



From the Food Bank Kitchen

17 Healthy Eating Tips for 2017

Dedicate yourself to a healthier lifestyle in 2017 with these food and nutrition tips, and try out a new recipe. For more healthy eating ideas on the topics below, check out choosemyplate.gov and nutrition411.com.

MAKE A SHOPPING LIST BEFORE GOING TO THE GROCERY STORE: Healthy eating starts with healthy shopping. Plan meals and snacks for the week in advance, to lessen the number of ‘impulse’ buys and convenience items in your cart, which tend to be more expensive and less nutritious. Check what’s in your pantry and fridge. Look at store circular and/or coupons and select recipes that use up what you have on hand. You may want to download the free smart phone app ‘Cooking Matters’ from Share Our Strength for help!

TRY THE 80/20 APPROACH: Trying to eat too healthy all the time can set you up for failure, as your cravings may grow stronger for the foods you are completely avoiding. So instead, strive for healthy food choices 80% of the time, which gives you some leeway for the remaining 20% of the time. You can enjoy all foods on a healthy eating plan, but pay attention to how much and how often you select higher-calorie, higher-fat and sugar items.

EAT BREAKFAST: A healthy breakfast is a great way to start the day and give your body the refueling it needs. Include lean protein, whole grains, and fruit. For instance, try oatmeal with 1% milk, almonds or peanut butter, and banana or berries. Other protein ideas may include egg, yogurt, ham, cheese, or leftover cooked meat or chicken from the fridge.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES: A daily goal of 2 cups of fruit and 2½ cups of vegetables is suggested. Fruits and veggies add color, flavor and texture plus vitamins, minerals, and fiber to your plate. One quarter of your healthy plate would have grains, potato, or starchy vegetable, and 1/4 lean meat, poultry, seafood, or beans.

WATCH PORTION SIZES: Do you know if you’re eating the recommended portion size of a food? Use measuring cups and check how much you place in your bowl or plate. Read the Nutrition Facts label of packaged foods to see what is considered to be ONE SERVING, and how many servings are in a package. If your serving is 2,3, or 4 times that much, everything on the label needs to be multiplied by that amount! Use smaller plates and bowls to help keep portions under control. Start your dinner with salad, a broth based soup, or a full glass of water if you wish to reduce overall calories in a main meal and still feel full. Extra veggies on your plate can help you feel full with a smaller serving of rice or pasta.

BE ACTIVE: Regular physical activity lowers blood pressure, blood sugars, and helps reduce stress and weight. Start by doing whatever exercise you can for at least 10 minutes at a time. Find something you enjoy doing. Children and teens might aim for 60 or more minutes of physical activity per day, and adults strive for 30 minutes of activity 5 days a week minimum. Regular physical activity also helps reduce the risk of developing cognitive impairment or dementia.

CHOOSE HEALTHY SNACKS: These help sustain your energy levels and maintain more steady blood sugar between meals. When possible, combine a whole grain or fruit with a protein source like dairy, lean meat, egg, tuna, nuts or seeds. For example, try a handful of whole wheat crackers with cheese, or an apple with some peanut butter.

FOLLOW FOOD SAFETY GUIDELINES: Wash hands with soap often— for **20 seconds**, and especially before eating or preparing food to help you stay healthy and keep food safe. Separate raw meat, poultry and seafood from ready-to-eat foods. Refrigerate food quickly to slow bacteria growth. Learn more about home food safety at homefoodsafety.org.

COOK AT HOME: Preparing meals in your kitchen not only saves money but can be healthy and rewarding. Many dishes can be put together in under 1/2 hour. Get kids involved to learn some kitchen basics. Take time to plan a menu for the week before grocery shopping. Check out the collection of videos on eatright.org to get started.

See next page for a ‘Bubble and Squeak’ recipe and 8 more great tips

READ FOOD LABELS: Knowing what the numbers in the Nutrition Facts panel mean can help you make healthier choices. To learn more, see “*Shop Smart — Get the Facts on Food Labels*” at eatright.org/nutritiontipsheets.

DINE OUT AND STILL EAT HEALTHY: You can eat at a restaurant and not go overboard on fat, sodium, and calories by planning ahead, asking questions and choosing foods carefully. Look for grilled, baked, broiled, or steamed items instead of fried. Order dishes that include veggies, poultry, or fish. See the “*Healthy Eating on the Run*” tip-sheet on eatright.org.

REDUCE YOUR INTAKE OF ADDED SUGARS: Research shows that nearly one quarter of many people’s calories come from sweets like baked goods, desserts, candy, soda, sweet iced tea and lemonade, and fruit drinks. These deliver a load of calories with little or no nutrition. On a food label, 4 grams of sugar is the equivalent of 1 teaspoon. Aim for no more than 100 calories (6½ tsp = 26 grams) of added sugars if you’re a woman, and 150 calories (9½ tsp = 38 grams) a day if you’re a man. Don’t worry about the naturally occurring sugar in fruit, vegetables, milk, and plain yogurt. If a food has little or no milk or fruit (which contain natural sugars), the “Sugars” number on the package’s Nutrition Facts panel tell you how many grams of added sugars are in each serving. People can end up drinking *16 teaspoons (65 gm)* of sugar in a 20 oz Coke, and *10 tsp (39 gm)* in a 12 oz can!

DRINK MORE WATER: Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more. Most people do not consume enough fluids. Besides water, you can count coffee, tea, seltzer, juices, yogurt, broth in soup, and other beverages toward a goal of 9 cups of fluids a day for women and 13 cups for men. Aim to minimize sugar-sweetened drinks which are a risk for obesity, and may also raise the risk of heart disease.

EAT LESS RED MEAT: Eat plant protein foods more often, like beans, lentils, soy products, nuts and seeds, and use low-fat dairy. Choose lean meat and poultry options and limit portion size to 4 ounces. Eat seafood twice a week, and up to 8 eggs a week. People who eat less red meat have reduced rates of diabetes and obesity. Check out vegetarian.about.com for ideas.

CUT DOWN ON SODIUM (salt): Most people eat too much sodium, often without knowing it (the average American eats 3,400 mg of sodium a day), often in bread, processed, and prepared foods. Everyone should try to reduce their sodium intake to 2,300 mg of sodium or less daily, especially those with high blood pressure, diabetes, or chronic kidney disease. Seniors and people with these conditions are encouraged to limit sodium to about 1,500 mg per day.



GO FOR WHOLE GRAINS: Substitute whole-grain choices for refined-grain breads, bagels, rolls, cereals, wraps, crackers, rice, and pasta. Check the ingredients list on the product label: the first ingredient should have the word “whole” before the grain ingredient name. The whole grain stamp symbol on the package indicates healthier choices.

SLOW DOWN AND EAT MINDFULLY: Keeping a food journal for a few days at a time can help you become more aware of what you are eating. Eating regular meals is key to managing cravings and regulating blood sugar. Be aware of your hunger level as you start to eat, and try to notice if you are ‘comfort-eating’ in response to emotions like anger, stress, or sadness. Pay attention to each bite, and savor the flavor and experience. Stop eating when you are comfortable, not full.

Bubble and Squeak 5 servings Source: [Good and Cheap](#) by Leanne Brown

2 cups mashed potatoes	Additions:
1 cup mashed root vegetables or roasted vegetables	1/2 cup peas
salt and pepper, to taste	1/2 cup cabbage
1 Tbsp butter	2 to 3 scallions, finely chopped

Directions: Bubble and Squeak is a traditional British weekend breakfast food meant to use up the leftovers from the night before. It’s basically a big potato pancake with stuff mixed into it. Chop up any other stray vegetables you have laying around. Find a carrot? Grate it or finely chop it and add it to the bowl. Cabbage, corn, peas, broccoli, Brussels sprouts— all these things are great. You won’t want to add really watery vegetables like tomato, zucchini, or cucumber, so stick to precooked or tougher ones. To make this dish, combine all the mashed vegetables and potatoes in a large bowl. Sprinkle with salt and pepper and mix everything together in a big thick kind of dough. If it’s falling apart— add more potato! Melt the butter in a skillet over medium heat, add the mixture into the pan and press it into a flat pancake. Let it cook for 5-7 minutes without touching it. Use a spatula to check the underside of the pancake. When it’s golden, it’s time to flip it. Don’t worry if you have to break it up bit by bit to flip it, it can be difficult to flip it all in one go. Brown the other side for 10 minutes, turn off the heat and let it cool in the pan for 10 minutes. Cut into 5 wedges and serve.

For more info and recipes with whole grains, check out heart.org or wholegrainscouncil.org websites