



Making the Right Choices

By Lanette Kovachi, MS, RD

Making Healthy Choices Begins At Breakfast. Eating a balanced breakfast every morning can help promote a healthy weight, but keep in mind that the type of breakfast does matter. Bagels, muffins, and donuts are packed with empty calories, loaded with simple carbs and low in protein... the perfect combo to leave you feeling hungry and hanging on to the excess holiday weight. Fatty breakfast sandwiches are convenient, but covered with gobs of cheese and fatty meats. They might curb your hunger, but leave you loaded up with excess unhealthy calories. Instead, choose a breakfast that contains a good source of protein and fiber, but not high in calories.

Breakfast Tip #1: Try the SUBWAY® Western Egg White Muffin Melt with Apple Slices (under 250 calories). If you crave a little more, try the 6-inch Western Egg Sandwich with egg white with Apple Slices (under 400 calories).

Breakfast Tip #2: Try a fat-free Greek yogurt with ½ c sliced fruit and ½ c whole grain cereal (under 300 calories).

Snack Smart. Snacking between meals is an important way to keep your body satisfied, so you don't overeat at lunch and dinner. Smart mid-morning and mid-afternoon snacks should be high in fiber, and/or should include protein.

Snack Tip: Try fresh fruit, cut veggies with hummus, whole wheat crackers with light cheese, low fat yogurt, whole grain granola bars, ½ a sandwich or a handful of nuts.

Go Light at Lunch. At lunch, don't lose your momentum. Stick to a lunch that is packed with lean meats, fruits, veggies and high fiber grains. Try a sandwich with lean turkey, chicken or roast beef on a whole grain and/or higher fiber bread with at least 2g of fiber per slice. Top with lots of lettuce, tomatoes and other fresh veggies of your choice.

Lunch Tip: Try a Fresh Fit meal at Subway®: A 6-inch Subway Club® on 9-grain wheat bread with Baked Lays® and bottled water (under 450 calories).

Downsize Dinner Portions. By dinner time, you may be feeling good about the choices you've made throughout the day and decide to reward yourself with a double-portioned dinner reminiscent of your holiday feasting. Don't do it. The key to keeping the weight off is eating sensible portions throughout the day and every day.

Dinner Tip #1: If making dinner at home, try to keep your portions down by using a smaller dinner plate – keep meat serving to about ¼ of your plate, your starch (potatoes, rice, pasta) to a other quarter and veggies the rest. Try to eat just enough so you feel satisfied, but not uncomfortable.

Dinner Tip #2: If eating on the go, try the hot toasted 6-inch Sweet Onion Chicken Teriyaki or Roasted Chicken on 9-grain wheat and top with all the veggies. Try it with a cup of roasted chicken noodle soup and water for a hearty meal less than 460 calories.

Don't Ditch The Dessert: We all deserve a little treat so we don't feel deprived. If you are a dessert lover, cut your dessert portion in half or set aside one or two days a week to have a special treat. Or try a sweet that is good for you and relatively low in calories and saturated fat, like fresh fruit or yogurt.

Tip: At SUBWAY® restaurants, try finishing off your meal with apple slices or a Yogurt Parfait (under 160 calories).