

NIH News in Health: Healthy Eating

NIH News in Health is a monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services. This [special edition](#) features a collection of popular stories on healthy eating. You can download a [PDF version](#) for printing.

Healthy Eating

- [**Plan Your Plate:** Shifting to a Healthy Eating Style](#)
- [**Sweet Stuff:** How Sugars and Sweeteners Affect Your Health](#)
- [**The Skinny on Fat:** The Good, the Bad, and the Unknown](#)
- [**The Salty Stuff:** Salt, Blood Pressure, and Your Health](#)
- [**Rough Up Your Diet:** Fit More Fiber Into Your Day](#)
- [**Better Nutrition Every Day:** How to Choose Healthier Foods and Drinks](#)

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