



Food Matters: What to Eat?

Your health depends on the food you eat.

The health of communities and the environment we depend on for life are also impacted by how food is grown and how it gets to your dinner plate.

This brochure provides tips for making food choices to protect your health and the health of your family and community.

The brochure also provides many more resources to learn more about how the food we eat impacts our health. For more information, visit: <http://www.prhe.ucsf.edu/prhe/foodmatters.html>

There are many ways to make a difference. Here are some suggestions to get started.

What to Eat

Good

Better

Best



Fruits, vegetables, beans, legumes and whole grains

Eat fruits and vegetables every day

Wash fruits and vegetables before eating or cooking them

Eat the least pesticide-contaminated fruits and vegetables and avoid the most contaminated

Eat beans and legumes instead of meat every day

Eat locally grown, organic food



Seafood

Do not eat King Mackerel, Tuna (Bigeye, Ahi), Swordfish, Tilefish or Shark. These fish have high levels of mercury

Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas

Eat chunk light tuna instead of white albacore tuna. Do not eat more than two cans of chunk light tuna a week

Five of the most commonly eaten fish that are low in mercury are: Shrimp, Canned light tuna, Salmon, Pollock, and Catfish

Eat seafood that has healthy fat, fewer chemicals and is sustainably caught

Some good choices are wild salmon, sardines, anchovies and herring



Dairy and animal fat

Eat low-fat or non-fat dairy products

Limit foods high in animal fat

Eat non-fat, non-rBGH, free-range, antibiotic free dairy products

Eat non-fat organic dairy products



Meat

Eat meat sparingly - get protein from plant sources instead

Eat hormone and antibiotic free meat sparingly

Eat organic or grass fed meat sparingly



Eat at home

Avoid fast food and other processed foods whenever possible

Increase the number of meals you make at home

Make most of your meals at home with organic, fresh, local, seasonal foods



A Program of Health Care Without Harm's
Healthy Food in Health Care Initiative,
in collaboration with the
University of California, San Francisco's
Program on Reproductive Health and the Environment



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For more information on UCSF's Program on Reproductive Health and the Environment go to: www.prhe.ucsf.edu

For more information on the San Francisco Bay Area Physicians for Social Responsibility go to: <http://www.psr.org/>

For more information on Health Care Without Harm's Healthy Food Systems go to: http://www.noharm.org/us_canada/issues/food/

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