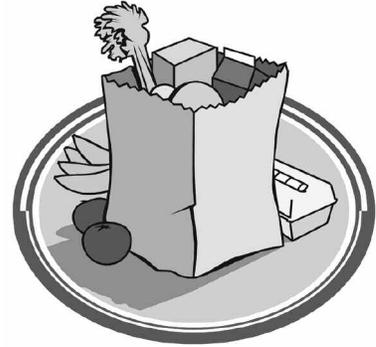


12 Ways to Create a Healthful Eating Style

1. **Forget the fads:** Diet fads come and go without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
2. **Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget and your cooking skills.
3. **Make a commitment:** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.
4. **Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.
5. **Be consistent:** The human body responds well to consistency. For example, if you decide to want to start eating breakfast, have at least a small breakfast every day.
6. **Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, plan ahead what you will eat in the morning.
7. **Be flexible:** Life is full of surprises, and sometimes plans need to change. If you have to leave early and don't have time for breakfast at home, pack something to take with you.
8. **Be creative:** Make a list of all the possible foods – like all the breakfast options that you enjoy at home, in the car, on the bus or at work.
9. **Have items on hand:** Once you have a list of possible foods, keep them around at home, at work, or anywhere you might eat breakfast.
10. **Plan ahead:** Plan ahead of time to have healthy foods available so that you don't have to eat whatever is handy when you get hungry.
11. **Forgive yourself:** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no problem. Just get back on track as soon as possible.
12. **Congratulate yourself:** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.



12 Reasons to Develop a Regular Eating Routine

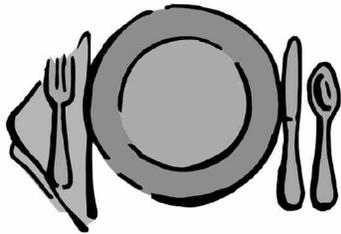
1. **Food is everywhere:** From the gas station to the mall, from the vending machine to the chips at home. Without a regular eating routine, it can be hard to resist temptation.
2. **Grazing can lead to overeating:** Without an eating routine, it's easy to graze on whatever food you find. Many people keep picking at food without ever feeling satisfied.
3. **Skipping meals can lead to overeating:** Trying to eat less by skipping breakfast or lunch often backfires, and you end up eating more calories in snacks and dinner.
4. **Getting over-hungry can lead to overeating:** When you are really hungry, it is hard to make healthy choices. It's also hard to eat slowly and to stop when you are satisfied.
5. **Mindless eating can lead to overeating:** It's also hard to make healthy choices and to stop eating when you are doing other things, like driving, reading and watching TV.
6. **Television can lead to overeating:** TV advertisements and shows are full of food cues that make you want to eat whether you are hungry or not.
7. **Routines help maintain a healthy weight:** Establishing regular times and places to eat helps prevent overeating and helps you balance your eating with your activity level.
8. **Routines help build healthy habits:** Develop a routine of cutting up fruit after dinner for a naturally sweet dessert.
9. **Routines help with planning and shopping:** When you eat regular meals and snacks, it is easier to plan healthy choices and easier to make shopping lists.
10. **Routines help save money:** Buying food on impulse is usually more expensive. It's much cheaper to plan ahead and have healthy choices around when you want to eat.
11. **Children do better with a regular eating routine:** Regular meals and snacks help children maintain the ability to eat when hungry and stop when satisfied.
12. **Different routines work better for different people:** Some people feel better with three meals and a snack; others prefer five smaller meals. Choose the best routine for you!



12 Smart Ways to Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time. Here are a dozen quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen to them.
2. **Prepare less food for meals:** Large quantities of food make people eat more. If you want leftovers, put them out of sight and out of mind.
3. **Start with a small serving:** Small servings may be exactly what you want and you can always have more if you are still hungry.



4. **Use small dishes and glasses:** It really works. Smaller plates and taller, thinner glasses make you think that you are getting more with less.
5. **Slow down the pace of eating:** Eating slowly enhances enjoyment of food and beverages and gives your brain time to register fullness.
6. **Eat half, wait 20 minutes:** When you wait (and listen to internal cues), you can be satisfied with smaller-than-usual portions.
7. **Never eat out of the bag:** When you eat out of bags, boxes or cartons, you usually eat more. Take a small portion and then put the bag away.
8. **Think before you order:** Many meals out are two to four times larger than you need. Make a plan before you order.
9. **Always go for the small size:** At fast-food restaurants, order small or regular items (drinks, burgers and fries) or choose a child-size meal.
10. **Share, share, share:** Sharing meals when eating out is a great way to save money and calories too.
11. **Eat half, take half home:** Ask your server to put half your meal into a "to-go" container in the kitchen or to bring a box to the table.
12. **Eat regular meals and snacks:** When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.

12 Nutrient-Rich Super Snacks

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction and the nutrients your body needs to stay strong and healthy.

1. **Oatmeal with lowfat milk:** All it takes is one minute to heat up a bowl of wholesome nutrients and fiber in the microwave.
2. **Vanilla yogurt with berries:** Take one cup of yogurt and stir in half a cup of blueberries, raspberries or strawberries (frozen or fresh).
3. **Nuts and dried fruit:** Start with a small handful of nuts and add your favorite dried fruit (raisins, apricots or apples).
4. **Cheddar cheese and an apple:** Combine creamy and crunchy, with an ounce of sharp cheese and a crisp apple for tartness.
5. **Beef jerky and pea pods:** With teriyaki jerky (1-2 ounces), this low-fat treat will taste like a Chinese take-out mini-meal.
6. **Turkey on multi-grain bread:** A slice of turkey, a slice of whole grain bread, some lettuce and tomato and your favorite mustard. Yummy!!
7. **Peanut butter on bananas:** Whether you like creamy or crunchy, a tablespoon or two of peanut butter makes this a perfect snack for kids of all ages.
8. **Cottage cheese and fruit:** Juice-packed, canned fruit goes great with a half cup of cottage cheese. Try pineapple, peaches or pears.
9. **Cheese stick and tomatoes:** Easy to take anywhere. Enjoy a mozzarella cheese stick with cherry or grape tomatoes.
10. **Salad with sunflower seeds:** Sprinkle a tablespoon of crunchy seeds on salad greens and dress lightly with olive oil and vinegar.
11. **Wheat wrap with cheese:** Pick a slice of your favorite cheese and roll it up in a whole wheat tortilla or other flavored wrap.
12. **Microwave bean soup:** Instant soups (or beans and rice combos) make quick, heart-healthy, cold-weather snacks.



12 Smart Ways to Enjoy More Whole Grains

Looking for smart ways to enjoy more high-energy carbs? Whole grains are the tastiest place to start. These naturally nutrient-rich foods are easy to find on supermarket shelves. Choose products with a whole grain as the first ingredient. Look for whole wheat, whole wheat flour, whole rolled oats, brown rice, barley or some of the more exotic grains like amaranth, spelt or kamut.

1. **Whole grain breads and rolls:** 7-grain or 9-grain, honey wheat or rye – they all add chewy goodness to toast and your favorite sandwiches.



2. **Whole grain hot cereals:** Instant or regular, oatmeal and other multi-grain hot cereals help kick-start your energy level into high gear.

3. **Whole grain cold cereals:** Make a morning parfait with layers of crunchy cereal, fresh or canned fruit, and lowfat vanilla yogurt.

4. **Whole grain muffins:** Bran muffins are just the beginning. Try whole wheat muffins with blueberries or oatmeal with bananas and nuts.
5. **Whole grain pancakes:** Multi-grain or buckwheat pancakes are a luscious morning treat with fresh or frozen strawberries or applesauce.
6. **Whole grain pasta:** Check out what's new in the pasta aisle – new shapes and flavors made with whole grain goodness.
7. **Whole grain veggie burgers:** Most veggie patties are made from soybeans with cracked wheat, brown rice, barley and other yummy grains.
8. **Whole grain crackers:** Crispy crackers made from whole wheat flour are perfect with peanut butter or your favorite soup.
9. **Whole grains in soups:** Barley may be the best in soup, but whole brown rice is also very nice – especially with a variety of vegetables.
10. **Whole grains in salads:** Cracked wheat makes a super salad called tabouleh. Leftover brown rice goes great with dries cranberries and walnuts.
11. **Whole grains in snacks:** Create a tasty mix with whole grain cereal, dried fruit bits, sunflower seeds and almonds.
12. **Whole grains in desserts:** Oatmeal is an ideal companion for fruit in home-baked treats like apple crisp or oatmeal-raisin cookies.

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds and a nutrition treat for your whole body. Fruits are naturally nutrient-rich. That means they are packed with vitamins, minerals and disease-fighting phytonutrients and are still low in calories. To maximize the health benefits from fruit, nutrition experts suggest 2 to 3 servings per day – in a rainbow of colors. All types of fruit are nutritious – fresh, frozen, canned and dried – so here are a dozen easy ways to treat yourself to good health!

1. **Berries, berries, berries:** Canned blueberries in muffins, dried cranberries in a salad, or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, Clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.
5. **Kiwi fruit:** Slice kiwi fruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel.
6. **Pineapple:** One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now serve up mangoes, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack, a juicy addition to green salad, and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes are very nice for regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are a fruit and now they come in sweet, fruit-shaped cherry, grape and strawberry varieties.



12 Delicious, Easy Ways to Enjoy Vegetables

From a health standpoint, vegetables are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free and packed with disease-fighting phytonutrients. To maximize your health with vegetables, nutrition experts suggest at least 3 to 5 servings per day – in a rainbow of colors. All types of vegetables can be nourishing and delicious – fresh, frozen, canned and juiced. Here are a dozen daily ways to treat yourself to good health!

1. **Broccoli and cauliflower:** Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad or even a slaw.
2. **Carrots:** Sweet, crunchy, good for your teeth, eyes and heart! Perfect raw (as a snack or salad) or cooked in a stew.
3. **Peppers:** Green, red, yellow, orange or even purple! Enjoy peppers in a salad, stir-fry, or casserole or as a snack.
4. **Spinach:** A salad of baby spinach leaves with pears or apples can turn anyone into a real spinach lover.
5. **Onions:** The zesty onion family (scallions, leeks and garlic, too!) offer some powerful antioxidant nutrients.
6. **Peas:** Fresh, frozen or even canned, peas are a treat to eat and they are very popular with small children.
7. **Beets:** If you've never liked beets, try them in a new way – like roasted, grilled or lightly steamed in the microwave.
8. **Sweet potatoes and yams:** Switch the color of your usual baked potato and you'll get a lot more nutrients, along with great taste.
9. **Mushrooms:** Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry or even a tossed green salad.
10. **Leaf and romaine lettuce:** Rule of thumb for a healthy salad – the darker green or red the lettuce leaves, the more nutrients you get.
11. **Green, yellow or purple beans:** Like their pea 'cousins,' beans offer some fiber and a little bit of protein, along with vitamins and minerals.
12. **Tomatoes:** Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste and chunks.



12 Delicious Ways to Enjoy Dairy Foods At Home

Everyone knows that dairy foods are a delicious way to build strong bones and teeth – with plenty of calcium, magnesium, potassium, vitamin D and other nutrients. Did you know that dairy products can also help you maintain a healthy weight, lower your blood pressure and prevent cancer, diabetes and gout? Milk, yogurt, cheese and cottage cheese aren't just kids' stuff – 3 servings a day are important for everybody.

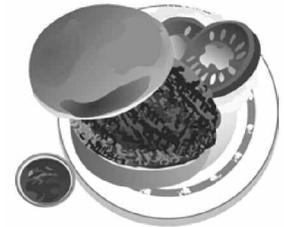
1. **Enjoy MILK with meals:** Make 1% or skim milk the beverage of choice for all meals – morning, noon and night.
2. **Enjoy MILK on cereal:** Combine a whole grain cereal with lowfat milk for breakfast or a snack and your heart will thank you.
3. **Enjoy MILK in hot beverages:** Lattes, mochas, Chai tea or old-fashioned hot chocolate are all delicious ways to drink dairy.
4. **Enjoy YOGURT to-go:** In a cup “to-go,” lowfat yogurt makes a sweet and easy-to-eat treat.
5. **Enjoy FROZEN YOGURT:** Looking for a cool summer dessert? Top your favorite flavor of frozen yogurt with fresh or dried fruit.
6. **Enjoy YOGURT smoothies:** Blend up one at home with fruit and milk or pick up a bottled smoothie in the dairy case.
7. **Enjoy COTTAGE CHEESE:** Combine lowfat cottage cheese with fruit or nuts for a high-protein snack any time of the day or night.
8. **Enjoy a string CHEESE snack:** Perfect for eating on-the-run. Enjoy string cheese in standard mozzarella, Cheddar or a swirled combination.
9. **Enjoy melted CHEESE:** Cheese pizza with vegetables, grilled cheese on whole wheat or a quick quesadilla with beans and salsa are all great ways to enjoy cheese.
10. **Enjoy sprinkled CHEESE:** Sprinkle blue cheese on a salad, Parmesan cheese into tomato soup, or feta cheese on cooked vegetables.
11. **Enjoy CREAMY soups:** There's no need for cream; just make home-cooked or canned soup with lowfat milk for flavor and calcium.
12. **Enjoy dry MILK powder:** Use non-fat powdered milk to add an easy protein boost to smoothies, soups, casseroles and other dishes.



12 Delicious Ways to Nutrient-Rich Lean Beef

Calorie-for-calorie, beef is naturally a nutrient-rich food. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet. At the same time, beef supplies more than 10 percent of the Daily Value for nine essential nutrients, including protein, iron, zinc and many B-vitamins. There are at least 19 cuts of beef that meet government guidelines for lean. Here are a dozen simple ways for your family to enjoy their favorite cuts of beef and pump up their nutrients too!

1. **Slice an EYE ROUND ROAST:** Roast your own beef for sandwiches and wraps – an easy way to get more flavor for less money.
2. **Stir-fry TOP ROUND STEAK:** Cut top or bottom round into small pieces. Marinate with soy sauce and ginger; stir-fry with broccoli or peapods.
3. **Sauté TOP SIRLOIN STEAK:** Sliced steak, onions and peppers are the perfect combination. Serve over brown rice or a whole wheat sub roll.
4. **Bake 95% LEAN BURGER:** Lean ground beef (5% or less fat) is perfect for baking in lasagna and all your family's favorite casserole recipes.
5. **Braise BRISKET:** Slowly cook brisket in wine or broth with some yummy vegetables, like carrots, red potatoes and leeks.
6. **Stew CHUCK ROAST:** Beef stew is superb for dinner and even better as leftovers for lunch. It also freezes well for emergencies.
7. **Microwave POT ROAST:** In 7 minutes or less? The new pre-cooked beef products are convenient and tasty when time is short.
8. **Marinate FLANK STEAK:** Surprise your family with a unique and flavorful new marinade from www.beefitswhatsfordinner.com/.
9. **Barbecue a RIBEYE STEAK:** Nothing beats a succulent steak and baked potato meal, especially with baked beans and a tossed salad.
10. **Roast a TRI-TIP ROAST:** Maximize the flavor of beef with a dry “rub” before cooking. Try a mix of herbs, black pepper and garlic.
11. **Broil a TENDERLOIN STEAK:** Use an oven broiler or indoor grill to quickly cook a steak, while steaming asparagus or beans on the stove top.
12. **Grill a T-BONE STEAK:** Who knew your favorite steak was lean? For a nutrient-rich meal, grill with sliced vegetables and fruit.



Nutrient-Rich Holiday Feasts from Soup to Nuts

Nutrient-rich foods are the best that nature has to offer – whole foods that deliver more nutrition than pills and supplements. With bright colors and delicious flavors, nutrient-rich foods are a gift on any holiday table. Calorie for calorie, they provide more of the nutrients you need to maintain your weight, enhance your health, and reduce your stress during this hectic time of year. Here are a dozen easy ways to add nutrient-rich foods to all your holiday feasts.

1. **SOUP:** Go for thick soups – like navy bean or roasted vegetable. For cream soups with less fat, use low-fat buttermilk.
2. **APPETIZERS:** Make it simple – broccoli trees and baby carrots with low-fat dip or refreshing sliced citrus fruit.
3. **SALAD:** So many festive options – like mixed greens with sliced pears, strawberries, dried cranberries and chopped walnuts.
4. **MEAT ENTREES:** For extra holiday flavor, rub a lean beef or pork roast with a mixture of your favorite herbs and spices.
5. **FISH ENTREES:** Salmon makes a super centerpiece for a feast – especially surrounded by snap peas and roasted red potatoes.
6. **POULTRY ENTREES:** Stuff all your holiday birds with whole grain breads or wild rice mixed with plenty of vegetables.
7. **VEGETABLES:** Add lots of nutrition value for little money with winter vegetables (beets, carrots, squash, pumpkin and yams).
8. **PASTA and RICE:** Whole grain pastas and brown rice mixtures add chewy textures, rich flavors and an extra serving of fiber.
9. **BREADS:** To pack a nutrition punch into your breadbasket, fill it with whole grains – rolls, breadsticks or crackers.
10. **DESSERTS:** Nutrient-rich desserts are easy – just start with a brightly colored fruit like cranberries, pineapple or oranges.
11. **FRUIT and CHEESE:** Or try a different finish to your feast with a flavorful cheese (like cheddar or Swiss) and crisp apple slices.
12. **NUTS:** As a snack or a healthy stocking stuffer, nuts are a popular treat. A handful is the perfect serving size!



Eating Together for Health and Fitness

Sometimes very simple changes can make a big difference. Increasing the meals that your family eats together can make a big difference in your health, happiness and even your finances. No time to make a meal? No problem: family dinners are easier than you think.

WHY eat together as a family?

- 🍷 **Families save time, money and hassle.**
- 🍷 **Children learn skills, values and traditions.**
- 🍷 **Children have fewer behavior problems.**
- 🍷 **Children do better in school and on tests.**
- 🍷 **Children and adults get the nutrients they need.**
- 🍷 **Everyone treasures mealtime memories.**

HOW can YOU do dinner quickly and easily?

- 🍷 **Plan a weekly menu:** Make it simple or make it detailed. The key is to have a plan for shopping and cooking. Involve the whole family for less stress for any one person.
- 🍷 **Cook once, eat twice:** Cut down dramatically on your prep time. Cook and freeze larger batches of key ingredients, like ground beef for tacos and spaghetti sauce.
- 🍷 **Keep the cupboard stocked:** Pack your pantry (and freezer) with staples like canned beans, tuna and fruit; pasta, rice and baking mixes; and frozen vegetables.
- 🍷 **Use the sandwich advantage:** Nothing is quicker than a sandwich - breakfast (toaster waffles), lunch (whole grain bread) or dinner (pita pocket or tortilla wrap).

WHAT foods make a perfect family dinner?

- 🍷 **Grains:** High-energy carbohydrates, especially whole grains, have a place on every dinner table. A bread machine (with a timer) can serve it up hot right on schedule.
- 🍷 **Meat, fish, poultry, and beans:** High-quality proteins provide "muscle" for healthy meals. Do a combo, like beef and beans in chili, for an extra fiber boost!
- 🍷 **Vegetables and fruit:** Any meal is perfect for produce. Pack one-third to one-half of your plate with a colorful bonanza of fresh, frozen or canned fruits and vegetables.
- 🍷 **Dairy:** A glass of cold, refreshing milk (1% or less) is the beverage of choice for healthy families. Cheese, cottage cheese and yogurt are other tasty calcium sources.

Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day - ANYWHERE you decide to eat.

WHY make healthier food choices every day?

- 100 **ENJOY** great taste and good health in every bite you take.
- 100 **BOOST** your brainpower for learning, working and playing.
- 100 **ENERGIZE** your body and mind for all the things you want to do.
- 100 **ENHANCE** your health from head to toe, on the inside and the outside.
- 100 **PROTECT** your whole body - heart, bones, muscles, eyes, skin and more!

WHAT foods are the healthiest choices?

For high-energy health, choose minimally processed, whole foods. These are the best sources of the 70+ nutrients your body needs every day. Whole foods are cheaper than supplements and the nutrients in them are usually better absorbed. Your **best bets** are:

- 100 **Fruits and vegetables** (fresh, frozen, canned and dried) ~ 5 to 9 servings a day
- 100 **Whole grains** (breads, cereals, rice, pasta and snacks) ~ 3 servings a day
- 100 **Low-fat dairy foods** (1% or less milk, yogurt and cheese) ~ 2 to 3 servings a day
- 100 **Legumes and plant proteins** (beans, peas, nuts and seeds) ~ 1 to 2 servings a day
- 100 **Lean animal proteins** (Meat, poultry, fish and eggs) ~ 2 to 3 servings a day

HOW can I make these foods part of my day?

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere - at home, in restaurants and at the supermarket.

- 100 **Eat early:** Start every day with a protein, a whole grain and a piece of fruit.
- 100 **Snack regularly:** Include a protein for maximum satisfaction and lasting energy.
- 100 **Select bright colors:** Pick colorful fruits and vegetables to fill half your plate.
- 100 **Go for lean:** Choose lean meats and skinless poultry to minimize your saturated fat.
- 100 **Choose crunchy:** Go for grains, nuts, seeds and vegetables to pump up your fiber.

Eating Well - at Lunchtime!!

The noon "hour" has disappeared for many Americans. Hectic schedules often mean less time to eat and more time to run errands or continue working. Wherever you eat - home, school, work or drive-thru - lunch is a tasty time to harness the power of nutrition.

WHY eat in the middle of the day?

- 🕒 **RE-FUEL** your body for work, sports or play.
- 🕒 **MAINTAIN** your metabolism for healthy weight.
- 🕒 **FOCUS** your brain for afternoon activities.
- 🕒 **NOURISH** yourself inside and out!

WHAT foods make a power lunch?

- 🕒 **Carbohydrates:** High-energy carbohydrates, especially whole grains, are essential for a power lunch. The goal is to get the energy you need without going overboard on amounts. Stick with a slice or two of bread, a small roll or a handful of crackers.
- 🕒 **Protein:** One key to weight control is to enjoy high-quality protein every time you eat. Protein helps build and maintain muscle. It also provides long-lasting satiety (satisfaction). Go for lean meat, fish, poultry and low-fat dairy, like cheese and milk.
- 🕒 **Vegetables:** Lunch is the right time to load up on vegetables - to get your daily dose of disease-fighting, anti-aging phytonutrients (plant nutrients). Vegetables or fruit - go for bright colors: orange carrots, green broccoli, red tomatoes or black beans.
- 🕒 **Fruit:** For optimal health and beauty (think skin, hair and eyes), experts suggest 5 to 9 servings of produce a day. Sweet fruit makes a delicious dessert at lunch. Enjoy a fruit salad, a piece of fresh fruit, a bowl of canned fruit or a handful of dried fruit.

HOW can I fit food into my busy lunchtime?

- 🕒 **Make noontime nutrition a priority:** Plan to eat before you start on errands or work. Reserve at least 15 to 20 minutes for food and you'll feel better all afternoon.
- 🕒 **Pack it from home:** Brown bag lunches save time and money and they're often a better nutrition deal as well. Make it real easy - just pack up leftovers from dinner.
- 🕒 **Stock your drawers and cupboards:** Supermarkets offer super easy options for work or home, like freeze-dried bean soups, single-serve fruit cups and trail mix.

Eating Well - in the Morning!!

Skipping breakfast is a no-brainer - literally. Skip breakfast and your brain and body suffer all day. Eat well in the morning and get on the nutrition fast track for a healthy day. Breakfast is easy (and essential) ANYWHERE - home, school, work or drive-thru.

WHY eat in the morning?

- 🕒 **RE-FUEL** your body after a long overnight fast.
- 🕒 **REV UP** your metabolism for healthy weight.
- 🕒 **KICK-START** your brain for school or work.
- 🕒 **IMPROVE** your mood and get rid of grumpy!

WHAT foods make a power breakfast?

- 🕒 **Carbohydrate:** A high-energy carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas or rice. Choose whole grains for an extra nutrition punch - more fiber and phytonutrients.
- 🕒 **Protein:** This is the missing link in most morning meals. Protein is what you need to go strong until lunch. Think lean - a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, a container of yogurt, a scoop of cottage cheese or leftover meat.
- 🕒 **Fruit:** Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned or dried fruit (and vegetables) - like pears, apples, mangoes, berries, bananas, oranges, grapefruit, kiwi or pineapple.

HOW can I fit breakfast in my morning?

For most people, time is the biggest obstacle to eating in the morning. Fortunately, there are lots of easy ways to beat the breakfast rush hour. Here are three tried-and-true tips.

- 🕒 **Get it ready the night before:** Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.
- 🕒 **Keep it real simple:** Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza or a yogurt with fruit work just fine.
- 🕒 **Pack it to-go:** If there's no time to eat at home, take your nutrition to-go. Save time (and money) by packing both a brown-bag breakfast and lunch the night before.

HOT Tips on Keeping Your Cooler COOL

1. Start with a clean cooler

- Before you head out for an extended trip or an afternoon picnic, wash your cooler well with hot soap and water. If it's really dirty, clean it out with bleach.

2. Start with some solid ice

- Ice cubes tend to melt quickly and make a mess. Make your own ice blocks by freezing water in plastic milk jugs or use commercial gel packs or "blue ice" packs.

3. Start with frozen or very cold foods

- Pack foods and drinks directly from refrigerator and freezer to cooler. Freeze as many items (like fresh meat and juice boxes) as possible. They'll help keep other stuff cold.

4. Pack items in order of use

- Place items that you will need last at the bottom of the cooler; first things to be eaten at the top. The less that you move things around, the colder everything will stay.

5. Pack in portion-size, leak-proof containers

- Use containers that hold the amount of food that you will need at one time. Make sure that lids fit tightly, or put containers into zip-lock plastic bags.

6. Pack foods separately

- Cross-contamination between foods increases the risk of food-borne illnesses. Keep cooked and uncooked foods separate. Pack all meat products away from other foods.

7. Keep coolers in the trunk

- The goal is to keep all food and beverages away from heat and direct sun as much as possible. In vans or trucks, keep your cooler covered or under other luggage.

8. Keep coolers in the shade

- Once you arrive at your picnic spot or camping site, place the cooler away from the sun. Cover with a blanket or tarp if there is no natural shade available.

9. Keep coolers closed as much as possible

- Every time you open a cooler, the inside temperature warms up slightly. Close the lid completely after each use; place a heavy object on top if necessary.

10. Clean your cooler thoroughly

- When you get home (or when refilling on long trips), scrub the cooler thoroughly with hot soapy water and a dilute bleach solution (1/4 cup bleach to 1 gallon water).

Slowing Down to Eat (and Feel) Better

Slow Food is an international movement that started in Italy in the 1980's. It promotes some very important concepts about "how" to eat, like the "protection of the right to taste" and the belief that meals are meant to be enjoyed rather than simply swallowed. Here are some easy, and healthful ways to slow down and eat better.

1. Eat when you are sitting at a table

It's hard to feel satisfied when you quickly eat a bowl of ice cream while standing in front of the refrigerator or toss down a burger and fries while driving down the highway. It's also easy to eat more than your body wants. Eating while sitting at the table allows you to focus on the food in front of you for both pleasure and nutritional value.

2. Prepare more meals for your family

Home cooked meals are generally lower in cost and higher in nutrients and you control the portion size. Think you have no time to cook? Just switch a few minutes of your evening TV time to "assembling" a meal from healthy convenience foods, like whole wheat rolls, microwave chicken breast, frozen vegetables and salad-in-a-bag.

3. Eat when you are hungry

This is a tough one since we are surrounded 24/7 by tempting foods and the ads that tempt us to buy them. It is important to keep in mind, however, because when we eat in the absence of hunger, we tend to eat guiltily and quickly. This usually means high-sugar, high-fat snack foods in larger amounts than we might otherwise eat.

4. Savor whatever you are eating

Taste is the number-one reason why we eat. When we eat quickly, there is no time for our taste buds and sense of smell to get maximum flavors and pleasure from food. By eating slowly and paying attention, we get greater satisfaction from all meals and snacks. And, remember, it takes 20 minutes for your brain to "hear" that you are full!

5. Eat only what you really enjoy.

Although this may seem obvious, it really isn't. We often eat something just because "it's there." Ever eat the last fruit-filled chocolates in the box, when all your favorites were gone? Or how about the last cookie on the tray, even when you don't really like raisins or oatmeal? Eating food you don't like is a waste of calories and enjoyment!

6. Take a stroll before or after a meal

When it comes to health and fitness, nutrition and physical activity go hand-in-hand. Physical activity helps your appetite and hunger signals operate normally. It's really all about healthy self-care. If you move your body regularly, you'll also want to fuel yourself healthfully instead of eating willy-nilly whatever happens to be available.

For more information about the Slow Food philosophy and activities visit:

- Slow Food USA® at: <http://www.slowfoodusa.org>
- Slow Food International® at: <http://www.slowfood.com>

Smart Drinks for a Healthy Weight

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Choosing power drinks like water, milk and juice instead of soft drinks can help you maintain a healthy weight and quench your thirst at the same time.

1. Drink in the AM: Pour a glass of juice or milk

- Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some 100% fruit or vegetable juice; or a creamy fruit and yogurt smoothie.

2. Drink all day: Keep a water bottle handy

- Carry a bottle in the car, to work or at school and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a squeeze of lime, lemon or orange.

3. Drink in the evening: Serve power drinks for dinner

- Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and tall. Milk (1% or fat-free) is a delicious way to get powerful proteins, vitamins, minerals and fluids all in one glass.

4. Drink before activity: Hydrate yourself with water

- Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then another 8 ounces right beforehand.

5. Drink during activity: Stay cool with cool fluids

- Try to drink at least eight ounces for every half-hour of strenuous activity. On a brisk walk, you can sweat as much as a quart an hour. Water is best in most situations. Sports drinks may be helpful if your activity lasts over an hour or if the intensity is very high.

6. Drink after activity: Rest, re-fuel, and re-hydrate

- Here's an easy way to tell if you've taken in enough fluid to replace what you lost in sweat. Check your urine. If it is clear to pale yellow and nearly odorless, you're doing great. If not, pour yourself another tall glass of water or 100% fruit juice

Smart Eats for a Healthy Weight

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve - and maintain - a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals.

1. Eat early: Kick-start the day with a power breakfast

- Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries or orange juice).

2. Eat regularly: Snack smart to curb the munchies

- Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. Eat bright: Fight disease with a rainbow of produce

- The phytonutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash) and purple (grapes).

4. Eat whole: Enjoy the nutrient combos in whole foods

- Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein for muscle power.

5. Eat strong: Put some protein in every meal and snack

- Protein, more than carbohydrate or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than protein in a liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

6. Eat half: Re-size super-portions to fit your needs

- Today's portions - fast food, restaurant, vending and cookbook - have all been super-sized. Many servings are two to four times what your body needs or wants. One simple solution: cut your food portions in two - eat half and save the rest for another time.

Tasty Tips for Eating Well at Work

1. Pack food and beverages for the week ahead

- Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

2. Stock up on nutrition

- Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

3. Pack lunch while you cook dinner

- You can cook once and eat twice by making "planned-overs" at dinnertime. Make an extra serving or two and pack them to-go as you clean up the evening meal.

4. Take advantage of convenience

- Supermarkets feature an amazing array of single-serve healthy options - perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

5. Add nutrition to your commute

- It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

6. Pump up with protein power

- Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.

7. Switch to a fruit dish

- Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and craisins.

8. Drink to your health

- Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

9. Treat yourself well.

- When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

10. Use the K.I.S.S. principle for candy

- Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

Tasty Tips for Smarter Snacking

1. Check your HUNGER level

- Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.

2. Check your FLUID level

- Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.

3. Check PORTION SIZES

- Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a biggie size with a friend.

4. Check food labels and FACTS

- What you don't know can come as a surprise to your waistline! 300+ calories in a nutrition bar?! 400+ calories in a latte?! 600+ calories in a fancy cinnamon bun?!

5. Pay ATTENTION to your snack

- It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.

6. Pay attention to PROTEIN

- Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.

7. Grab some NUTS

- A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, minerals and protein) at the same time.

8. Grab some VEGETABLES

- Nature's fast food makes an excellent on-the-run snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.

9. Grab some FRUIT

- Feeling like something sweet and flavorful? Fresh, dried or canned - fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and the office.

10. Grab a POWER DRINK

- Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try low-fat or fat-free milk, and build some beautiful bones and teeth too!

Ten Easy Ways to Downsize Serving Sizes

Everywhere you eat these days, food portions are bigger than they used to be. In some cases, they are a lot bigger - like double what they were just a few years ago. Fast food meals, quick-serve eateries, elegant restaurants, supermarkets and even cookbooks, they all serve larger portions and contribute to the expanding waistlines of Americans. Experts agree that right-sizing your food portions is one of the easiest ways to reach and maintain a healthy weight at any age. Here are ten simple ways to change how much you eat without giving up any of your favorite foods.

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend. Think about taking half home.
- 2. Just say no:** Fast food "value" meals may sound like a good deal, but they serve up more calories, fat and sugar than you need. So, say "no thanks" to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal.
- 4. Share a "biggie" size item:** There is a smart way to make mega-portions work for your health (and wallet) - share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- 7. Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared - entrées, salads, sandwiches - and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- 9. Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads and bottled water.

Ten Tasty Ways to Color Your Holidays Healthy

Fruits and vegetables are the perfect holiday foods. As nature's vitamin pills, they are packed with nutrients that help fight winter's colds and infections. As nature's fast foods, they are perfect to eat on-the-run during the hectic holiday season. As nature's bountiful rainbow, they can brighten any festive table. Unfortunately, only 1 in 4 American adults gets the minimum 5 to 9 daily servings of fruits and veggies for optimal health. Here are ten tasty ways that you can change that and enjoy all the colors of holiday health.

- 1. RED:** Slice a red pepper onto a holiday pizza dinner. Sprinkle dried cranberries into a spinach salad. Stir tomato sauce and diced tomatoes into heart-warming chili.
- 2. GREEN:** Toss a festive salad with baby spinach leaves and lettuce in every shade of green: Romaine lettuce, Boston lettuce, Bibb lettuce and butter lettuce.
- 3. WHITE:** Use a cookie cutter to create turnip, rutabaga or jicama stars for a seasonal vegetable tray. Grab a banana for dashboard or desktop dining opportunities.
- 4. GOLD:** Mash Yukon gold potatoes with light sour cream for a favorite holiday comfort food. Bake acorn or winter squash with a little olive oil and brown sugar.
- 5. YELLOW:** Sauté summer squash and/or yellow peppers into a zesty vegetable medley. Serve canned pineapple slices as a garnish or a naturally sweet dessert.
- 6. ORANGE:** Pour orange juice (calcium-fortified) into a morning juice glass. Peel an orange for a refreshing snack. Stir a can of mandarin oranges into a fruit salad.
- 7. PINK:** Enjoy half a pink grapefruit morning, noon or night. Pour pink grapefruit juice into some apple juice for a layered "mocktail" in sunset hues.
- 8. BLUE:** Sprinkle fresh blueberries into a bowl of cereal. Add dried blueberries into a healthy snack mix. Stir frozen or canned blueberries into vanilla or blueberry yogurt.
- 9. PURPLE:** Put fresh plums or dried plums (lemon, orange or cherry flavored prunes) into a brown bag lunch. Include eggplant in a spicy Asian stir-fry.
- 10. Eat the color way – every day!** For optimal health, keep your eye on the prize: 5 to 9 servings of colorful fruits and vegetables every day of the year.



Ten Ways to “Take 10” for Healthy Holidays

Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people and even too much fun. It can all add up to feeling exhausted, overwhelmed and completely stressed out. Fortunately, we can change our reactions to the pressures of the season and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to “de-stress” in the midst of the usual holiday commotion.

- 1. Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.
- 2. Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!
- 3. Take a nap:** A good night's sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.
- 4. Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can sooth tired muscles and release holiday tensions.
- 5. Take a call:** It does make a difference to “reach out and touch someone.” Connect with a special friend or family member for 10 minutes by phone or in person.
- 6. Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls and bring some sunshine into your life and the dog's life!
- 7. Take a child break:** Children have the right attitude toward holidays - wonder and joy. Just 10 minutes with a child can help revive anyone's sagging spirits.
- 8. Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put all your lists aside for 10 minutes and curl up with a book and a cup of tea.
- 9. Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich or a handful of nuts.
- 10. Take a music break:** Holiday songs, carols and hymns are a lovely way to take a break, to relax or even to dance. Try a 10-minute sing-a-long as a stress reliever.

The Seven Cs of Successful Change

Taking charge of your health and your life

Many of us want to make changes in our habits. Sometimes it's a New Year's resolution; sometimes it's advice from the doctor. Sometimes it's just a desire to be stronger or have more energy. We want to eat better and be more active, but we don't always know how to make the necessary changes. Taking some time to consider these seven "C's" of change may help you understand how to get from where you are now - to where you want to be.

1. **Caring** enough to treat your body really well.

Caring about yourself is essential for making any behavior change. Self-care is not selfish - it is what we have to do in order to stop doing one thing and start doing another. Taking good care of yourself also helps you be in better shape to take care of those around you.

2. **Choice** to take small steps in a new direction.

Change is all about making choices. It is making the choice to do one thing (like taking a walk) rather than another (like watching TV). It doesn't mean that you have to give up all television programs. It just means that sometimes you make the choice to be more active.

3. **Creativity** to find a variety of food and fitness options.

The world is filled with stressful situations that can get in the way of our plans to eat well or to be active. The key is to stay calm and to brainstorm a variety of possible solutions. If you are out of fresh produce, you can still enjoy some canned fruit or frozen vegetables.

4. **Courage** for new adventures and everyday challenges.

There is no way around it. It takes courage to make a change. There are many ways to find the courage you need. You can discuss your struggles with friends or family; read inspiring stories about people who have made difficult changes; or find strength in faith and prayer.

5. **Comfort** through tough times with relaxation (or even pampering).

Change is hard work and can be stressful even when it is a positive change. When you are trying to do things differently, you need to rest and recharge your internal batteries. Take time to read a book, to take a nap, to play with the kids or just to do nothing for a while.

6. **Confidence** to take risks and to make normal mistakes.

Optimistic people are generally healthier than pessimistic people. Being confident that you can make positive changes is at least half the battle. Sometimes it helps to make a list of all the changes you have already made, like eating more whole grains or drinking less soda.

7. **Celebration** of the progress toward a strong and healthy you.

Rewards and celebrations are an important part of successful change (think about why we celebrate graduations or job promotions). Give yourself plenty of pats on the back just for moving a step closer to your goal. Gold stars on the calendar aren't just for kids anymore!

Three Tasty Ways to Eat Well on Road Trips

1. Bring food with you

The best way to have control over food is always to bring your own. Whether it's a simple bag of snacks or a fully stocked cooler, bringing your own food saves money and time and improves your nutrition. Here are some of the tastiest ways to eat well while driving down the highway.

- **Feast on nature's fast food – fruits and vegetables**

Fresh fruits, like apples, bananas and pears, are an obvious choice; so are bite-size vegetables like baby carrots, celery sticks and grape tomatoes. Dried fruits, like cranberries, plums and mangoes, are another deliciously sweet option.

- **Put some protein power into your tank**

Many car snacks (candy, chips and pop) are pure fat and sugar. Adding protein to your fuel mixture will help you feel more satisfied, so you can go longer before the munchies strike again. Slices of meat and cheese, in sandwiches or solo, are great ways to get protein.

2. Stock up at a supermarket

For the best value and variety, make pit stops at a local grocery instead of a fast food restaurant or convenience store. Many supermarkets are only a few blocks from the highway, so shopping can be quick and efficient. Produce stands and farmer's markets can also be nutrition bonanzas!

- **Dine at the deli counter**

Today's deli options are usually extensive and delicious. With careful selection, they can also be nutritious. Choose mixed vegetable salads like coleslaw, broccoli or three-bean, and ask the server to drain off as much of the liquid dressing as possible.

- **Snack at the salad bar**

A quick trip around a well-stocked salad bar can offer much more than a salad. Fill a container with sliced fruit like watermelon, honeydew or cantaloupe. Refresh your vegetable selection with broccoli and cauliflower florets, along with low-fat dressing for dipping.

3. Choose wisely at the gas station

Believe it or not, you can even find some decent food and beverage choices at a truck stop or convenience store. Skip the candy bars and snacks at the counter (designed for impulse buying) and check out the possibilities in the snack aisle and beverage cases.

- **Cool off with water, juice or milk**

Soft drinks are not your only alternative these days. Choose bottled water (plain, sparkling or flavored), juice (100% fruit juices like ruby red grapefruit, orange or grape), or milk (reduced fat in plain, chocolate, vanilla, strawberry or banana!).

- **Go nuts in the snack aisle.**

Nuts and seeds are probably your best bet in most snack aisles. Remember to downsize your portion size. Super-sized bags may tempt you to eat more when the drive gets boring. Buy a small bag or take out a reasonable amount and put the rest out of sight (and out of mind).

Whole Foods for Whole Body Health

WHOLE FOODS are a whole lot healthier

- ❶ Many of the nutrition problems in the US are related to our over-consumption of highly processed foods and snacks. Dietary supplements can provide some nutrition insurance, but whole foods offer great taste and the natural nutrient bundles necessary for overall health. The good nutrition news is that you can enjoy cooking convenience without giving up your favorite foods. All you have to do is make more whole food choices every day.

WHOLE FOODS are naturally rich in nutrients

- ❶ Whole foods come from every food group. Whole grains offer wholesome energy, fiber and a long list of vitamins and minerals (www.wheatfoods.org). Produce provides disease-fighting phytonutrients (<http://aboutproduce.com>). Dairy foods build bones and teeth with protein, calcium and vitamins (www.3aday.org). Meats, like lean beef and pork, add Z.I.P. (zinc, iron and protein) to your plate (www.beefitswhatsfordinner.com/ and www.otherwhitemeat.com).

WHOLE FOODS are lower in trans fatty acids

- ❶ In July 2003, the Food and Drug Administration announced plans to require nutrition labeling of trans fatty acids on all foods and supplements. Trans fats, linked to increased risk of coronary heart disease, mostly come from the hydrogenated vegetable oils used in baked and snack foods. Some naturally-occurring trans fats, like CLA in meat and dairy foods, may actually have health benefits (<http://ific.org/nutrition/fats/index.cfm>).

WHOLE FOODS are lower in sodium

- ❶ The average American consumes over 4,000 milligrams of sodium per day, about 75% from processed foods and restaurant meals. The government recommends 2,400 milligrams per day for healthy people and 1,500 milligrams for people with high-blood pressure. Whole foods have less sodium than processed foods. Fruits, vegetables and dairy foods help lower blood pressure (www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

WHOLE FOODS are lower in sugar

- ❶ Eating and drinking too much sugar can lead to dental problems and weight gain. A recent study showed that kids who drank more than 16 ounces of sweetened beverages per day consumed fewer nutrients and an average of 244 more calories per day. Power drinks (like reduced fat milk and 100% juices) and whole foods (like yogurt and cheese) have more nutrients and less sugar (www.news.cornell.edu/Chronicle/03/7.24.03/sweet_drinks.html).

Ten Ways to Manage Your Weight

1. Be realistic about your goals

Not everyone was born to have buns of steel or a model-thin body. Aiming for the impossible can mess up your body - and your mind.

2. Be gentle with your changes

Make small changes in what you eat and the activity you do. Small changes, made over time, always work better than complete makeovers.

3. Be active in your daily routine

If you are already physically active, make sure that you are getting enough fuel. If you're spending too much time on the couch, get up and dance.

4. Be adventurous with your food choices

The best way to get the 40+ nutrients you need is to enjoy a wide variety of foods - and to explore different tastes, textures and colors.

5. Be flexible with your approach

There's no need to worry about one meal, one day or any specific food. All foods, from lettuce to pizza, can be included in a healthful eating style.

6. Be positive about your body

Saying harsh things about your body will only make it harder to take good care of yourself. Acknowledge your strengths and take good care.

7. Be sensible with your knife and fork

Enjoy all foods, just don't overdo it. Recognize that American portion sizes are ridiculous. Listen to the hunger and fullness cues from your body.

8. Be creative with your fitness program

Get fit by finding activities you enjoy. If you love organized sports or working out at the gym, go for it. If not, go dancing, do yoga or trying something totally new.

9. Be persistent in your changes

Forget instant results and magical thinking. Realize that real progress only comes from small changes that you make over and over again.

10. Be patient with yourself

It takes time to ditch old habits for new ones. Focus on your personal goals - and make healthy choices so you can do the things you want to do.

Danger Signs of a Fad Diet

Want to maintain a healthy weight? Want to build muscle and lose fat? Confused by conflicting claims, testimonials and hype by so-called experts? These signs can help you spot a diet disaster before it strikes you. **Forget plans, products and pills that promise:**

Rapid weight loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than $\frac{1}{2}$ to 2 pounds per week. If you lose weight quickly, you'll lose muscle, bone and water - and only a little bit of fat.

Hazardous ingredients

Some compounds in over-the-counter products can be dangerous and even deadly. **Avoid all products with ephedra ephedrine and Ma Huang**, which have been associated with nerve damage, heart attacks and sudden death.

Magic foods or supplements

There are no miracle foods or pills that melt fat away. There is nothing that will burn fat while you sleep. There are no super foods that can magically change your genetic code. And, there is no scientific proof that any food is addictive.

Bizarre quantities and limitations

Be wary of diets that allow unlimited quantities of any food - like grapefruit or cabbage soup. Avoid any diet that eliminates entire food groups. Even if you take a vitamin/mineral supplement, you'll miss some critical nutrients.

Specific food combinations

Forget it. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately - or to produce toxins. There is no evidence that combining certain foods or eating foods at specific times of day will help in weight loss.

Rigid menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. What you need is a realistic, flexible eating style that helps you be your best - in class, sports and life.

No need to exercise

Not likely. Regular physical activity is essential for permanent weight control - and for overall good health. The key to success is to find physical activities that you enjoy - and then aim for 30 to 45 minutes of activity on most days of the week.

Eating Beef the Healthy "Weigh"

Looking for a nutrient boost? Tired of expensive vitamin-mineral supplements? Bored with bland low-fat meals? Love to eat beef - but think that it is too high in fat? Think again. Today's beef is leaner than ever - and every bite offers a power pack of nutrients.

1. Eating beef for HEALTH

When it comes to nutrition, today's beef is full of good news. Beef's "skinny seven" cuts (from the round and loin) offer great taste - with minimal fat. For delicious, heart-smart meals, choose lean beef cuts like sirloin, tenderloin, top round and round tip.

2. Eating beef for ZINC

Beef is the number one source of zinc for Americans. One 3-ounce serving of lean beef provides nearly 40% of the zinc most people need in a day - for normal growth and development, as well as healthy immune systems, wound healing and appetite control.

3. Eating beef for IRON

Even a short-term lack of iron can affect physical and mental functioning. Longer-term deficiencies may affect brain development and IQ levels in children. The iron in beef (heme iron) is readily absorbed. Heme iron also helps you absorb iron from other foods.

4. Eating beef for PROTEIN

Three ounces of lean beef contains 50% of the recommended amount of daily protein - for maintaining muscle mass, supporting immune systems and providing long-lasting energy. That's how beef can add Z.I.P. (zinc, iron and protein) to your meals and snacks.

5. Eating beef for B VITAMINS

Beef offers a delicious bundle of several B vitamins - all vital to help your body unleash energy from other foods. Calorie for calorie, lean beef is one the richest sources of many essential B vitamins - like riboflavin, thiamin and B₁₂ - that your body needs every day.

6. Eating beef for SELENIUM

Selenium is an anti-aging antioxidant nutrient that may help to prevent heart disease and certain types of cancers. Just one 3-ounce serving of beef - about the size of a deck of cards - provides 31% of the recommended daily intake of selenium.

Eating Dairy Foods the Healthy "Weigh"

Are you getting all the benefits of dairy foods? Enough to maintain beautiful bones and teeth? Enough to help maintain a healthy weight, to lower blood pressure and to reduce the risk of diabetes? Two to three servings a day is definitely the healthy "weigh" to go.

1. Drink MILK

A tall, cold glass of milk is the most refreshing way to close your calcium gap - and enjoy a long list of bodybuilding nutrients at the same time. For maximum nutrition and minimum fat, drink 1% or skim milk (labeled as low-fat or fat-free in your dairy case).

2. Eat YOGURT

There's a yogurt to suit every taste - from key lime pie and peach melba to plain and old-fashioned vanilla. Perfect for breakfast-on-the-run, high-octane snacks and cooking at home, yogurt now also comes as a drinkable beverage and shelf-stable yogurt-to-go.

3. Sprinkle on CHEESE

Natural hard cheese can be a nutrient-dense way to add flavor to food. Looking for tasty ways to minimize your fat intake? Use grated cheese with a strong flavor like Parmesan or Romano. Choose part-skim cheese like mozzarella or cheddar made with 2% milk.

4. Choose COTTAGE CHEESE

For real protein power, choose versatile, low-fat cottage cheese - perfect for cooked dishes like lasagna, blended in dips and salad dressings and combined with fruit for summer salads. Bone note - cottage cheese is not as high in calcium as some dairy foods.

5. Indulge in DAIRY DESSERTS

Cold, creamy and sweet - everyone screams for ice cream, especially in summer. Get wise to portion size (go for a single rather than a double) - and add nutrition with fresh fruit and a sprinkling of nuts. For less fat, go for low-fat varieties or for frozen yogurt.

6. Cook with POWDERED MILK

Dry milk is an easy, inexpensive and powerful way to pump nutrition into everyday cooking. Ways to use non-fat powdered milk are almost endless - casseroles, creamed soups (canned, dry and homemade), hot cereal (microwave or regular) and pudding.

Eating Fast Foods the Healthy "Weigh"

Fast food has become the American way of eating. While there is no doubt that fast food is cheap and satisfying, it is also loaded with fat and sugar! Whether you're driving-thru or sitting-down, these six smart tips can help you eat conveniently - and healthfully too!!

1. **Say NO thanks to combo meals**

Buying a combo or "value" meal may seem like a real deal, but it's often a nutrition disaster. The fast food chain makes more money - and you lose control of your choices. It's easy to get what you really want - just say "no" whenever they offer you a combo.

2. **SWAP super-size for smart-size**

Order a regular burger, fries and drink at Burger King® and you get 700 calories, 24 fat grams and about 10 teaspoons of sugar. That's a serious savings over a Whopper® with king-sized fries and drink at 1,730 calories, 46 fat grams and 27 teaspoons of sugar.

3. **SHARE a biggie size with friends or family**

There is a smart way to make gigantic portions work for you - share them! By splitting one large portion, you can save money, while cutting calories and fat. Wendy's Great Biggie® fries have 250 less calories (530 calories) than two medium fries (780 calories).

4. **SAVE money and calories with kiddie meals**

With kiddie meals, you get reasonable portions of your favorite fast foods - and a fun toy too!! Still feel hungry after a Happy Meal® at McDonald's? Order a yogurt parfait - or better yet, bring a piece of fresh fruit for the ride back to work or school.

5. **SUBSTITUTE power drinks for soft drinks**

A 44-ounce soft drink has about 450 calories and $\frac{3}{4}$ cup of sugar (with no nutritional value). Skip the liquid candy - and enjoy the power of milk (with protein, calcium and vitamins); orange juice (with vitamin C and folic acid); or refreshing, calorie-free water.

6. **SWITCH to the healthful options**

Several national chains offer tasty, healthier options, like Quizno's® and Subway® low-fat sandwiches on whole-grain breads. Many have grilled chicken salads and sandwiches. Some local or regional restaurants specialize in healthful choices, like burritos or wraps.

Eating Fish the Healthy "Weigh"

Fish is a fabulous food - versatile, quick and packed with health benefits. Fresh, frozen, canned or dried - all types of fish can fit into a healthy eating style. Here are six super tips to help you go fishing for great taste, good health and food safety.

1. Eat FISH for great taste

The only problem with choosing fish is that there are so many options - over 20,000 fresh and saltwater species and maybe a million recipes. Need help? Talk to the butcher in your local supermarket, get a fish cookbook or go online to troll for recipe ideas.

2. Eat FISH to protect your heart

The American Heart Association has good reason to recommend two fish meals per week (with 3-4 ounces of fish per meal). The omega-3 fatty acids in fish (especially in darker-colored fish like salmon and trout) significantly reduce heart disease risk in women and men.

3. Eat FISH to prevent cancer

Omega-3 fatty acids have also been shown to inhibit the growth of cancer cells, including prostate and breast cancer cells. Despite lots of hype and advertising, there is no proof yet that fish oil supplements provide the same health benefits as whole fish.

4. Eat FISH to build strong bones

Fresh, frozen and canned fish can also help maintain strong skeletons. Fish is an excellent source of high-quality protein and a natural source of vitamin D. Canned sardines and salmon also provide calcium, because you eat the bones right along with the fish.

5. Eat FISH for better babies

Studies have shown that pregnant women who eat fish once a week can lower the risk of pre-term or low birth-weight babies. To avoid potential mercury contamination, the FDA suggests that pregnant women stay away from swordfish, shark, tilefish and king mackerel.

6. Eat FISH with safety in mind

For the safest seafood possible - choose it, store it and cook it carefully. Buy fresh fish that is bright and moist, with no fishy smell, bruises or colored spots. Keep it wrapped in the coldest part of your fridge (or on ice). Cook thoroughly until the flesh flakes easily.

Eating Fruit the Healthy "Weigh"

There's every reason in the world to eat fruit - health, taste and beautiful colors. In fact, color is a great way to choose produce. By eating a rainbow of fruits (and veggies), you'll get a healthy dose of all the phytonutrients you need to fight disease and stay strong!

1. Eat RED fruit

Red fruits, like **strawberries, raspberries, cherries, watermelon** and **ruby grapefruit**, contain lycopene - a potent cancer-fighting phytonutrient. And, it's easy to work toward your **5 a Day** servings - 1 cup of fresh, frozen, or canned fruit equals a serving.

2. Eat WHITE fruit

Even fruits that are white inside - like **bananas, apples** and **pears** - offer nutrients that your body craves: potassium, phytonutrients and more fiber. And, there's more good nutrition news - dried fruit counts toward your **5 a Day** (1 cup equals a serving).

3. Eat BLUE fruit

Blueberries are one of the richest sources of disease-fighting antioxidants in the produce department. Fresh, frozen, canned and even dried - sprinkle them on cereal, add them to pancakes, toss them in salads or just enjoy them as a yummy **5 a Day** snack.

4. Eat GREEN fruit

Green comes in a variety of delicious fruit flavors, like **green grapes, honeydew melon** and **kiwis**. These versatile fruits are high in vitamin C - and they also provide potassium and more fiber. One regular kiwi equals a **5 a Day** serving, as do most medium fruits.

5. Eat YELLOW fruit

Golden **pineapple** is probably America's favorite yellow fruit. Fresh or canned in its own juice - pineapple is a nutrition favorite too. Just 1 cup equals a **5 a Day** serving - and packs a healthy punch of vitamin C (and some fiber too).

6. Eat ORANGE fruit

Oranges are an obvious choice - but there are also **apricots, peaches, mangoes** and **cantaloupes**. Whole fruits have significantly more benefits than juice (like fiber) - but 6 oz. of 100% fruit juice can also count towards one of your **5 a Day** servings.

Eating Grains the Healthy "Weigh"

Grains, starches and carbohydrates are now one of the most confusing areas of nutrition. The high-protein diet gurus claim that almost any carb can make you fat, but nutrition experts know that whole grains are essential for weight management and good health.

1. Eat **WHOLE GRAINS** for wholesome goodness

Any grain product (breads, cereals, rolls, pasta, rice, crackers, etc.) can be part of your healthy eating style. However, foods made from the whole kernel offer a whole lot more. Read food labels carefully to find products that list **whole grains as the first ingredient**.

2. Eat **WHOLE GRAINS** for energy

Carbohydrates are your body's preferred source of energy - for long-lasting muscle and brain power. Since whole grains tend to be digested more slowly than refined ones, they can help stabilize blood sugar levels in people with diabetes (and everyone else too!).

3. Eat **WHOLE GRAINS** for fiber

Fiber is essential for a healthy (and regular) intestinal tract. **Whole grains have more fiber than refined grains**, since they include the outer layer of the kernel. Choose good sources of soluble fiber (oatmeal and barley) and insoluble fiber (wheat, rye and corn).

4. Eat **WHOLE GRAINS** for vitamins and minerals

When grains are refined, nutrients are discarded with the bran and germ of the kernel. Some lost nutrients are added back to "enriched" products like flour. However, in whole grains, the B-vitamins, folic acid, iron, zinc and copper stay in one delicious package.

5. Eat **WHOLE GRAINS** for phytonutrients

These common plant chemicals are hot news in the nutrition world for their ability to fight disease and promote longevity. Like fruits and vegetables, **whole grains offer plenty of phytonutrients** to help fight cancer, diabetes and heart disease.

6. Eat **WHOLE GRAINS** for fullness

Weight management is easiest when you feel full and satisfied with meals and snacks. Whole grains, with **nutty flavors and chewy textures**, are just what the dietitian ordered. Enjoy whole grain cereals for breakfast; whole grain granola bars for snacks; whole grain bread on sandwiches; and whole grain couscous for dinner. It's easy and delicious!

Eating Poultry the Healthy "Weigh"

Most of us know that poultry is low in fat and saturated fat. We also know that turkey and chicken are versatile protein sources - easy to cook in a variety of tasty flavors. However, we don't always know how to choose, cook and store poultry properly. Here's how.

1. **BUYING** poultry at the store

When shopping, pick out poultry (and all other raw meats) just before you are ready to check out. Check the 'sell by' dates on packages carefully. Avoid packages that are leaking and put all meat packages into separate plastic bags (available in most meat cases).

2. **TRANSPORTING** poultry from store to home

Never leave poultry or other perishable foods in a hot car. In hot weather, carry a small cooler and freezable gel packs to keep food cold on your way home. Keep all poultry and other meats separate from other foods.

3. **STORING** poultry before cooking

Refrigerate raw chicken or turkey immediately. Never leave raw meats out on counters. Place packaged fresh poultry, in original wrapping, on lower shelves, in the coldest part of the refrigerator. Freeze any uncooked poultry that you will not use within two days.

4. **THAWING** frozen poultry properly

Never thaw poultry on a countertop. Thaw in the refrigerator - about 24 hours for a 4-pound chicken and 3 to 9 hours for cut-up parts. For quick thawing of raw or cooked poultry, use a microwave. Thawing time will vary depending on the size of the piece.

5. **COOKING** and **GRILLING** poultry safely

Always cook well done, not medium or rare. If using a meat thermometer, internal temperatures should reach 180°F for a whole chicken, 170°F for bone-in parts and 160°F for boneless parts. To check visually, pierce with a fork - juices should run clear - not pink.

6. **STORING** poultry after cooking

Never leave cooked poultry at room temperature for more than 2 hours. If not eaten right away, cooked poultry should be kept either hot or refrigerated. Cooked, cut-up poultry is at its best refrigerated for no more than 2 days - whole poultry for no more than 3 days.

Eating Vegetable Proteins the Healthy "Weigh"

Plant protein sources have been making nutrition headlines for years. The recent health news about nuts, seeds, and legumes (dried beans and peas) has been especially positive. Vegetarian or meat-eater, you can easily enjoy all the benefits of these delicious foods.

1. NUTS for health

No longer a nutrition no-no, nuts are a good source of omega-3 fatty acids. These "good fats" can help lower cholesterol and fight heart disease. A small handful, about an ounce, makes a satisfying (and tasty!) snack - or a delicious topping to a leafy green salad.

2. NUT BUTTERS for health

Peanut butter isn't just for kids anymore. Research shows that sensible amounts of nut butters can help adults stick to a healthful eating style - and lose weight. Balance the fat in peanut butter by spreading it on apple slices, celery sticks or whole-grain crackers.

3. SEEDS for health

Seeds, like sunflower and sesame, also offer nutrition benefits, rich flavors and crunchy textures. Like nuts, they make tasty additions to fruit salads, trail mix, homemade breads and other baked goodies. Try some sunflower seeds and walnuts in oatmeal cookies.

4. BEANS for health

Versatile, tasty and inexpensive - beans are a real nutrition bonanza. Packed with protein, complex carbohydrates, B-vitamins and fiber, enjoy beans in soups, salads, burritos and dips. Good news for quick meals - canned beans are just as nutritious as the dried ones.

5. SOY FOODS for health

Soybeans are the most versatile of all the legumes. As soy milk, soy cheese, tofu, TVP (texturized vegetable protein) products and edamame (whole, green soybeans), soy protein can help reduce the risk of heart disease, cancer and osteoporosis.

6. SPLIT PEAS and LENTILS for health

Like their bean cousins, peas and lentils go great in soups and salads. Like beans, a 1/2 cup serving counts as a protein serving - and as a 5 a Day vegetable serving at the same time. That's a nutrition combo that is hard to beat!

Healthy Eating, Healthy Moving, Healthy You

Eating Vegetables the Healthy "Weigh"

Are you one of the millions of Americans suffering from a serious vegetable deficit? Everyone knows that veggies are healthy, but do you know how good for you they really are? Here are six good reasons to follow your mom's advice and eat your vegetables!

1. Eat VEGGIES to maintain a healthy weight

As a group, vegetables are **low in calories** and **virtually fat-free**. (Avocados, technically a fruit, are the only real exception.) Increasing your vegetable intake is the easy, tasty way to cut back on calories, maximize nutrients and protect your health - all at the same time.

2. Eat VEGGIES to protect your heart

Vegetables are packed with the nutrients that can reduce your risk of heart disease - like **folic acid** (spinach, asparagus, and Romaine lettuce), **antioxidants** (tomatoes, sweet potatoes and peppers) and **fiber** (corn, peas and legumes - dried beans and peas).

3. Eat VEGGIES to fight cancer

High vegetable intakes have been shown to reduce the risk of almost all types of cancer. Two potent cancer fighters are **cruciferous vegetables** (broccoli, cabbage, cauliflower and Brussels sprouts) and those high in **lycopene** (tomatoes, red peppers and red fruits).

4. Eat VEGGIES to preserve your vision

Vegetables do more than help you see in the dark. High intakes of produce rich in **lutein** and **zeaxanthin** (dark green vegetables like broccoli, spinach, kale and collard greens) help prevent macular degeneration, the most common cause of blindness in older people.

5. Eat VEGGIES to save your skin.

Vitamin C (found in tomatoes, peppers, potatoes, broccoli and cabbage) has long been known as a super nutrient for maintaining collagen and connective tissue under the skin. Some preliminary studies also suggest that vegetable lovers may be less prone to wrinkles.

6. Eat VEGGIES to build strong bones

It takes a whole cast of nutrients to build strong bones - and vegetables are great sources of several essential ones. Bone up with **vitamin K** (spinach and broccoli), **potassium** (potatoes and mushrooms) and **magnesium** (spinach, limas, and black-eyed peas).

Eating for a Healthy Weight

Want to lose weight and keep it off? Confused by all the conflicting claims, testimonials, and hype by so-called experts? These six simple steps can help you and your family move toward a healthy weight - and a fit future.

1. Forget the fads and skip the silly stuff

Fad diets and miracle products are a waste of your time and money. There are no foods or pills that magically burn fat. There is nothing that will melt fat while you sleep. Some supplements and herbal products can be dangerous - and even deadly - for some people.

2. Build a healthy base with the Pyramid

Eating for a healthy weight is not difficult. You don't have to count grams of this or weigh portions of that. Let the Food Guide Pyramid be your guide to eating right. Eat more from the base (whole grains, fruits and vegetables) and less from the tip (fats, sweets and oils).

3. Downsize your portion sizes

The portions in fast food and sit-down restaurants are ridiculous. Just say NO to super-size, biggie-size and combo meals (save your extra \$.49 for a piece of fruit). Eat half of your restaurant meals - and take the rest home for an easy lunch or dinner tomorrow.

4. Listen to your stomach (and your brain)

Return to childhood eating patterns - eat when you are hungry and stop when you are full. Learn to tell the difference between hunger and the things that food cannot fix, like boredom, loneliness, fear, anxiety and pain. Deal with feelings directly, not with food.

5. Snack smart and drink plenty of fluids

Snacks and drinks can fill your body with extra, empty calories. Make between-meal foods and beverages count with high-energy choices. Skip the pop and candy machines - and refuel and rehydrate with yogurt, string cheese, nuts, veggies, fruit, juice and water!

6. Enjoy all foods, just don't overdo it

Who wants a restrictive diet that takes away your favorite foods? How long will you be able to avoid all the things you love to eat? Eating for a healthy weight means a realistic, flexible eating style - which allows you to enjoy a lifetime of delicious nutrition.

Increased Nutrient Needs for Pregnancy

How to eat a little more ... and a lot smarter

CALORIE needs increase approximately 300 calories per day

- Overall, it takes about 80,000 calories to make a baby!! After the first three months, pregnant women need about 300 extra calories each day for a healthy weight gain.
- Translated into nutrient-dense, baby-building food choices, 300 extra calories equals:
 - Bowl of whole grain cereal (cold or hot), 8 oz. of fat-free milk and a banana
 - Baked potato topped with 1 oz. grated mozzarella cheese and broccoli
 - Lean roast beef or turkey (2 oz.) on whole wheat bread with lettuce and tomato
 - Trail mix of nuts (1 oz.), dried fruit (2 oz.) and breakfast cereal (1 oz.)
 - Peanut butter (2 tablespoons) spread on apple slices or celery sticks

PROTEIN needs increase 10 grams per day to 60 grams total

- Throughout a pregnancy, protein is probably the most important nutrient. Women need an extra 10 grams of protein a day for the growing baby and their own bodies.
- Dairy products, lean meat, poultry, fish, eggs, legumes (dried beans and peas), seeds and nuts all provide protein and other power nutrients for a healthy pregnancy.
- Here are some quick and easy ways to pump up your protein intake.
 - One 8-ounce glass of milk = 8 grams of protein; 1-ounce cheese = 7 grams
 - Each ounce of lean beef, pork, poultry or fish = 6 to 7 grams of protein
 - One egg = 6 grams of protein
 - One-half cup of legumes (beans, lentils or peas) = 6 to 7 grams of protein
 - One-ounce (small handful) of nuts = 4 to 6 grams of protein
 - Two tablespoons of peanut butter = 4 to 5 grams of protein

IRON needs increase 9 milligrams per day to 27 milligrams total

- Women need plenty of iron for the extra three pounds of blood they produce during a healthy pregnancy. Getting too little iron increases that risk of low-birth weight babies and pre-term deliveries. That's why most health providers suggest iron supplements.
- Eating iron-rich foods, like lean beef and fortified breakfast cereal, is also important.

FOLATE needs increase 200 micrograms per day to 600 micrograms total

- Getting enough of the B-vitamin folate (also called folic acid) helps reduce the risk of certain birth defects of the spinal cord and brain. Folic acid is critically important just after conception, before most women know they are pregnant.
- All pregnant women need 600 micrograms of folate every day - from supplements and food sources. Foods rich in folate include enriched grain products, nuts, legumes, citrus fruits and juices and dark green leafy vegetables.

No More Food Fights

Establishing healthy eating habits has lifetime benefits. According to child nutrition expert Ellyn Satter, the key to a healthy feeding relationship is a division of responsibility between the parent (or other caregiver) and child.

Parent's Feeding Tasks

- Choose and prepare foods.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Offer chances to learn new skills.

Children's Eating Capabilities

- Children know how much to eat.
 - Children will eat a variety of food.
 - Children will grow predictably.
 - Children's eating will mature.
-

Five easy ways to enjoy meals without squeals

1. Make regularly scheduled meals a family priority

Young children need the reassurance of structured meal and snack times. Eating on the run may seem OK for adults, but it doesn't work for most preschoolers. Whether you are eating at home or "on the road," take the time to sit down and eat with your child.

2. Avoid pressuring a preschool child to eat

Most adults have good intentions when they try to force children to eat "healthy" foods or to try new items. The problem with pressure is that it doesn't work - ever. Kids like foods LESS if they are forced to eat them - or if they are given bribes or rewards.

3. Have realistic expectations for mealtime behavior

Preschoolers like to do well and master new skills - like table manners. Adults need to lay out clear expectations for appropriate mealtime behavior. Kids need to know, ahead of time, that they will have to leave the table if they misbehave.

4. Model the habits you want children to develop

Young children do not automatically know how to eat like "big people." They will learn how to eat and how to behave at the table by watching you. You can show children how to enjoy a variety of foods - and how to be adventurous with new foods.

5. Share the joy of eating as a family

Eating well is one of life's greatest pleasures. When you're eating at home, turn off the TV, sit down at the table and enjoy some time together. When you're eating in the fast food lane, take time to eat at the restaurant - or make it a picnic in the park.

What is a healthy weight for you?

A common-sense approach to setting weight management goals

Weight and body image in America

Aiming for a healthy weight can be confusing in today's celebrity-driven culture. Although there has been some movement toward more realistic body images, most of the models that people see in the media are extremely thin, lean and athletic - digital manipulation of fashion photography also helps quite a bit!

Few average Americans have the genetics, time or money necessary for such "perfect" bodies. Unfortunately, many people damage their mental and physical health in vain attempts to be beautiful and acceptable. Dumb diets, dangerous weight loss products and disordered eating are all too common, especially among teens, women and overweight people who will do anything in a desperate effort to reach the unattainable.

Government weight guidelines

Government weight guidelines have shifted from the old height-weight tables to the concept of Body Mass Index (BMI). In 1998, an expert panel from the National Institutes of Health chose BMI as a reliable and inexpensive way to classify the health risk of being overweight or obese.

BMI was used to define a healthy weight in the December 2001 *Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*. A BMI table, complete description of BMI calculations, and the relationship of BMI to health can be found in the Surgeon General's healthy weight advice for consumers at:

- www.surgeongeneral.gov/topics/obesity/calltoaction/fact_advice.htm

Looking beyond BMI for your healthy weight

Many health professionals are using a more holistic definition of healthy weight - one that focuses more on health than weight. Here are some thoughts from experts who think beyond BMI when looking at weight management. **A healthy weight is:**

- determined by your lifestyle, not by a number on the scale or BMI chart.
- a weight where you can have food be part of your life, but not all of your life.
- the weight that one's body settles into with a balanced lifestyle, healthful eating and regular physical activity.
- a weight that is attainable and maintainable within a reasonably stable range without having to resort to heroic efforts of restricting caloric intake or excessively exaggerating caloric expenditure.
- a weight range that a person settles into while respecting natural appetites for food, movement and rest; without using restrictive eating patterns, compulsive exercise, medications or supplements to manage their weight.

Habits for a Lifetime... Weight Management for Adults



Have you ever gone in the bookstore and looked at book titles, or looked at the cover of magazines in the supermarket? How many books or articles are about losing weight? LOTS AND LOTS...Americans are constantly trying to lose weight with the latest miracle “diet.” Well, that is part of our problem. We “go on” a diet to lose weight and then “go off” the diet when we are done. Try a different and more positive approach to weight management. Adopt a healthier lifestyle.

Rather than focus on a diet to lose weight, focus on changing your eating and activity habits to improve your health and fitness. Such changes will also lead to weight loss. But viewing them as lifelong changes to improve your health and fitness may make them stick. It may not sound as easy as the latest fad. However, there is one big difference...this approach WORKS! To begin making lifestyle changes, you need to address two things... your attitude and your behavior.



Control your Goals!
NOT:
“I will lose 2 pounds this week”
BUT:
“I will only snack on fruits and vegetables this week.”
OR
“I will take a brisk walk, going as far as I can 4 days this week.”

Changes in Attitude

Face it! Most of us will never look like a super model or a professional athlete. Everyone has a different shape and body structure. We can't all be thin, but we can all be healthy. Strive to be the best you can be, keeping in mind that very few of us can look like the models we see in magazines. The best place to begin to change our attitude about weight is to set realistic goals. Set goals for the healthy behavior you want to lose. These goals are more specific and you have more control over your success.

Also, rethink your definition of success. The National Institutes of Health defines weight loss and maintenance success as a loss of 10% from where you start. For

example, if you are 200 pounds, $200 \times .10 = 20$ pounds, then 20 pounds lost and maintained for at least 1 year would be a success.

For many, a big attitude change involves the scales. Try not following your progress on the scales. Weighing yourself can lead to feelings of failure. You can tell if you are improving your health and fitness by the way you feel. You can tell if you are losing weight by the way you look and the way your clothes fit. However, if you can't quite do without the scales, limit yourself to weighing only once a week.

For a more positive attitude, concentrate on the healthier behaviors that lead to weight loss than the weight loss itself. Different approaches work for different people. Find the tools that work for you and use them.

Changes in Behavior

Be Active! People who exercise regularly are much more likely to maintain their weight loss than those who do not. Find an activity you like, vary it from day to day, and fit it into your schedule.