

Nutrition Education Resources FOR CHRONIC DISEASE PREVENTION AND MANAGEMENT



PURPOSE: Provide nutrition education resources to support your patients' healthy eating goals.

General Healthy Eating Tips:

- [Healthy Eating for Older Adults](#)
- [Start Simple with MyPlate](#)
- [Be Salt Smart](#)
- [Cut back on Added Sugars](#)
- [Rethink Fats](#)
- [Make Better Beverage Choices](#)
- [Everything You Need to Know About Meeting with a Registered Dietitian Nutritionist \(RDN\)](#)
- [Healthy Eating Tips to Fight Chronic Disease](#)

Condition-Specific Healthy Eating Tips:

Diabetes:

- [The ADA Diabetes Plate Method](#)
- [What is the Diabetes Plate Method?](#)
- [Diabetes and Kidney Disease: What to Eat?](#)

Cardiovascular Disease:

- [AHA What is a Healthy Diet](#)
- [10 ways to Improve Your Heart Health](#)

Chronic Kidney Disease:

- [Eat Right for Kidney Health](#)