

GOOD NUTRITION

Delightful Dairy

Milk, cheese, yogurt and other dairy products are good sources of calcium, protein and other vitamins and minerals. However, these foods can be high in cholesterol, fat and calories, so choose "light" versions.



- Puree fat-free or low-fat cottage cheese and evaporated skim milk with lemon juice and rosemary to make a light, creamy pasta sauce.
- Top your potatoes with fat-free or low-fat yogurt, sour cream or cottage cheese.
- Substitute fat-free or low-fat yogurt for full-fat sour cream in your recipes.

Good nutrition is key to a healthy lifestyle. Healthful eating habits may reduce your risk of many chronic health problems such as heart disease, diabetes, and osteoporosis. It fights cancers and may increase your chances for a longer life. Read on. Here's to good food!



Fantastic Fruit



Fruits are a great tasting way to get vitamins, minerals and fiber and to satisfy your sweet tooth without loading up on calories. And almost all are virtually fat free. **To get the recommended four servings (2 cups) per day:**

- Add fresh or dried fruit to breakfast cereals.
- Carry two fruits with you to work every day for lunch and snacks.
- Replace the oil in baked goods with thick fruit purees, such as applesauce, or mashed bananas or prunes.

Marvelous Meats & Beans

Go lean on the protein. **Make wise choices from the meat and beans group:**



- Choose extra-lean ground beef. The label should say at least "90% lean."
- Broil, grill, roast, poach or boil meat, chicken or fish instead of frying.
- Choose dried beans or peas as a main dish or as part of a meal.

Varied Vegetables

Different vegetables provide different nutrients, so enjoy a variety. **To get the recommended five servings (2 1/2 cups) per day:**

- Add cut veggies to stir-fry dishes or to lean ground beef or turkey when making meatloaf.
- Add crunch to sandwiches: In addition to the usual lettuce, tomatoes and onions, try green or red bell pepper rings, cucumber slices, sprouts or sliced radishes.
- Choose a wide variety of salad greens, including arugula, chicory, collard, kale, mustard greens, spinach and watercress.



Powerful Potassium



A potassium-rich diet can help control blood pressure and lower the risk of stroke. Eat more spinach, potatoes (with skin), tomato juice, cantaloupe and bananas.

Great Grains

Breads, pasta, rice and other grains are your main sources of high-energy carbohydrates. Most are low in fat. Choose whole-grain products as much as possible for maximum fiber and nutrients. **To get the recommended 3 ounces or more per day:**

- Enjoy breakfasts that include high-fiber cereals such as bran flakes, shredded wheat or oatmeal.
- Expand your grain menu with whole-grain items such as kasha, brown rice, wild rice, bulgur or whole-wheat pasta and tortillas.



Friendly Fats

The right fats belong in a healthful diet. Your best options are monounsaturated and polyunsaturated fats. **Tips:**

- Extra virgin olive oil is ideal for sautéing (on low heat) and in salad dressings.
- Snack on a small handful of nuts rather than potato chips or processed crackers. Or try peanut butter on celery, bananas or rice cakes.
- Include two weekly servings of fish such as salmon and mackerel, instead of meat.

