

Tips to prepare a healthier plate

Are you looking to eat (and feel) better? Unfortunately, the answer isn't in fried or sugary foods, however good they may taste. Following just a few simple tricks may make a big difference in how you feel and help improve your overall health.

- **Play with portions.** Fill your plate half full of fruits and veggies. The more colorful, the better! Try sweet potatoes, broccoli and tomatoes.
- **Harness some protein power.** You may have heard about the importance of protein, but which foods have it? Good sources are lean beef and pork, chicken, turkey, beans, tofu and seafood.
- **Trim the fat.** As tempting as it may be, smothering veggies in heavy gravy or cheese sauce doesn't do you (or your waistline) any favors. Top instead with a sprinkle low-fat parmesan cheese or a squeeze of lemon.
- **Milk it.** Drink your calcium, by pouring a glass of fat-free or low-fat milk. Not a fan? Try soymilk or adding fat-free or low-fat yogurt to your meals.
- **Switch things up.** Make it a fun goal to try new foods such as kale, quinoa or mango. Search for new recipes to try with your family.
- **Think small.** When it comes to plate size, smaller is better. Even if you finish everything, you'll be consuming fewer calories. And remember, if you're truly hungry, you can always go back for seconds.
- **Play chef.** When you cook at home, you'll have more control over the food you're preparing. Plus, you'll have a better idea of how many calories you're consuming as well.



- **Eat with intent.** Take the time to notice your food. What does it smell like? How's the texture? Chew slowly and savor your meal. If you eat too fast, you may overeat before you get the message that your stomach is full.
- **Finish smart.** It's OK to indulge in small portions of high-fat, high-calorie desserts once in a while. However, if you have a serious sweet tooth, try having fruit as a dessert instead. Fresh berries with a dollop of low-fat yogurt or baked apples topped with cinnamon are excellent choices.

Smart swaps

Making minor changes to how you eat is an easy way to cut calories and reduce the amount of saturated fat you're consuming.

Instead of:	Try:
Butter	Olive or canola oil
Refined grains (such as white bread or rice)	Whole grains
Fried meats	Grilled or broiled meats
Salt	Dried herbs or spices
Full-fat dairy (milk, sour cream, yogurt)	Low-fat or fat-free dairy

For more information on eating healthier, call us 24/7.

Care24
Call 888-887-4114
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Sources:

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