

## **Eating for a Healthier You**

- Eat Breakfast
- Eat Regular meals, trying to space them somewhat evenly apart
- Plan snacks – set yourself up to succeed by having good choices available.
- Eat slowly
- Eliminate or Limit sweets and beverages that contain calories other than milk
- Limit TV watching, computer, video game time to less than 2 hours a day.
- Don't prohibit foods or certain food categories. But do keep portions and frequency in perspective.
- Do not reward or punish or comfort yourself with food. (If you want motivators, make them non-food)
- Eat meals and snacks in kitchen; do not eat with the TV or other distraction.
- Incorporate regular exercise, 45-60 minutes daily should be your goal.

- Consume a variety of fruits (3-5, ½ cup servings daily), vegetables (3-5, ½ cup servings daily and whole grains (Half your servings or 3-4 per day).
- Include fat-free and low-fat dairy products
- Fish, legumes, poultry, and lean meats.
- Increase consumption of fiber, with a goal of 20-30 grams of fiber a day.
- Limit the use of “luncheon” and large amounts of prepackaged processed foods.
- Eliminate or Limit use of snack crackers, chips, candies, pastries, fried foods and baked goods.
- Limit Cholesterol-Raising fats
  - Saturated fatty acids – coconut, palm, palm kernel oil, meat fats and lard
  - Trans fats – stick margarine and foods with hydrogenated vegetable oil
- Choose Heart Healthy types of fats:
  - Mono-unsaturated fatty acids – olive, canola and peanut oil
  - Poly-unsaturated fatty acids – safflower, sunflower, corn, sesame oils or tub margarines
  - Omega-3 fatty acids – fish, flaxseed
  - Fats with Stanol and sterol Esters – Examples: Promise active Spread, Benecol spread

