

Portions & Varieties

- 1. The simplest advice is to eat at least two to 5 servings of seafood a week to lower your risk of sudden cardiac death.** But if you want to make sure you're getting enough Omega3- fats, shoot for between 1 & 2/1 gram (500 mg & 1,000 mg) supplement a day.
- 2. Downsize your plate.** Simply going from a -12inch plate to a -9inch plate will allow you to cut 500 calories without feeling deprived.
- 3. Measure portions.** So many of us have serious portion-distortion. Measuring out one serving can save you hundreds of calories & help you realize what food give you more bulk for the bite. For example, a cup of granola can have up to 600 calories, while a cup of high-fiber cereal has only about 120.
- 4. Know when you've had enough to eat.** Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So fast eaters slow down & give your brain a chance to get the word.
- 5. Portions haven't only got bigger, but they're also full of extra toppings.** Our salads have calorie-laden dressing & high-calorie toppings such as cheese. Healthy foods can easily become high-calorie foods. Watch your toppings!
- 6. Eat a wide variety of foods.** Healthy eating is an opportunity to expand your range of choices by trying foods - especially vegetables, whole grains, or fruits - that you don't normally eat.
- 7. Get creative with your snack suggestions by swapping out different fruits, vegetables & grains to keep your snacking exciting!**
- 8. Keep portion control in mind.** Have a single-serve cup of yogurt or put a small serving of nuts in a bowl. Eating directly from a multiple-serving package can lead to overeating.

9. Keep the weekends eating healthy! Weekend celebrations don't have to derail your best efforts toward healthy eating. Downsize your plate when you are out at a restaurant & always go for the healthier option served. Know that whatever food you put on your plate will probably get eaten. So take a small plate & small portions of your favorite foods. Eat slowly & enjoy.

10. Enjoy your food but eat less. Avoid oversized portions. Use a smaller plate, bowl & glass.

11. Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains & low-fat dairy & lean protein foods.

12. Balance your plate with a variety of foods. Half your plate should be filled with fruits & vegetables, about one fourth with lean meat, poultry or fish, & one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

13. Eat a variety of nutrient-rich foods. You need more than 40 different nutrients for good health, & no single food supplies them all. Your daily food selection should include bread & other whole-grain products; fruits; vegetables; dairy products; & meat, poultry, fish & other protein foods. How much you should eat depends on your calorie needs. Use the nutrition facts panel on food labels as handy references.

14. Reduce, don't eliminate certain foods. Most people eat for pleasure as well as nutrition. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat & how often you eat them.

15. Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers & low-fat cheese.

16. Put a Little Spring in Your Diet! Eat a variety of vegetables, especially dark-green, red & orange vegetables plus beans & peas. Fresh, frozen & canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

