

Month of Healthy Eating Tips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Think ahead and plan where you will eat.	Look over the menu and make careful decisions.	Read selections carefully! Terms that mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, and steamed.
Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, and breaded.	Order the regular or child-sized portion.	It is OK to make special requests, just keep them simple. Eg: ask for baked potato with no butter; all sauces on the side	Hunger can drive you to eat before your meal arrives. Hold off on the chips or bread. Out of sight, out of mind.	Think ahead with food choices for the ENTIRE day. Balance an evening out with a lighter lunch.	Limit alcohol. Alcohol tends to increase appetite and provides calories with NO nutrients.	Tempted by the dessert tray? Order one dessert to share with the group.
Split your order. Share half with a friend or take half home for another meal.	Add tomatoes, lettuce, peppers to a sandwich to up nutritional value.	A baked potato offers more fiber, less calories, and less fat than French fries. Top your potato with broccoli or salsa.	At a sandwich shop, choose lean beef, ham, turkey or chicken. Ask for mustard, ketchup, salsa-don't forget the veggies!	When dining "south of the border", go easy on sour cream, cheese, and guacamole.	At the salad bar, load up on dark leafy greens, carrots, peppers, and other fresh vegetables. Be light handed with dressings and toppings.	Eat a salad or broth-based soup first. Always a good choice to eat lower calorie foods first.
Ask for sauces, dressings, and toppings to be served on the side. Use a teaspoon to portion out.	Avoid all-you-can-eat-specials, buffets, endless food items if you tend to overeat.	If you go to a salad bar, fill up on veggies and fruits. Use a small plate and take no more than two trips.	Look for a sandwich wrap in a soft tortilla. Fillings such as brown rice mixed with chicken or vegetables are usually lower in calories and fat.	Top your pizza with mounds of veggies. If meat is added, make it lean ham, chicken or shrimp.	Start your day with a healthy breakfast! Replace sausage or bacon with ham. Don't forget about a whole grain English muffin or bagel.	Be size-wise about muffins, bagels, croissants, and biscuits. Double the size, double the calories and fat!
Try a smoothie made with fruit, yogurt and juice for lunch or a snack.	Refrigerate carry-out or leftovers. Toss foods that have been left at room temperature for more than two hours.	Dining at the deli? Grab rotisserie chicken, salad-in-a-bag, and freshly baked bread. Or try sliced lean roast beef, onion roll, and fresh fruit.	Always eating on the go? Pack portable, non-perishable foods for a mobile meal. Try peanut butter and crackers, granola bars, fresh fruit, trail mix or whole grain cereals.	For desk-top dining, keep your desk stocked with single-serve packages of soup, tuna, peanut butter and crackers for a quick lunch.	Balance caffeinated beverages with water.	

Source: TrestleTree



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