

How to Make Healthier Choices

Fat

- Buy products without hydrogenated or partially-hydrogenated oils in the ingredient list
- Limit amounts of saturated and trans fat
- Eat more heart healthy fats: polyunsaturated and monounsaturated
- Put oils on foods after they are cooked instead of during
- Choose low-fat or fat-free dairy products
- Cut fat off of raw meat and remove skin before cooking
- Choose leaner meats like fish, chicken, >90% fat free beef or bison

Sodium

- Use low sodium or no sodium items whenever possible
- Buy fresh meats, fruits and vegetables because they are naturally low in sodium
- Try a salt substitute, several herbs or spices, or lemon juice to add flavor to your foods
- Cut back on canned, packaged or jarred foods, soup, processed meats and cheeses, and dairy products that can be high in sodium
- Watch condiments such as pickles, mustard, ketchup, olives, and gravies

Calories

- Remember that 3,500 calories equals one pound of weight
- Don't drink your calories! Drink water, unsweetened tea, or coffee instead of high sugar beverages like soda or energy drinks
- Don't eat more calories than you need. They provide you energy so you can burn them off
- Always look at serving sizes on nutrition labels and adjust calories to actual consumption
- Don't consume empty calories. The more nutrients the better
- Choose whole grains when possible

