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](https://prhe.ucsf.edu)

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

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| **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, tile-fish 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.  
| **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. |