



TIPS ON HEALTHY EATING

Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

The tips and ideas below are a starting point to help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

MAKE AT LEAST HALF YOUR GRAINS WHOLE GRAINS

- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Try 100% whole-grain snack crackers.
- Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.
- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually *not* whole-grain products.

VARY YOUR VEGGIES

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Pick up pre-washed bags of salad greens and packages of veggies such as baby carrots or celery sticks for quick snacks.
- Buy canned vegetables labeled "reduced sodium," "low sodium," or "no salt added." If you want to add a little salt, it will likely be less than the amount in the regular canned product.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Let children decide on the dinner vegetables or what goes into salads. Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.

FOCUS ON FRUIT

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator. Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt. For dessert, have baked apples, pears, or a fruit salad.
- Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.

GET YOUR CALCIUM RICH FOODS

- Include milk or calcium-fortified soymilk (soy beverage) as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.

GO LEAN WITH PROTEIN

- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Buy skinless chicken parts, or take off the skin before cooking. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.
- Choose seafood at least twice a week as the main protein food. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.
- Choose beans, peas, or soy products as a main dish or part of a meal often. Some choices are chili with kidney or pinto beans, stir-fried tofu, black bean enchiladas and veggie burgers.
- Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry.