



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



For more information on UCSF's Program on Reproductive Health and the Environment go to: <https://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: <https://noharm-uscanada.org/>

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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 and resources, go to our website: <https://prhe.ucsf.edu>

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 produce and avoid the most contaminated. To tell them apart, check our resources page.
Eat more 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.

Four of the most commonly eaten fish that are low in mercury are: salmon, pollock, catfish and canned light tuna.

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

Limit foods high in animal fat.

If you can't buy organic, choose low/non-fat dairy.

Limit foods high in animal fat. Get healthy fat from plant sources like seeds, nuts, and avocados.

Limit foods high in animal fat. Choose organic dairy and pastured eggs. Get fat from healthy plant sources.



Meat

Eat meat sparingly and get more protein from plant sources.

Eat meat sparingly. Choose meat produced without the use of antibiotics or hormones.

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.