

GREAT FUTURES START HERE.



Team Tailgate

Healthy Eating

March is National Nutrition Month! Although we are at the end of March, there is no better time to learn and be reminded of how we can eat healthy and make healthy choices. A healthy diet is essential for good health and nutrition. It protects you against many chronic non-communicable diseases, such as heart disease, diabetes, and cancer. Eating a variety of foods and consuming less salt, sugars, and saturated and industrially-produced trans-fats are essential for a healthy diet. People are looking for fast, easy, and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria, or sit-down restaurant, there are intelligent choices everywhere; below are some tips on what we can do to eat healthier and make intelligent choices.

Please be sure to consult with your medical team for appropriate advice that best fits your lifestyle.

Day-to-Day Tips

Start your day with a healthy breakfast!

- Have a breakfast that includes protein, whole grains, fruits, and vegetables.

Make half your plate colorful with fruits and vegetables

- A daily goal is 2.5 cups of vegetables and 2 cups of fruit a day to add color, flavor, texture, vitamins, minerals, and dietary fiber.

Fix healthy snacks

- Healthy snacks sustain energy levels between meals, mainly when they include a combination of foods.

Drink more water

- Stay hydrated with water instead of sugary drinks, especially if you are active or working in hot conditions.

Cook at home

- Preparing foods at home can be healthy and cost-effective.

Reduce added sugars

- Foods and drinks with added sugars can contribute empty calories and little or no nutrition.

Explore New Foods and Flavors

- When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family

Eating Healthy On-the-Go

Order Out without Ditching Goals

- You can eat out and stick to your healthy eating. The key is to plan ahead, ask questions, and choose foods carefully

Review and compare nutrition information if it's available.

- Menu terms that may indicate an item is healthier include baked, braised, broiled, grilled, poached, roasted, and steamed.
- Menu terms that usually mean food is higher in saturated fat and calories include batter-fried, pan-fried, buttered, creamed, crispy, and breaded. Choose these foods only occasionally and in small portions

Hold the bread or chips until your meal is served.

- Hunger may drive you to fill up on these foods before your meal arrives.

Order the regular or child-size portion.

- Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

Begin with soup or salad as a way to include more vegetables at mealtime.

- Follow up with a light main course.

Switch out for healthier sides.

- In place of fries or chips, choose a side salad, fruit, or baked potato. Or, share a regular order of fries with a friend.

Tempted by sweet, creamy desserts?

- Order a small portion or ask if it can be divided and shared with everyone at the table.

Always eating on the go?

- Tuck portable, nonperishable foods in your purse, tote, briefcase, or backpack for an on-the-run meal.

Healthy Snack Ideas

- Make your own trail mix by combining whole grain cereals, unsalted nuts or seeds, and dried fruit.
- Mash an avocado with salsa and eat with whole-grain tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Slice a medium apple and eat with one tablespoon of peanut, almond, or sunflower seed butter.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt
- Prepare instant oatmeal using fat-free milk, one tablespoon of maple syrup, a sprinkle of cinnamon, and ¼ cup of dried fruit
- Create a yogurt parfait by layering 6 ounces of fat-free yogurt with ½ cup of fresh or frozen fruit, then sprinkle ¼ cup (or less) of low-fat granola on top.

Your Health Matters!

Making healthy food choices not only benefits us individually but also positively impacts our productivity and well-being.