



Nutrition Tips for a Healthy Lifestyle

- Look for nutrition facts information on labels and check the portion size for each food. Make sure foods have no trans fat, little saturated fat, cholesterol, sodium, and sugar.
- Go for variety when choosing foods. Different foods provide different nutrients, and picking a variety will be healthier than eating the same foods every day. Add a new fruit or vegetable to your shopping cart each week.
- Eat nutrient-rich foods that have a lot of vitamins, minerals, fiber and other nutrients, and relatively few calories.
- Look for ways to reduce the total fat in your foods. For example, cook with little or no oil, butter, margarine, or shortening. Use cooking sprays.
- Baked, broiled, grilled, steamed, or poached foods have less fat than food that is fried or sautéed.
- Use 90 to 95 percent lean ground beef. If using ground turkey or turkey bacon, read the nutrition label and choose products with less than 5 grams of fat per serving.
- Trim all visible fat from meat.
- Remove skin from chicken and turkey.
- Buy low-fat or nonfat cheese, sour cream, cream cheese, cottage cheese, mayonnaise, and yogurt. Buy 1 percent or nonfat milk.
- Drink plenty of water and try to avoid sugar-filled soda, fruit-flavored drinks, and energy drinks. Drink sports drinks, such as Gatorade and Propel, only when exercising strenuously for more than 90 minutes. Water or nonfat milk are healthy choices.
- Keep Healthy Snacks on Hand—These include fruit, vegetables, and low-fat yogurt. Limit snacks to 1½ to 2 hours before meals.



- Allow soups and stews to cool in the refrigerator; fat will harden and can be skimmed off.
- In baked goods such as muffins and cakes, replace half the fat with equal parts of unsweetened applesauce, low-fat yogurt or prune purée.
- Decrease the amount of sugar in your diet and buy unsweetened applesauce and frozen fruit, as well as fruit canned in juice or water. Look for cereals with fewer than 5 grams of sugar.
- Increase the amount of fiber in your diet and keep the peels on fruit and vegetables. Add extra vegetables to casseroles, soups, or salads. Add fruit to muffins, pancakes, and desserts. Substitute whole-wheat flour for half the all-purpose flour when baking. Buy brown or wild rice, and whole-grain cereal and bread.
- Always eat a nutritious breakfast in the morning. Choose whole-grain, high-fiber breads and cereals, lean meat, fruit. Try to include at least 3 food groups at breakfast.



Watch Your Portion Sizes

Here are the recommended portion sizes for a variety of foods.



= 1 Cup

1 serving of raw leafy veggies, dry cereal, yogurt, milk, fresh fruit or baked potato



= 3 Ounces

1 serving of beef, chicken, pork or seafood



= 1/2 Cup

1 serving of canned fruit or fruit juice, vegetables, pasta, pretzels, rice, or cooked cereal



= 1 Tablespoon

1 serving of peanut butter or gravy; 2 tablespoons is 1 serving of salad dressing



= 1 Teaspoon

1 serving of margarine, butter, or oil

