



Take Steps to a Healthier You

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Here are some simple tips to help you get back on track and keep your body healthy:

1) Curb the calories. Cutting out 100- 250 calories each day can result in a 1-2 pound weight loss per month and help prevent future weight gain. Trim down on portion sizes, compare food labels and choose lower calorie foods, and replace sodas, specialty coffee and fruit drinks with calorie-free alternatives like water and diet drinks.

2) Desert the desserts. Desserts like cakes, cookies, pies and other sweets are often high in fat, sugar and calories. If you are a dessert lover cut your dessert portion in $\frac{1}{2}$, set a side one or two nights a week to have a special treat, or try a lower calorie dessert like fresh chopped fruit.

3) Choose the right fats. To reduce saturated fat and trans fat, replace butter and stick margarine with liquid vegetable oils or trans fat-free tub margarine. Limit foods that list "partially hydrogenated oil" or "hydrogenated oil" as one of their ingredients.



4) Go for the grains. Whole grains are packed with fiber and nutrients and are associated with weight control. Choose breads, cereals and crackers that list whole grains as their first ingredient – like whole wheat, whole-grain oats, rye and barley.

5) Feel good with fruits and vegetables. Fruits and vegetables are rich in disease-fighting nutrients, are cholesterol-free and are naturally lower in calories, fat and sodium. Include at least two to three fruit or vegetable servings with every meal. At breakfast, top cereal or yogurt with fresh fruit and have a glass of 100% fruit juice. At lunch have a large colorful salad or veggie sticks on the side. For dinner include a side salad and a cup of cooked veggies. For optimal nutrition make sure to select a variety of fruits and vegetables.

6) Count calcium. Choose three calcium rich foods to eat per day. Try calcium-fortified orange juice at breakfast, low-fat yogurt or cheese for a snack and low-fat milk with dinner.

7) Walk, walk, walk. Make a 30-minute brisk walk part of your daily routine. You already make it a point to do other things necessary for your health, like eating, sleeping and brushing your teeth. Daily exercise is just as important. If you have a busy schedule try breaking it up into two 15-minute walks - one before work and one during lunch.

8) Cut the couch potato routine. During your favorite TV show don't sit still - use this time to try different weight bearing exercises. Weight-bearing exercises help burn calories, build muscle strength and maintain bone density.

9) Slash the salt. Instead of using salt to season meats, vegetables and pasta try one of the many delicious salt-free seasoning blends available.