



Health Yourself Byte

March – National Nutrition Month!

EAT AND ENJOY!

A healthy eating plan helps you manage your weight, which includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you can't have, try refocusing on all the new foods you can eat!!!



FRESH FRUITS— yes, apples and bananas are healthy choices, but so are "exotic" fruits, too. How about a mango, juicy pineapple or kiwi fruit? When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit. A caution about canned fruits, they may contain added sugars. Be sure and choose canned varieties of fruit packed in water or in their own juice.



FRESH VEGETABLES— try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried, like rosemary. Sauté vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When using canned vegetables, look for vegetables without added salt, or cream sauces (creamed corn). Commit to trying a new vegetable each week.



CALCIUM-RICH FOODS — we automatically think of a glass of low-fat or fat-free milk when someone says "consume more dairy products." Here's a yummy alternative, low-fat and fat-free yogurts without added sugars. These come in a wide variety of flavors and can be a great dessert substitute.



A NEW TWIST ON AN OLD FAVORITE— if your favorite recipe calls for frying fish or breaded chicken, try healthier variations by baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats such as a delicious bean burrito. Search the Internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!



Strawberry Yogurt Shake

Ingredients:

1/2 cup unsweetened pineapple juice
3/4 cup plain low fat yogurt
1-1/2 cups frozen, unsweetened strawberries

Directions: Add ingredients, in order listed, to blender container. Puree at medium speed, until smooth.



The Medical Center of Plano