So What Can I Eat?

Rather than focusing on what you can't have, why not think about foods you can add to your diet for better health? Try these ideas:

FIBER: A diet high in fiber helps combat heart disease and colon and prostate cancers. You feel full more quickly, making it easier to lose weight. Quick ideas: Start your day with a high-fiber cereal, fill out your lunch salad with broccoli and carrots and make sandwiches with whole-grain breads.

SOY: Soy has many health benefits, from reducing your risk of cancer and lowering cholesterol to easing menopausal symptoms. Quick ideas: Use soy milk on your morning cereal, add chopped tempeh to salads and try nondairy, soy-based "yogurt" cups or frozen desserts.

CALCIUM-rich foods: Calcium builds strong bones and teeth and reduces your chances of developing weak, brittle bones later in life. Quick ideas: Drink two glasses of low-fat milk daily; have a spinach salad for lunch.

FRUITS and VEGETABLES: The vitamins in fruits and vegetables help fight a variety of diseases such as cancer and heart disease. Quick ideas: Keep a fruit bowl on your desk and kitchen table and eat from it often; snack on baby carrots and other raw veggies.

FISH: Omega-3 fatty acids found in fish such as salmon and trout help reduce your risk of heart disease. Quick ideas: Broil or bake fish with lemon juice, low-sodium soy sauce or Dijon mustard.

Healthy "Fast Food"

When you're on the go and running low on energy, it might be tempting to grab an order of fries or a candy bar. But these fruit and veggie treats are just as fast and much more healthy:

- Small box of raisins
- A banana
- Handful of grapes
- Cherry tomatoes
- Carrot sticks
- 100 percent fruit juice

For vegetables that need cooking, a healthy dish is only a few minutes away:

- Steam broccoli or asparagus spears for 5 minutes, and squirt on some lemon juice.
- Stir-fry thin slices of zucchini and yellow squash for 1 minute in 1 tablespoon of oil, and sprinkle with parmesan cheese.
- Microwave a baked potato on high for 5 minutes (pierce skin with a fork first).

Grocery and convenience stores often stock precut vegetables and fruits in the produce section or salad bar, so you don't even have to dirty your utensils. Just grab and go! There's no quicker way to give your body what it needs to stay healthy.

SMART EATING FOR BUSY PEOPLE

Nutritious Meals On the Go

BOOST YOUR HEALTH IN MINUTES

Don't have time to eat right? You'll be surprised to learn that you can get big health benefits from small diet changes.

Choose vegetables, fruits and whole grains that are low in fat and sodium. Cut down on fried foods and high-fat dairy products and meats which are high in cholesterol.

Think of changing your diet as an exciting challenge instead of a chore. ***Remember:*** Even small changes do something good for your health.

Shortcuts to a Healthy Diet

Chances are you can make a few small (and fast) changes in the way you eat now that will produce BIG health benefits.

- **Start** your day by drinking a glass of real fruit juice and eating a bowl of high-fiber cereal with low-fat or soy milk.
- **Switch** from mayonnaise and butter to nonfat or low-fat spreads such as jam, apple butter, mustard and nonfat margarine.
- **Top** baked potatoes with nonfat yogurt or nonfat cottage cheese instead of sour cream.
- **Snack** on fig bars, ginger snaps, angel food cake or nonfat frozen yogurt instead of high-fat treats.
- **Use** lemon juice, dried herbs or salsa as vegetable toppings.
- **Choose** lowest-fat deli meats, such as sliced turkey or chicken breast and lean ham. Fill out your sandwiches with vegetables (tomatoes, lettuce, sprouts, cucumber slices) instead of piling on more meat.
- **Save** high-fat foods such as french fries and rich desserts such as ice cream and pastries for special occasions and share them with a friend.

Eating Out, Eating Smart

With your busy life, chances are you grab more than a few meals on the go. Restaurant eating doesn't have to be unhealthy eating. You can enjoy your food and still make healthy choices. ***Here's how:***

Choose a healthy restaurant. Try ethnic food, such as Italian or Asian. An Italian restaurant probably offers fish and pasta in marinara sauce. Chinese, Japanese and Thai cooking tend to have a high proportion of vegetables to meat. Tip: Avoid soy sauce — it's high in sodium.

Ask how dishes are cooked. Avoid dishes that are fried, creamed or sautéed. Instead, choose broiled, baked or steamed dishes.

Make substitutions. Most restaurants are happy to serve you a baked potato instead of fries, or a salad instead of a buttered or creamed vegetable dish.

Control your portions. Ask for half of your meal to be "doggie-bagged" right from the start, so you won't be tempted to overeat. Or, order a low-fat appetizer and fill up at the salad bar instead of having a large entrée. Be sure to avoid high-fat salad dressings — 93 percent of the calories are from fat.

Remember: Even fast-food restaurants offer healthier menu options. Go for a grilled chicken sandwich or a salad instead of a burger and fries. Try bottled water as an alternative to sodas and shakes. Reward yourself with a cup of low-fat frozen yogurt for dessert instead of ice cream.

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