



National Nutrition Month 2005 Tips

- 1. Start your meal with a salad or cup of soup.** The fiber in the salad and the volume of the soup will help you feel full sooner so you won't need to eat so many calories.
- 2. Set an alarm for meal times.** Even if you're buried in a project, don't skip meals. Designate a time to eat and stick to it. Missing meals can throw your body metabolism off and cause weight gain!
- 3. Try not to do anything else while eating.** Mindless consumption prevents the enjoyment of food. When that happens, people tend to eat more and eat unhealthy alternatives.
- 4. Clean your pantry.** Take out the snacks that are high in sugar and the bad fats (saturated and hydrogenated oils). Not all your snacks must be banished. Just replace the unhealthy snacks with healthier ones!
- 5. Go easy on condiments,** such as "special sauces" and dressings on sandwiches and salads. Ask for mustard, catsup or salsa instead; or go lowfat with **lowfat** dressing.
- 6. Go Blueberry!** Eat blueberries (fresh or frozen) regularly , as they have more powerful disease-fighting antioxidants than any other fruit or vegetable. What's an **antioxidant** you might ask? ...You've probably seen how oxygen exposure to cut apples turn them brown. In our bodies when cells convert oxygen to energy, free radicals (oxygen molecules) are produced as sort of a waste product. An antioxidant is a molecule that helps to prevent "oxidation" damage to cells and other structures in our bodies. It grabs the extra oxygen, rather than damaging our cells. So eat 5-9 fruits and vegetables for protection!
- 7. Opting for tofu rather than meat** will significantly decrease calories. Tofu can be stir-fried, broiled, grilled, sautéed, or baked. It can also be pureed to make dips, spreads, salad dressings and even cheese cakes! When mashed it can be substituted for cottage cheese, ricotta or ground meat.
- 8. When eating out...**
 - For a lighter meal, order an appetizer for your entree. Just beware of the deep fried options, such as mozzarella sticks.
 - look for a restaurant that prepares your salad from fresh ingredients. Salad items that stand exposed to air and light will lose nutrients and quality!
- 9. Be sure to get enough sleep every night!** According to sleep specialists at Stanford and the Atlanta School of Sleep Medicine, when you don't get enough sleep, it drives leptin levels down, which means you don't feel as satisfied after you eat. Lack of sleep also causes ghrelin levels to rise, which means your

appetite is stimulated, so you want more food! Those who sleep less than eight hours a night not only have lower levels of leptin and higher levels of ghrelin, but they also have a higher level of body fat. And that level of body fat seems to correlate with sleep patterns. Specifically, those who sleep the fewest hours per night tend to weigh more.

10. **Be size wise about muffins, bagels, croissants and biscuits.**
A jumbo muffin has twice the fat grams and calories as the regular size!
11. **Use garlic or pepper to spice up your food** instead of salt.
Your body will be happier not having to deal with the extra sodium!
12. **Eat only the fruit filling from your next piece of pie** and leave behind the fat-laden crust and 100 calories!
13. **To make your favorite recipes healthier**, look to see where the fat is coming from and then cut the fat in half (at least). Replace the missing fat with herbs, spices and creativity! When baking, you will need to replace liquid oil with fruit juice and other fats with pureed fruit such as applesauce, bananas or prunes (they work well in chocolate recipes).
14. **When making gravies or soups**, use a fat-separating measuring cup and say goodbye to grease!
15. **Get your fluid!** The average adult loses about 2 1/2 quarts (~10 cups) of water daily! To maintain your body's fluid balance, you need to replace it each day. All fluids like juice, milk, soup, tea, and coffee (decaf preferably to reduce the diuretic effect) count, but water is best! You can even get fluid from your fruits and vegetables:

Food	Percent of Water
Lettuce (1/2 cup)	95
Watermelon (1.2 cup)	92
Broccoli (1/2 cup)	91
Grapefruit (1/2 cup)	91
Milk (1 cup)	89
Orange juice (3/4 cup)	88
Carrot (3/4 cup)	87
Yogurt (1 cup)	85
Apple (1 medium)	84

Adopted from North Georgia Cooperative Extension

So drink up!

16. **Always stay on the safe side when dining out** and avoid hidden fat and calories the easy way. Whatever protein source you have chosen, just ask for it "grilled". This is a pretty safe bet that there will not be any high fat butter, oil or sauces used in preparing your meal.

17. **Chili beans are healthy carbs and a great source of fiber!** A large bowl of chili gives you 8 grams of fiber (1/3 of your daily recommendation), vitamin A and iron (25% of your daily recommendation), and calcium (15% of your daily recommendation).
18. **Eat more whole grains!** Whole grains-whether wheat, oats, barley, corn or other-are those that have not had the outer layer of the grain removed. This layer contains fiber, vitamins and minerals. Fiber is important for digestion problems and also reduces the risk for diabetes, heart disease and certain cancers.
19. **Bored with your daily menu?** Looking for healthy snacks to keep your energy levels up during the day? Try a different idea every day:
 - Don't fight that sweet tooth. Try a handful of dried blueberries or cherries instead of cookies.
 - Crunch on crisp slices of sweet, fiber-rich jicama
 - Toss together a crunchy snack mix of pretzel sticks, raisins, wheat cereal squares, and dried cranberries.
23. **Keep in mind that white meat has less fat than dark meat.** If its skinless, it's even lower in fat.
24. **Select vibrantly colored fruits and vegetables** like dark, leafy greens, tomatoes and mandarin oranges. The pigments that give these foods their color actually have important health benefits.
25. **Use these handy kitchen gadgets to maintain freshness and nutritional content.**
 - Vegetable steamer (maintains vitamin & mineral content)
 - Citrus reamer (to press juice)
 - Cedar grilling plank (adds flavor without sauce)
 - Mandoline (for quickly slicing fruits & vegetables)
26. **Eat slower!** It takes about 20 minutes for the brain to get the message from the stomach that you are no longer hungry. Fast eaters are often overeaters! Slow eaters tend to eat less and still are satisfied.