



Nutrition

According to the US Department of Health and Human Services Dietary Guidelines, the key to nutrition is to build a healthy eating pattern. This means choosing a variety of nutrient-dense foods in the right amounts for you, and making these choices part of your everyday routine. Try to limit intake from added sugars, saturated fats, and foods high in sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns. Evidence supports that healthy eating patterns are associated with better sleep and a reduced risk of cardiovascular disease (CVD), type 2 diabetes, certain types of cancers (such as colorectal and postmenopausal breast cancers), and obesity.