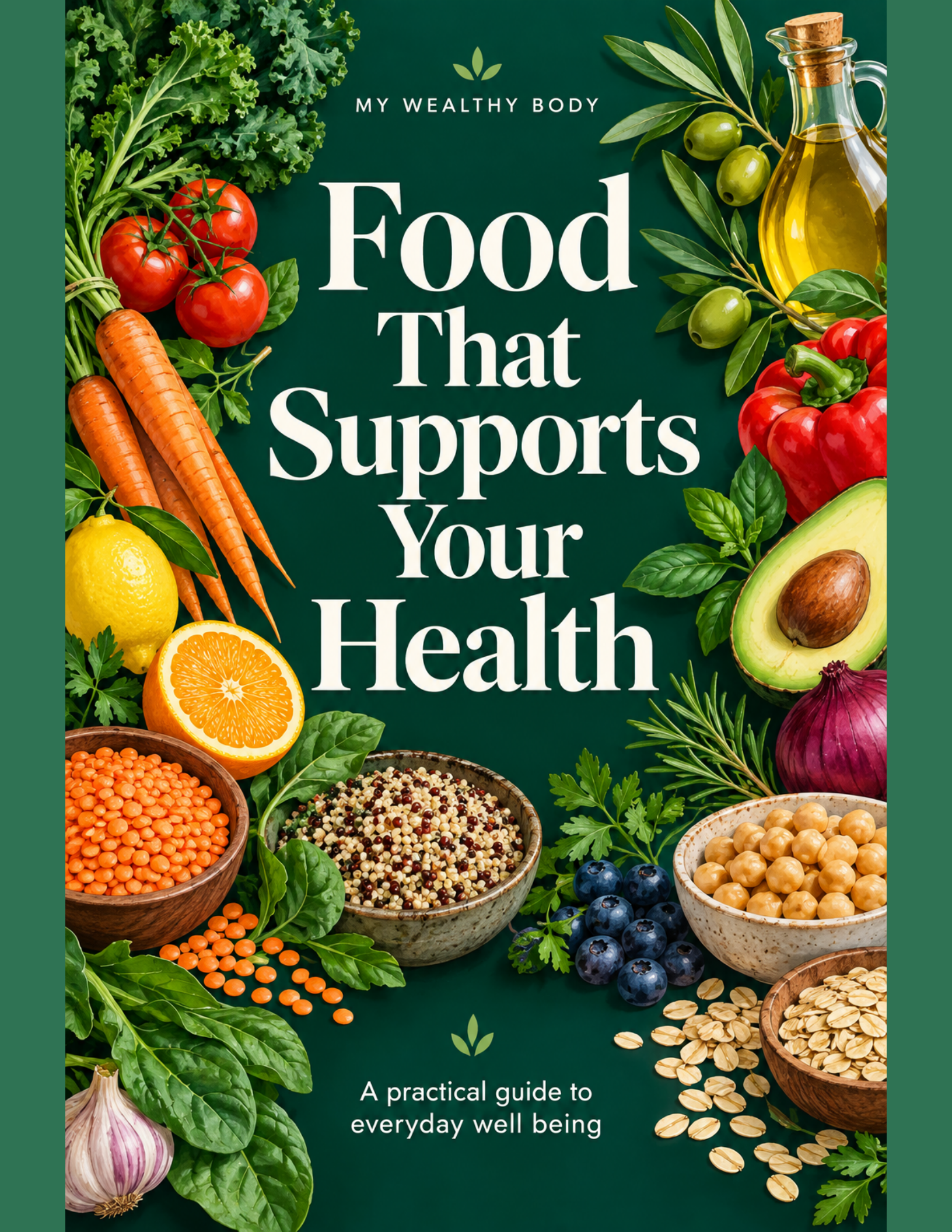




MY WEALTHY BODY

Food That Supports Your Health

A practical guide to
everyday well being

01 / EVERYDAY WELL BEING

Food supports health; it is not a cure-all

Eating patterns can support health, but no individual food guarantees protection from disease or replaces necessary treatment. This guide focuses on useful meal choices and practical planning rather than “healing” claims, detoxes, or expensive superfoods.

WHO describes a healthy diet through adequacy, balance, moderation, and diversity. ^[1] In everyday terms, that means enough nourishment, a range of foods, and choices that fit your needs. What is appropriate can vary with age, culture, medical conditions, activity, pregnancy, and access. One attractive meal photo cannot establish a complete nutrition plan.

This guide is general education for adults. My Wealthy Body Editorial produced it with AI assistance and source checking; it has not received independent professional medical review. It is not a therapeutic diet or a personalized calorie, protein, or supplement prescription. Ask a qualified professional about dietary restrictions, allergies, kidney disease, diabetes medications, pregnancy needs, or eating-disorder concerns.

Use the meal ideas as flexible combinations, not measured nutritional targets. Change ingredients and portions according to your requirements. Numbered citations lead to the underlying sources in the final pages. Shopping and preparation suggestions are editorial tools that can make food choices easier; they are not clinical interventions or promises of a specific result.

Put it into practice

- Think about the overall pattern, not one miracle ingredient.
- Use familiar foods and realistic portions.
- Keep prescribed treatment and individualized dietary advice in place.

02 / EVERYDAY WELL BEING

Start with balanced meal components

A balanced meal does not have to resemble a restaurant plate. It can be a soup, sandwich, bowl, wrap, or familiar family dish. As a planning tool, identify a staple, a protein food, produce, and a source of flavor or fat. Adjust the combination to your needs rather than treating it as a fixed formula.

Examples include beans with rice and vegetables; an egg or tofu sandwich with fruit; or chicken with potatoes and cooked greens. A mixed dish can contain several components at once. The goal is to make useful additions visible, not to divide every meal into a rigid diagram.

Choose one meal to improve first. If pasta is a reliable dinner, add a suitable protein food and a vegetable. If breakfast is rushed, keep oats, fruit, and an appropriate dairy or fortified alternative available. WHO's guidance includes variety across food groups; your own portions and requirements may need individualized advice. ^[1]

Enough food matters. A meal pattern should not become a way to justify chronic hunger or unnecessary restriction. If you need a therapeutic diet, broad examples may not apply. Write down two combinations you enjoy and one backup that uses shelf-stable or frozen ingredients. Repetition can make planning easier while variety can develop over time.

Make it yours

A familiar meal I enjoy: _____

One useful addition: _____

A convenient backup combination: _____

03 / EVERYDAY WELL BEING

Make vegetables and fruit easier to use

Produce can be fresh, frozen, or canned. WHO recognizes frozen and canned options as useful choices when excess sodium or added sugars are avoided. ^[1] Compare products when relevant, but do not assume that a food is unsuitable simply because it comes in a bag or a can.

Select items that fit your kitchen and schedule. A whole cabbage may be affordable, but pre-cut or frozen vegetables may be more practical when time or mobility is limited. Apples, bananas, frozen berries, or canned fruit in a suitable packing liquid can provide different convenient options. Use what you can store and actually eat.

Choose a placement in an existing meal: fruit with breakfast, vegetables inside a wrap, or cooked greens beside dinner. Flavor matters. Herbs, spices, citrus, or a preferred sauce can make the addition enjoyable. If you are unfamiliar with a vegetable, buy a small amount first instead of committing to a large package.

Food safety still applies. Rinse produce under running water before preparation or eating, and keep it away from raw meat contamination. ^[9] If a medical condition changes what produce or quantities are suitable, use individualized guidance. The aim is a repeatable addition, not an elaborate color checklist that creates more waste or pressure.

Put it into practice

- Pick one reliable fresh option and one frozen backup.
- Plan where each item will appear in a meal.
- Use delicate produce first and freeze suitable extras.

04 / EVERYDAY WELL BEING

Explore whole grains and fiber gradually

Whole grains and legumes are useful ingredients in a varied eating pattern. ^[1] Everyday options include oats, brown rice, whole-grain bread, lentils, and beans. You do not need to replace every familiar staple immediately or buy a product with a wellness claim on the package.

Try one substitution that you enjoy. Use some whole-grain pasta in a familiar recipe, prepare oats for breakfast, or add lentils to a soup. Read ingredient lists and Nutrition Facts rather than relying only on front-of-package wording. Comparing similar foods can help you identify a practical option. ^[10]

If you are increasing fiber, make changes gradually and pay attention to tolerance. A sudden large change may be uncomfortable for some people. Fluids, medical restrictions, and gastrointestinal conditions can affect the appropriate approach. Seek individual advice for persistent symptoms or a condition that requires a specific diet.

Keep the meal sufficient and satisfying. A whole-grain label does not mean that one food supplies everything you need. Combine staples with other suitable foods and choose portions that match your requirements. Celiac disease requires careful gluten avoidance; a generic recommendation to choose whole wheat does not apply. Start with one change and observe whether it is affordable, convenient, and comfortable.

Make it yours

One grain or legume I want to try: _____

The meal it will join: _____

A question about tolerance or restrictions: _____

05 / EVERYDAY WELL BEING

Use a variety of protein foods

Protein foods can include beans, lentils, tofu, eggs, fish, poultry, meat, dairy, and appropriate alternatives. WHO notes that protein can come from both plant and animal sources. ^[1]

Requirements are individual; this guide does not prescribe a universal amount or suggest that everyone needs protein powder.

For an affordable starting point, choose one protein food you already use and one convenient alternative. Canned beans can fill a wrap, eggs can join a meal, and tofu can be added to a stir-fry. If you eat fish or poultry, prepare it safely and consider what fits your budget. A plant-based choice can be useful without requiring an all-or-nothing identity.

Choose combinations that feel like meals. Lentil soup with bread and vegetables may be more practical than purchasing a specialty product. A bean and rice dish can be adapted with seasonings you enjoy. Keep allergens and dietary requirements in mind; soy, fish, dairy, eggs, and nuts are not suitable for everyone.

If you have kidney disease, pregnancy-related needs, a highly restrictive diet, or difficulty eating enough, ask a qualified professional for personalized advice. Do not pursue extreme protein intake based on a social media target. Your next step can be simple: identify two reliable protein-containing meals and the ingredients needed to make them.

Put it into practice

- Keep one convenient pantry or freezer option.
- Include varied foods across the week.
- Use personalized guidance when a condition changes requirements.

06 / EVERYDAY WELL BEING

Make useful fat substitutions

Fat is part of nutrition, and the type of fat matters. WHO favors unsaturated fats over saturated and trans fats. ^[1] That does not mean every meal needs a large amount of oil or that a single ingredient cancels out the rest of the eating pattern.

Choose a practical substitution in a meal you already prepare. You might cook with an appropriate vegetable oil instead of routinely using butter, or use a small serving of nuts or seeds when suitable. Avocado can join a sandwich; an oil-based dressing can flavor vegetables. These are examples, not prescribed portions or a requirement to buy expensive olive oil.

Look at the whole food and the quantity you use. A product marketed as natural can still be high in saturated fat. Compare Nutrition Facts where useful, and avoid assuming that coconut oil or a specialty fat is a disease-prevention treatment. Preference, affordability, allergies, and medical guidance should shape your choice.

Keep this change focused. Replacing one ingredient is easier to practice than trying to calculate every gram of fat. If your clinician has given specific dietary instructions, follow those rather than a generic example. A useful experiment is to choose one recipe, make a suitable substitution, and decide whether you enjoy the result enough to repeat it.

Make it yours

A meal where a substitution could fit: _____

My suitable alternative: _____

Cost, taste, or allergy considerations: _____

07 / EVERYDAY WELL BEING

Learn from eating patterns, not labels

DASH is a flexible eating plan emphasizing foods such as vegetables, fruit, whole grains, beans, nuts, and appropriate dairy and protein choices. NHLBI research shows that DASH can lower blood pressure; reduced sodium can add benefit. [8,12] This is evidence for a pattern, not a claim that one food cures hypertension.

Mediterranean-style eating is commonly used to describe a pattern centered on plant foods with suitable fats and varied protein sources. The term does not identify one fixed menu. For this guide, borrow practical meal ideas without treating the label as a guarantee of improved outcomes or requiring imported ingredients.

A rice-and-bean meal with vegetables, a lentil dish, or a vegetable soup can fit a plant-forward approach using familiar foods. You do not have to abandon your cultural staples to practice variety. Adapt seasonings, portions, and ingredients for medical needs and personal preference.

If you are considering a formal DASH plan, use NHLBI's published materials and discuss individual targets when needed. Some conditions, including kidney disease, require attention to potassium or other nutrients. Do not discontinue blood pressure medication because your meals have changed. Start with one practical shift and use clinical follow-up to assess health outcomes.

Put it into practice

- Choose useful components rather than chasing a diet identity.
- Use familiar, affordable ingredients.
- Ask about personal restrictions before major dietary changes.

08 / EVERYDAY WELL BEING

Read labels to answer a specific question

Begin with the serving size and how much you expect to eat. Nutrition Facts generally describe the labeled serving, so a larger portion changes the amount consumed. FDA explains that 5% Daily Value or less is considered low and 20% or more high for a nutrient per serving. ^[10]

Use the label for a focused comparison. If you are choosing canned soup, compare sodium at the same serving amount. If you are selecting a cereal, compare fiber and added sugars. You do not need to rank every nutrient simultaneously or treat a single number as a complete judgment of the food.

Check the actual portion. A package with two servings can contain twice the labeled amount if you eat it all. If one product uses a much smaller serving, the front-of-package comparison may mislead. The percentage Daily Value is a general reference, not a personalized medical target.

Choose one practical change: use a lower-sodium version of a frequently eaten item, select an option with less added sugar, or add a higher-fiber food you enjoy. Medical advice may require specific targets, while affordability and sufficient food remain important. Labels support a decision; they should not turn eating into an exhaustive calculation or a source of fear.

Make it yours

Two similar products I will compare: _____

The serving amount I actually use: _____

The nutrient relevant to this choice: _____

09 / EVERYDAY WELL BEING

Plan a budget-friendly grocery basket

Choose meals before ingredients. A useful basket supplies food you can prepare and enjoy, while limiting waste. Look through your cupboards, refrigerator, and freezer, then build around what is already there. This planning exercise does not require a premium brand or a particular grocery store.

A flexible starter basket might include oats or rice, beans or lentils, suitable protein foods, frozen vegetables, a few fresh produce items, and seasonings. Change it for allergies, culture, cooking equipment, and medical needs. If storage is limited, a smaller shop or shelf-stable options may be more workable than buying in bulk.

Compare unit prices, but consider usable quantity. A cheaper large package can become expensive if half is discarded. Plan ingredients that overlap between meals: vegetables can join soup and rice bowls; beans can become a filling or a side. Keep one meal that requires little preparation for the busiest day.

Before checking out, name the first three meals the basket can produce. If an item has no clear use and spoils quickly, reconsider it. If food access is uncertain, look for local assistance rather than assuming the solution is better budgeting alone. A suitable routine has to provide enough food and fit the resources available.

Put it into practice

- Inventory first; buy missing pieces second.
- Choose overlapping ingredients.
- Plan one convenient backup meal.

Make it yours

Budget: _____ Meals: _____

Items already available: _____

10 / EVERYDAY WELL BEING

Build flexible meal combinations

These combinations are ideas for assembly, not nutritionally analyzed meal plans. Portions depend on your needs, and ingredients should be changed for allergies or therapeutic diets. Choose two or three options you enjoy and repeat them while learning what fits.

Breakfast: oats with fruit and a suitable dairy or fortified alternative; eggs or tofu with toast and vegetables; or a familiar breakfast that you can make more balanced with a useful addition. Lunch: a bean-and-vegetable wrap; leftovers stored safely; or a sandwich with fruit and another suitable side.

Dinner: rice with beans and cooked vegetables; chicken or tofu with potatoes and greens; or a lentil soup with bread and a produce side. Snacks, when useful, might include fruit with a suitable protein food, yogurt or an appropriate alternative, or another choice that fits your appetite and requirements.

Use a repeatable shopping and preparation system. Cook a suitable staple, prepare safe portions, and vary the flavor or accompanying food. Follow food safety guidance rather than keeping all cooked meals refrigerated indefinitely. ^[9] Freeze suitable portions if you will not use them promptly. When your day changes, the backup meal can take over without requiring you to skip eating.

Make it yours

Two breakfast options: _____

Two lunch options: _____

Two dinner options: _____

One backup meal: _____

11 / EVERYDAY WELL BEING

Make safety and individual needs part of eating well

Food must be safe as well as nourishing. FDA guidance centers on cleaning, separating raw foods, cooking to a safe measured temperature, and chilling promptly. Refrigerate perishable foods within two hours, or one hour when temperatures exceed 90°F. ^[9] Use a food thermometer; appearance alone is not a reliable safety check.

Wash hands and preparation surfaces, keep raw animal foods away from ready-to-eat items, and rinse produce under running water. ^[9] Label prepared food so you know when it was made, and follow current storage guidance for that food.

Individual needs can change what is suitable. Allergies require ingredient and cross-contact attention. Celiac disease requires gluten avoidance. Kidney conditions, swallowing difficulties, pregnancy, and medication interactions may require tailored choices. Do not rely on a general “healthy” label when your situation needs specific instructions.

If you have unexplained symptoms or think food is causing a problem, seek evaluation rather than eliminating multiple food groups indefinitely. Restrictive self-treatment can make eating harder and may miss the underlying cause. Keep the question practical: What can I eat safely, sufficiently, and comfortably? A qualified clinician or dietitian can help when the answer is complicated.

Put it into practice

- Keep raw and ready-to-eat foods separate.
- Use measured cooking temperatures and prompt refrigeration.
- Adapt meals to verified restrictions, not online guesses.

12 / EVERYDAY WELL BEING

Your seven-day food plan and checklist

This is a flexible planning exercise, not a prescribed diet. Select familiar meals and repeat ingredients where useful. You can change the order, include leftovers handled safely, or use the same dependable breakfast several times. Portions should meet your needs rather than a target invented for this booklet.

Day one: inventory food and choose meals. Day two: shop for missing ingredients. Day three: practice one useful addition, such as a vegetable in your usual dinner. Day four: use a convenient backup meal. Day five: compare two frequently purchased products. Day six: try one new ingredient in a small amount. Day seven: review taste, cost, effort, and waste.

Ask what made eating easier. Did an ingredient serve more than one meal? Did a perishable item go unused? Did preparation take longer than expected? Adjust the next list instead of imposing stricter rules. Keep meals you enjoy, and introduce variety at a pace that works.

If the plan leaves you hungry, anxious, physically unwell, or unable to meet a medical requirement, it needs revision and perhaps professional support. Food can be a source of nourishment and pleasure. Use the references for underlying guidance, continue prescribed care, and treat this worksheet as a tool you can change.

Make it yours

Breakfast choices: _____

Lunch choices: _____

Dinner choices: _____

Backup meal: _____

Shopping and preparation day: _____

What worked / what I will adjust: _____

Sources & references

Numbered citations in the guide link directly to these sources. Accessed October 6, 2026. Examples and worksheets are adaptable editorial suggestions, not clinical protocols.

[1] WHO: Healthy diet

26 January 2026

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

[2] CDC: Adding Physical Activity as an Adult

<https://www.cdc.gov/physical-activity-basics/adding-adults/>

[3] NHLBI: How Much Sleep Is Enough?

<https://www.nhlbi.nih.gov/health/sleep/how-much-sleep>

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[5] NIMH: Caring for Your Mental Health

Reviewed April 2026

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

[6] NIDDK: Changing Your Habits for Better Health

<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

[7] NIH: Creating Healthy Habits

March 2018

<https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>

Sources & references continued

Research can change, and general guidance may not fit every individual. Source organizations do not endorse this publication. Publication dates are shown only when verified.

[8] NHLBI: DASH Eating Plan

<https://www.nhlbi.nih.gov/health/dash-eating-plan>

[9] FDA: Safe Food Handling

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

[10] FDA: How to Understand and Use the Nutrition Facts Label

<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

[11] CDC: What Counts as Physical Activity for Adults

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[12] NHLBI: Health Benefits of DASH

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