

# Dietitians' Top 7 Nutrition Tips

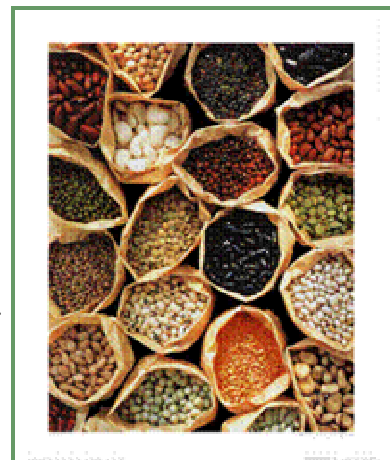
Adapted from: <http://www.webmd.com/food-recipes/features/dietitians-top-10-diet-tips>



Volume LXVIII \* February 4, 2008

Eating healthfully can be a challenging task, especially considering that many of us eat nearly half of our meals away from home – whether in the car, while working, or at restaurants or fast food chains. This week's newsletter is a summary of an article written by Elaine Magee, RD, of WebMD's Weight Loss Clinic. Magee asked dietitians across the country to share their own strategies for eating healthfully despite life's challenges, and here are 7 of their favorite nutrition tips:

- **Tip #1: Enjoy fast food – but make smart choices.** One dietitian has a weekly 'fast food day' to teach her children about moderation and how to make healthier choices when eating out. They are exposed to fast food without it being a standard fare, and learn to choose healthier menu items such as grilled chicken sandwiches or bean burritos. Pizzas can even make a nutritious meal – when topped with veggies and served with a green salad and fruit!
- **Tip #2: Eat breakfast cereals with MORE THAN 3 grams of fiber per serving.** Many Americans do not meet the USDA's recommendation of 25 grams of fiber each day. Many high-fiber cereals are also lower in added sugars (read those labels)!
- **Tip #3: Choose beverages wisely.** Many beverages are loaded with added sugars and calories. A can of soda has 10 teaspoons of added sugars (the maximum recommended amount for an entire day)! And with contradicting research about the safety of several artificial sweeteners, some dietitians recommend limiting yourself to 1 diet soda a day and, more importantly, to add in healthier options such as low-fat/nonfat milk, water or 100% fruit or vegetable juice.
- **Tip #4: Pump up the protein.** While most Americans consume adequate protein, some don't. MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)) recommends choosing lean cuts of meat, skinless poultry, and low-fat ground meats; and to vary your menu by adding non-meat proteins such as beans or nuts.
- **Tip #5: Keep eating those fruits and vegetables!** Cut them up ahead of time for quick snacks and try to include one of each at every meal. Your plate should always be ½ fruits and veggies, ¼ protein, and ¼ grain.
- **Tip #6: Limit alcohol.** While some research has found that moderate consumption of alcohol (1 drink a day for women, 2 for men) can have health *benefits*, over-consumption can lead to health *problems* (not to mention the high calorie content of alcohol – they add up quickly)!
- **Tip #7: Count 4 colors in each meal.** Rather than trying to memorize the vitamin and mineral content of each food, just remember to eat a variety of colors. This will ensure you are reaping the benefits of the vitamins and minerals unique to each food. Think rainbows!



*Vary your menu by adding non-meat protein foods such as beans or nuts to a meal or snack.*

**Full article (all 10 nutrition tips):**

<http://www.webmd.com/food-recipes/features/dietitians-top-10-diet-tips>

**The 7 most effective exercises – also from WebMD:**

<http://www.webmd.com/fitness-exercise/guide/7-most-effective-exercises>