

Healthy Eating

enjoyable and they can enjoy the benefits of healthy eating along with you!

Tip:

Start with making one dietary change for one week. Evaluate your progress. Then decide on another change you will commit to. Give yourself time to adjust to changes over a period of time.

HOW SHOULD I START?

- Keep a log of everything you eat and drink for 3 days, and include portion size. Look up the calories in each to learn how many calories you consume in an average day. This exercise is a real eye-opener for many.
- Learn what your daily intake of calories **should be** based on your activity level and age. Use the tools on the website www.ChooseMyPlate.gov to help.
- Think about the changes you would like to make to improve your diet. Get started by reducing consumption of sugary drinks and snacks, or reducing portion size, or adding healthier foods to your daily routine.
- Use a smaller dinner plate (8-inch rather than 10-inch). It makes your meal look larger.

I DON'T KNOW HOW TO COOK...

There are many websites with healthy, easy-to-follow recipes including those listed to the right, many with photos and videos showing how to prepare the recipes.

WANT MORE INFORMATION? CHECK OUT THE WEBSITES LISTED BELOW...

- www.choosemyplate.gov
Healthy Eating on a Budget
SuperTracker
Easy to follow recipes
- www.Eatingwell.com
Budget Cooking
Easy to follow recipes
- <http://extension.unh.edu/FoodNutr/>
UNH Cooperative Extension Service
Food and Health - Nutrition



CHECK OUT THE VIDEOS LISTED BELOW...

Search www.youtube.com for the following video titles:

- The Benefits of Whole Grain
- How to Develop Healthy Eating Habits



This report was compiled by Ammonoosuc Community Health Services, Inc. (ACHS) clinical staff for informational purposes, and does not replace any advice one might receive from a qualified health care provider.

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.



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Information for a Healthy Life



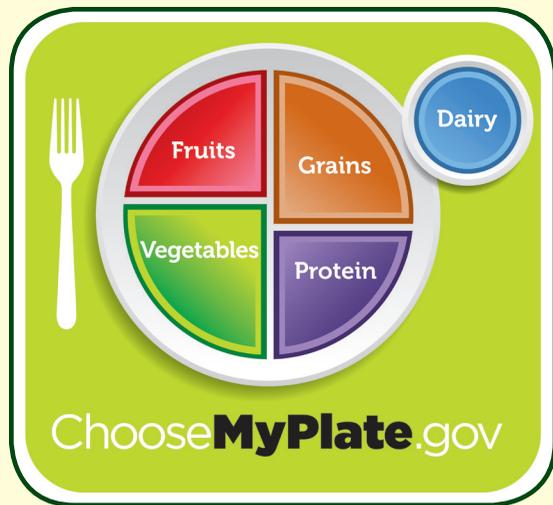
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**Ammonoosuc
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Littleton • Franconia • Warren • Whitefield • Woodsville

You are what you eat! – Victor Lindlahr



A new image is being used to illustrate the food groups necessary for a healthy diet— a place setting for a meal. Before you eat, think about what goes on your plate.

WHAT SNACKS ARE HEALTHY?

Nuts, dried fruit, fresh fruit, cut-up vegetables such as carrots and celery, low-fat string cheese sticks are all good choices for snacks. Plan ahead and have snacks with you so you're not tempted to make bad choices out of a vending machine or convenience store. Prepare a serving rather than eating from the bag so you are aware of exactly how much you are eating.

EATING HEALTHY WHEN DINING OUT

Dining out can be a challenge. Drink water with a lemon wedge or fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars. Choose whole-wheat bread for sandwiches and consider sharing a sandwich or entrée. Start your meal with a salad packed with veggies to help control hunger and feel fuller sooner and ask for the dressing on the side and use sparingly.

Tips:

- Choose main dishes that include vegetables, such as stirfry, kebobs, or pasta with a tomato sauce instead of a cream sauce.
- Choose steamed, grilled, or broiled dishes instead of fried or sautéed.
- Choose smaller portions of appetizers and side dishes.
- Order a menu item instead of the "all-you-can-eat" buffet.

CAN I EAT HEALTHY ON A BUDGET?

Tips:

- Fast food restaurant meals cost more than the same foods prepared at home and are usually less healthy.
- Make a shopping list and stick to it. Be creative with fruits and vegetables that are on sale or in season. Don't shop when you are hungry. Shop for one or two weeks at a time. It's easier to control spending if you shop less.
- Chop your own fruits and vegetables rather than purchasing precut. Buy staples in bulk. Legumes, like canned or dried kidney, garbanzo and black beans are excellent sources of protein with no saturated fat compared to more expensive meat.

WHAT ARE EMPTY CALORIES?

Many foods and beverages we consume contain empty calories from solid fats, like butter, beef fat, and shortening and/or added sugars that add calories but have little or no nutritional value. Sometimes they are added when foods are processed. Added sugars and syrups (high fructose corn syrup) are added during processing to enhance flavors.

Tip:

Calculate the number of calories in the beverages you drink over the course of a day—

remember to include coffee (with sugar, cream?), soda, juices and alcohol. Try to eliminate empty calories and you will be on your way to a healthier diet.

GET MOTIVATED TO EAT HEALTHY!

Think about what is important to you. What would you be able to do or how would you feel if you weighed less and had improved health and mobility?

Achieving and maintaining ideal body weight results in improved overall health and reduces the risk of developing diabetes, heart disease, stroke and some types of cancer. People have improved mobility and endurance when they maintain a healthy weight.

The key to achieving your goals is **consistency**. People who make healthy food choices every single day are successful. If you make eating healthy a daily routine, the very occasional treat will not cause a major setback.

Only you can make the commitment to make better choices, improve your eating, and if necessary, lose weight. Getting your family, friends and co-workers involved can make the changes easier and more

