

Eating Smart For Life



Changing the way we eat may be easier than you think. Often benefits for you and your family can last a lifetime. Start with a simple review of what you currently eat. “What did you eat yesterday?” Did you eat a variety of fruits and vegetables? Did you drink milk or other calcium and

vitamin D rich beverages? Did you eat whole wheat bread? Whole grain cereals, rice or noodles? Do you often rely on fast foods and restaurant meals or do you cook your own meals from scratch? For some, a minor tune up may be needed!

Simple Ways to Begin a Healthier Style of Eating

- **Read the nutrition labels** on packages before you buy them. How many servings are in the package? Be on the alert for added salt, sugar and fats. Pass by items with hydrogenated or partially hydrogenated vegetable oil which are trans-fats.
- **Cut back on fats including** butter, margarine, cheese, ice cream, pastries, salad dressings, especially ranch and thousand island. The highest source of saturated fat in our diet is cheese, so try to limit it to 1-2 ounces a week! When choosing dressings, look for vinaigrettes or low-fat or nonfat versions. Oils? Chose canola or olive oils.
- **Bake, grill or broil meat.** To lower the fat content, rinse your ground beef with hot water after browning it, and before adding to your favorite recipe. Remove skin before eating chicken or turkey. These extra saturated fats do not promote our health!

- **Eat fish at least once a week, but not breaded or fried!** Water packed tuna, salmon, tilapia, cod...the varieties are endless. Food sources of nutrients are usually the best choice, but if you don't care for fish, consider upping your omega 3's with fish oil supplements.
- **Eat plenty of fruits and vegetables** both with your meals and as snacks. Adults aim for 2 cups of fruits (not fruit juice) and 3 cups of vegetables daily. Variety matters to maximize all the vitamins and minerals your body needs.
- **Avoid large portion sizes** when eating away from home. Share your meal or “doggie bag” part of it and enjoy left-overs at another meal.
- **Drink plenty of water** and substitute diet soda or unsweetened tea for sugar-sweetened drinks including fruit juice, fruit drinks, regular soft drinks, sports drinks, energy drinks, sweetened or flavored milk and sweetened iced tea. The extra sugar or corn-syrup add calories but not health. Drink plain water instead!
- **Count calories from alcoholic beverages.** They add up quickly whether it be wine, beer or mixed drinks.



Balanced nutrition and regular exercise are good for your health, even if your weight never changes. Be patient with yourself. Though you might not notice a big difference tomorrow, you will be amazed by what small changes do for you in six months time.



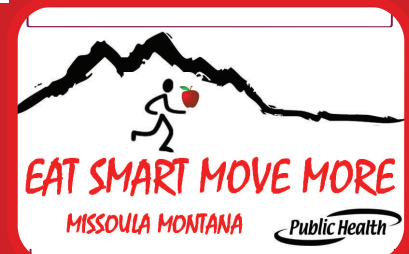
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Easier Than
You Think!**



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