

Getting to a healthy weight can be done!!

Follow these guidelines to manage your overall eating plan, increase physical activity, and learn about health choices that will last a lifetime! Mobile apps such as “Lose It” or “Eat this Much” can help you learn about the foods you’re eating and teach you more about nutritional content and portion control. The website *authority nutrition.com* has a lot of good information on a healthy lower carb diet. Combining a nutrition plan with an exercise plan and lifestyle shifts will lead you to success with your healthy lifestyle goals.

FOOD SHIFTS

Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure and diabetes. Healthy shifts where you swap out foods for healthier options can be easier to stick with over time. For example, eating small meals throughout the day so you don’t get hungry, and choosing a workout activity that you can do throughout the day, such as three 20 minute walks, will help you ENJOY your weight loss and stick with it! Here are some examples:

Whole milk **TO** skim or low fat milk

Soda (even diet) **TO** water or seltzer water

White bread **TO** wheat bread or whole grains

Fatty processed meats **TO** lean cuts of chicken or seafood or even beans and eggs

Ice cream **TO** nonfat frozen yogurt

Chips/crackers **TO** unbuttered popcorn

Butter/lard **TO** olive oil

Heavy dressings **TO** vinaigrette or lemon juice

Casseroles **TO** sautéed or raw veggies

Heavy desserts **TO** whole fruits

Cut Down on Added Sugar

Added sugar can be found in most any prepared or packaged food from cereal to ketchup. Most people don’t realize that one soda has over half the added sugar that is recommended for an entire day for an adult. So, an easy way to cut down is to swap out those high calorie sweets with healthy choices. Eat fruits instead of cookies or cake; eat unsweetened cereal, drink plenty of water instead of soda, and cut out candy!

Cut Down on Added Sodium (salt)

Eating too much sodium can lead to high blood pressure, which can lead to heart attack or stroke. Foods that are processed (such as instant foods) or prepared (such as fast food) often are high in sodium. The daily recommendation is about 2300 mg per day, which is what is found in about 2 slices of pizza! You can easily cut down by limiting pizza, sausage or hot dogs, dressings, and by not salting your food on your plate. Choosing fresh instead of canned vegetables and cooking more at home will help too.

Cut Down on Saturated Fat

Limiting saturated fats is important for your health, but it doesn’t mean you have to cut down on flavor. Most come from animal products like dairy, meat and poultry, and you can limit these by choosing lower fat and lean options at the grocery store and in cooking and dining out. Go for grilled lean meats and skinless chicken or fish and cook with olive oil instead of butter or lard. You can get healthy unsaturated fats from seafood, nuts, and avocados.

Add Fiber to Your Diet

Fiber not only promotes health, it also reduces the risk for some chronic diseases, helps prevent constipation, lowers cholesterol, and can help lower blood sugar. Good sources of fiber include fruits and vegetables with skins, dark green leafy vegetables, whole wheat products, all types of bran, and seeds and nuts.

ADD ACTIVITY TO YOUR DAY

Most people think of exercise as a sweaty hour or more of hard work. Your daily activity doesn’t have to be such a grind!! Choose something you enjoy, and break it up into a few different times of day that fit into your schedule. If you normally find yourself going to the fridge at a certain time of day, distract yourself with a 20-30 minute walk outdoors. You will boost your metabolism and may find yourself even looking forward to this activity. Take stairs instead of the elevator, join with friends for fun activities like dancing or bike riding. You can even get creative and productive; washing cars and vacuuming are amazing ways to burn calories and you’ve got something to show for it immediately! You can start a food diary, and along with it keep an “activity” diary. You’ll be surprised at all the ways you can find to substitute sitting, watching TV or being on the computer with doing something active.

Some tips to remember:

DRINK LOTS OF WATER- all day long

EAT SMALLER PORTIONS at meals

CHOOSE HEALTHY SNACKS

COOK MORE AT HOME

EAT SLOWLY

KEEP A FOOD DIARY

EXERCISE – walk everywhere!

DON’T GET DISCOURAGED

LEARN ABOUT NUTRITION

TRACK YOUR PROGRESS

HEALTHY LIFE PLAN by CARTERET CHILDREN’S CLINIC

MEAL PLANNING TIPS

It's easier to stick to a plan if it's something you do over and over. So, choose some foods for breakfast, lunch and dinner that are healthy and easy to prepare and that you like. You can also pick one day where you will prepare most of these meals, divide them into healthy portions using Tupperware or Ziploc bags. Here are some examples:

Breakfast:

Omelet: scramble 2 eggs in a coffee mug. Add 1 tablespoon of shredded cheese and microwave for 45 seconds. Or 2 hard boiled eggs.

Banana with thin layer of peanut butter

½ cup cottage cheese or ½ cup plain yogurt mixed with fresh fruit

Plain oatmeal with fruit

Lunch

Peanut butter sandwich: thin layer of natural peanut butter on 2 slices whole wheat bread. You can layer on banana or raisins or thin sliced apple

Leftover grilled chicken from dinner over raw baby spinach leaves. Squeeze on lemon juice and drizzle of olive oil.

Dinner

baked or grilled chicken; lean hamburger, pork or fish

Baked sweet potato, roasted or steamed veggies, brown rice

Fresh greens and salad veggies with small amount of nonfat dressing or vinaigrette; nuts and raisins

Tip for mashed potatoes: steam or roast a head of cauliflower, mash it and mix with ½ cup plain yogurt. Tastes fantastic!

Snacks

Remember that snacks between meals will help keep you from over-eating. You will also have more energy throughout the day to enjoy all those activities that you are now doing!

Raw sliced veggies with hummus or nonfat dressing

Cut up fresh fruit/ apple/ banana

Cheese stick (or slice)

Unbuttered popcorn

Hard boiled egg

Pretzels instead of chips

A dill pickle (but high in sodium)

Unsweetened yogurt with fruit

Peanut butter on celery

Dry unsweetened cereal instead of cookies

Handful of nuts and raisins

WATER

WATER

WATER

Shopping tips

Grocery stores can be dangerous, especially if you're hungry! When you go, stay on the outer sections where the fresh foods are located. Look for sales in the weekly ads and ask for help if you're unsure. Stay away from instant or processed foods! You can stick to a basic grocery list and will be amazed at how affordable eating healthy can be!

BASIC GROCERY LIST:

Fresh Section:

Bagged apples
bananas
bagged oranges or grapefruit
carrots and celery
collards
sweet potatoes
bagged spinach
cucumber
cauliflower and broccoli

Meats/Poultry

85% or leaner hamburger
chicken breasts (remove the skin)
chicken thighs (remove the skin)
whole pork loin
lean pork chops
any fish (especially if you catch it yourself!)

Dairy

Eggs
skim milk
lowfat or fat free PLAIN yogurt
cheese (low fat if available)
frozen yogurt for a treat

Grocery items

Whole wheat bread
brown rice
instant plain oatmeal (not flavored/sweetened)
natural peanut butter
dill pickles
raisins
nuts (dry roasted)
plain unbuttered popcorn