

TE HEALTH TODAY



TIPS FOR HEALTHFUL EATING

- Use organic, lean meats and poultry; trim off skin and fat prior to preparation. If eating pork, choose loin chops, Canadian bacon or tenderloin. If eating beef, select sirloin, round steak, extra-lean ground beef. If preparing or eating poultry, select white meat over dark meat which is higher in fat and cholesterol.
- Cut back on processed meats such as lunch meats, corned beef, smoked ham and bacon, and sausage, which tend to be high in salt, additives and saturated fat.
- Choose fiber-rich foods whole grains breads and foods: oats, cracked wheat bulgar, wild rice, brown rice, air-popped popcorn, rye, millet and quinoa.
- Eat whole, fresh fruits and vegetables in place of drinking juice. Eliminate soda.
- Prepare foods by adding spices, herbs, flavored vinegars, citrus zest and citrus juices instead of using salt, fat (butter, oil, bacon fat), lard and sugar.
- If buying frozen or canned vegetables and fruits, select low-salt, no-sugar-added varieties. Skip them if they are packed in syrup or include sauces.
- Choose deeply-colored fruits and vegetables. They tend to be higher in vitamins, minerals, and other valuable plant nutrients.
- Aim for 25 to 35 grams of fiber per day from fruits, vegetables, beans (black, white, kidney, garbanzo/chickpeas), peas, bread and cereal. Don't be fooled: check those labels carefully. Fiber can help lower blood cholesterol, moderate blood sugar levels, and provide a feeling of fullness, while also helping to keep your elimination regular.
- Prepare meats by grilling, baking or broiling instead of by frying.
- Avoid fast foods and fried foods. Plan ahead. Cook at home. Pack a lunch. Keep healthful snacks in the car and at your desk.
- Reduce intake of packaged, processed foods. They tend to be high in trans fats, saturated fats, sugar, salt, additives, and excess calories, while providing very nutrition of value. Cut back on chips, cookies, pretzels, crackers, doughnuts, muffins, cake, candy, pastries and pies.
- Reduce portion sizes. Do not deprive yourself of the foods you enjoy; allow yourself occasional treats in small portions.
- Avoid trans fats and saturated fats. Check those labels! Replace them with oils low in saturated fats, such as olive oil and safflower oil.
- Eating too much salt (sodium) can contribute to high blood pressure. Look for low-sodium and reduced-sodium options. Reduce use of high-sodium condiments and foods, such as soy sauce, Worcestershire sauce, seasoning salt, pickles and olives.