

# Wellness by the Month

## NATIONAL NUTRITION MONTH

### Small Changes Reap Big Rewards

With a few simple changes to your meals, you can reap big benefits that could have a positive impact on your weight, blood pressure, blood sugar and cholesterol readings.

#### **Cut the Fat and Get Lean**

- Remove all visible fat and skin from meat and poultry before cooking.
- Use leaner cuts of pork and beef.
- Grill, broil or bake instead of frying and use non-stick pans instead of cooking with oil or butter.
- Steam vegetables or cook them in low-fat broth. Experiment with different spices instead of butter or cheese sauces.

#### **Control that Portion Distortion**

- Half your plate should be fruits and vegetables. Whole grains and lean protein should each complete the remaining two quadrants.
- One serving of meat is the size of a deck of cards.
- One ounce of cheese is the size of a one inch cube (go low-fat).
- A medium potato is the size of a computer mouse.
- A slice of bread should be the size of an audio cassette.

#### **Veg Out and Get Fruity – More Matters**

To get more vegetables and fruits in your diet, try the following tips:

- Add beans to salads, soups and stews.
- Use cut-up veggies in meatloaf, omelets and pasta dishes.
- Top off your pizza with cut up veggies.
- Add raisins, bananas, or berries to your cereal.
- Add fruit to your salads and jello.
- Have a piece of fruit for dessert.

#### **Water, Water, Everywhere....**

Drink plenty of water – at least eight to 10 eight-ounce glasses per day. Water helps in the digestive process, carries nutrients to all the body's cells and helps the kidneys flush out toxins.