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## **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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