommendations for foods with lower nutritional value:

- Eat them less often, perhaps once a week or once a month.
- Choose smaller portions, especially if the food is high in calories.
- Try a healthier version by using lower-calorie ingredients or preparing the food differently, without increasing your portion size.

Healthy eating doesn't mean you can never eat your favorite less healthy foods, but rather that you should balance them with healthier options and engage in regular physical activity.



### 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, please visit your primary care physician or contact the following lines:

**Medical Advice Line 1-844-347-7801**  
**TTY/TDD 1-844-347-7804**  
**APS Health**  
787-641-9133

### References:

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

<https://medlineplus.gov/spanish/nutrition.html>

<https://www.cdc.gov/healthy-weight-growth/healthy-eating/index.html>

Prepared by Licensed Health Educators.

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