

Tips to Keep You Healthy

(adapted from Nutrition Action Health letter July/ August 2011)

Buy a bag of cut up veggies – You can buy lettuce, spinach, broccoli, cabbage, and carrots already cut up and easy to make a salad or throw in a stir fry.

Try a veggie burger – As an alternative to red meat once or twice a week, try Morningstar Farms Grillers, which are high in protein, have less calories, and do not have the artery clogging saturated fat of hamburgers.

Switch to thin or light bread – Try Pepperidge Farm Deli Flats or Oroweat Sandwich Thins (100 calories per bun) or light breads like Oroweat Bakery Light or Pepperidge Farm Carb-Style or Very Thin Bread (40 – 60 calories per slice).

Make sure you buy 100% whole grain bread.

Switch to spinach in salads – Spinach has more nutrition than lettuce. One serving has 10% daily value of potassium, 510% vitamin K, 160% vitamin A, 40% vitamin C and folate, 15% magnesium and iron, and 8% calcium and fiber. One serving is only 20 calories!

Try a new vegetable – Most Americans eat just iceberg lettuce, canned tomatoes, onions, and potatoes for vegetables. Try a new vegetable each week. The more colorful are usually the best choices, but cauliflower and cabbage are two nutritious exceptions.

Use frozen fruit in smoothies – Unsweetened berries and other fruit are great additions to smoothies. Mix them with low fat milk and yogurt in a blender.

Read labels to decrease salt – Buy no salt added tomatoes, tuna, and beans. Try to limit sodium to < 2300 mg/day (over 50 yrs old < 1500 mg/day).

Don't buy junk food – The more variety of junk food you have in your pantry, refrigerator, and freezer, the more unhealthy calories you will eat. Out of sight, out of mind.

Try plain yogurt – For decreased sugar and calories, buy plain yogurt or plain Greek yogurt and add your own fresh fruit and cinnamon for natural sweetness.

Replace rice, potatoes, and pasta with a side of beans – Beans and lentils are high in fiber, low in fat, and a good source of protein. You can also add beans to salads, casseroles, and soups for added fiber.

Eat fish twice a week – Omega 3 rich wild salmon and trout are best.

Cover half your plate with vegetables and fruits – The goal is to get 4 ½ cups vegetables and fruits/day, so make each meal ½ vegetables and fruits, and you will reach this goal.

Drink calorie free beverages – Our bodies do not register the calories we drink from regular soda, lemonade, sweetened coffees and teas, juice, and energy drinks. We still want calories in food. Switch to water, unsweetened tea or coffee, sparkling water with lemon or lime, or a sugar free beverage.

Cook with canola or olive oil – Instead of butter or margarine, cook in canola or olive oil and use dressings made with these oils.

Try nuts instead of croutons – Sprinkle nuts on salads instead of croutons and eat a handful (1 oz) of nuts for a snack instead of chips.