

HEALTHY TIPS FOR BETTER EATING & LIVING

BREAKFAST

Hot Cereals – like oatmeal* with strawberries, bananas, raisins or any fruit you like. Try with soy milk* instead of regular milk. Serving size: 1/3 cup dry.

**Oatmeal is high in protein, B vitamins and fiber and is said to lower cholesterol.*

**Soy milk offers the same high-protein content with less calories and fat. A good alternative for lactose-intolerant individuals. Try Vitasoy brand which has a cream-like consistency and better taste than other brands.*

Cold Cereals – like Raisin Bran, Shredded Wheat and any Kashi brand variety. Avoid brands like Frosted Flakes and Cap'n Crunch which taste great but add a lot of sugar and are considered a processed food*.

**Processed foods contain refined sugar and flour, flavor enhancers and other unhealthy chemical additives that replace depleted essential nutrients and fiber.*

Fruit – any kind. Eat fresh or try a delicious freshly-squeezed/juiced beverage. In general, shoot for 5-8 servings per day.

Fruit is a key source of antioxidants which help to protect the body against free radical damage that leads to cellular destruction and disease in the body.

Eggs – try boiled or poached sometimes; when fried, cook in vegetable oil or margarine instead of butter.

Serving size should be 2 per serving/4 per week maximum. Eggs are high in protein but also high in cholesterol.

Breakfast meats – Try going for leaner varieties of sausage and bacon, as well as pork-alternatives such as turkey, all-beef and soy.

Pastries & Baked Goods – Avoid low-fat varieties which usually stack up on sugar, and similarly, low-calorie varieties which usually stack up on fat!!

*Don't deny yourself but use **portion control** here to limit calories. Have 1 donut instead of 2; have your bagel with light cream cheese or margarine; have a mini-size or 1/2 of a large muffin or danish.*

Breakfast sandwiches – Cut down on condiments such as ketchup, mayo etc. that significantly increase calories from sugar and fat.

Moderation is key. Have 1 egg or 2 egg whites instead of 2 eggs, 1/2 the portion of bacon or ham and 2 pancakes instead of 3. If you dine out at breakfast, be sure to request a smaller portion. It's easier to request less than to resist a full portion while it's sitting on your plate.

LUNCH

Soup – Vegetable, pea/bean, barley, chicken varieties are your friends. Avoid creamy soups which may be thickened with sour cream and other high-fat ingredients. Also avoid soups containing overcooked vegetables which then lose their nutritional value.

Sandwiches – opt for lean cuts and grilled meat if possible. Say yes to open sandwiches* which can reduce your carbohydrate intake. Add lettuce, tomato, sprouts and other vegetable fixings for nutrition and fiber. Use whole grain breads if possible and skip excessive condiments and breaded cuts of meats.

**Open sandwiches have 1 slice of bread on the bottom and none on the top.*

Fast food – Wendy's and Burger King offer the healthiest choices and customized sandwiches. Make good choices such as salads, all-beef burgers, pita sandwiches etc. Substitute the french fries and onion rings with a side salad.

Buffet – Choose lean cuts and grilled meat when possible. Say yes to salads and lightly steamed vegetables. Allow yourself to have 1 or 2 'bad' foods* to balance things out.

**'Bad' foods: BBQ ribs, breaded fried chicken, salads that contain mayonnaise i.e. potato, seafood and some pasta salads; mac & cheese; mashed potatoes; and fried foods.*

SNACKS

Fruit – Any kind is good; fresh is best but even canned or dried can be nutritious and fun!! Avoid dried fruit with high sulphur content and fruit that is preserved in heavy syrups.

Raw vegetables – while they may be cliché, carrot sticks, celery sticks and other foods like this are easy to prepare, nutritious and great for cleansing a clogged colon.

Nuts – have raw, roasted, anyway you like...

Snack bars – go for cereal and fruit bars which are tasty and also provide good fiber. Protein bars and diet bars should be used in moderation to supplement (and not replace) a well-balanced diet.

Allow yourself 1 transgression a day i.e. a brownie or a candy bar but remember moderation is key!

DINNER

Salad – consider this your all-you-can-eat course. Remember the darker the greens, the better and more chock full of essential vitamins and minerals. Go crazy and add beans, fruit, cheese, nuts, seafood or strips of meat for a zesty custom-made meal.

Seafood is your friend! There are dozens of fish varieties that are lean and satisfying but will not make you feel stuffed.

Experiment with **vegetarian entrees**. These meatless main courses can be surprisingly tasty and have less cholesterol and calories than their meaty counterparts.

Portion control is the name of the game. Don't completely skip carbs but have them in smaller portions and stack up on vegetables instead.

Say yes to **dessert** but if you do, count it as your 1 allowed transgression for the day.

MORE TIPS

It's better to eat what you want while practicing **moderation and portion control**, than to deny yourself today and binge tomorrow.

Drink **lots of water** throughout the day to replenish much needed bodily fluids, promote healthy cell production and release toxins which accumulate in the body and lead to illness. Drink juice and water instead of soda which is high in calories and can lead to bloating. Drink 1/2 hr after eating for optimum digestion.

Say no to **smoking** because it is bad for your teeth, lungs and breath and may promote cancer.

Exercise, exercise, exercise! Engage in aerobic activity at least 3 times a week. Gym membership is not a must! Find an activity like cycling, basketball, salsa dancing or martial arts and stick with it. Exercise releases endorphins that energize; improves your cardiovascular system; and helps your body to fight against diseases such as hypertension and diabetes.

Take a good **vitamin supplement** (herbal is best) to maintain your resistance level and obtain any trace elements that may be absent from your diet.

Prepare food from home wherever possible. This way you have more control over what you eat and save \$\$ too.

Try out your new "eating for a healthier life" habits with a partner or group. Remember there is strength in numbers!