

HealthyBy Choice

...One Day at a Time

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Build a Healthy Meal

10 tips for healthy meals

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy — make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.



1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish — fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



March is National Nutrition Month

The theme for 2015 is “Bite into a Healthy Lifestyle,” which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthful lifestyle, with regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits, is vital to maintaining good health and quality of life.

A healthy eating plan emphasizes nutrient-rich foods and beverages, vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds and limits foods with added fats, sugars, and salt.

Nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other components that are thought to have beneficial effects on health.



Get your plate in shape!



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Workplace Eye Wellness Month Healthy Living, Healthy Vision

Good health is an important part of good vision. The healthier you are, the better chance you have of avoiding risks to your eyes. You can lower your risk of eye disease and vision loss if you:

Avoid Smoking. Quitting smoking can have many good effects on your health. Avoiding smoking can also protect the health of your eyes. By quitting smoking, you can help to possibly reduce your risk of developing several different types of eye diseases. Quitting smoking may reduce your risk of developing:

- Age-related Macular Degeneration
- Cataracts
- Glaucoma
- Diabetic retinopathy if you are diabetic.

Eat Healthy Foods. Lifelong good nutrition may lower your risk of some eye diseases. By eating a healthy, balanced diet, you will have a better chance of staying healthy and keeping your eyes healthy. A lifetime diet rich in certain dark green vegetables, such as spinach and kale, may reduce your risk of getting AMD.

By eating healthy foods, you will lower your risk of developing other diseases, such as diabetes, which can lead to diabetic eye disease. Diabetes is also a risk factor for developing glaucoma.

Stay Active. Staying active is part of a healthy lifestyle that can improve your overall health. Exercising regularly can reduce your risk of developing problems that can lead to eye disease.

Control Your Blood Pressure. Controlling your blood pressure is not just a good idea for your heart. It is also a good idea for protecting your eyesight. High blood pressure can increase your risk for glaucoma. It may also increase your risk for diabetic retinopathy if you have diabetes.

Protect Your Eyes from the Sun. You already know that you need to wear sunscreen to protect your skin from ultraviolet (UV) rays when you are outdoors. But do you know that you also need to wear protective sunglasses to protect your eyes from those same UV rays?

Growing older with good vision:

Good vision is a vital part of feeling your best. We rely on sight more than any other sense to enjoy life to the fullest. Your vision changes naturally throughout your life. For example, you may know that with age:

- Your eyes need more light to see
- It becomes harder to tell the difference between some colors, particularly shades of blue and green
- It becomes more difficult to focus on things that are near
- Adjusting to glare and darkness can become more troublesome.

Nearly everyone experiences these and other changes in their vision as they grow older. The good news is you can continue to lead an active and independent life even with these changes.

Visit an eye doctor regularly. One very important thing you can do is getting your eyes checked regularly by an eye doctor—at least once every other year—especially if you are 55 or older. Some people, especially those with diabetes, may need to go more often.

Make simple changes to help as you age:

- Wearing sunglasses and a brimmed hat if you are sensitive to bright light and anytime you are outdoors in bright sunshine,
- Improving lighting around your house,
- Wearing safety eyewear when working around your house or playing sports.



Healthy eyes give you clear vision!

