

Healthy News

Parish Nursing at Living Waters Church

Take one step at a time toward healthier eating:

- If white grains.... then try 100% whole grains
- If bread.... then try vegetable instead.
- Instead of white rice... try brown rice
- Instead of white pasta... try whole grain pasta
- If you are currently eating salad dressing on sandwiches.... then try the light version.
- For healthier options on dressings...
 - Instead of Mayo (99 cal per Tbsp) try Light Mayo (45 cal per Tbsp)... or try Miracle Whip (40 cal per Tbsp) or try Light Miracle Whip (40 cal per Tbsp)...
 - or try Mustard (10 cal per Tbsp) or try Humus (27 cal per Tbsp) or try Avocado Spread (14-27 cal per Tbsp)

STEPPING IT UP

People tend to eat the same meals over and over. Spaghetti, lasagna, pasta, macaroni, hamburgers, hot dogs, meatloaf, meatballs, pizza, etc. Do any of those sound familiar? Unhealthy eating is not done just at a party, it's the every day eating that leads to unhealthy lifestyle eating. You need to have a base of healthy recipes that become your new standard. Makeover your meals with healthy substitutions that are acceptable to you. Everyone will define this differently, but you want to have delicious healthy meals that you love so you don't feel like you're depriving yourself. Take one step at a time and

transform your eating.

Also, do not listen to what advertisers say regarding what is healthy and what is not- read it for yourself- it's all right in front of you on the nutrition label. Do not just assume that something like yogurt is healthy because "they say it is". Read the labels- some are healthy and some are not! Look for the foods high in protein and fiber, but low in calories and fat. Look at the ingredient lists- avoid "enriched flour" or lots of chemicals and artificial sweeteners (aspartame, sucralose, neotame, acesulfame potassium, and

saccharin). Instead steer toward natural sweeteners and in smaller quantities.



Eat healthy and have the energy to do the things you love.

12 STEP PROGRAM

1. Read labels- Before buying a packaged product, read its label. It can be surprising how many products unexpectedly contain sugar, artificial sweeteners, chemical coloring and preservatives. A general rule

is to avoid products that contain ingredients that are known to be unhealthy or are simply impossible to pronounce.

2. Eat Whole foods- not processed- Instead of

pre-packaged processed foods steer toward whole foods. Instead of instant oatmeal, try real oats.

3. Drink water instead of soda or juice. Try to cut out sugary drinks a bit at a time,

replacing them with water. Drink your 8 cups of water a day and dry to minimize any other beverage. Instead of drinking juice (loaded with sugar and additives) have a whole fruit instead of juice.

4. Eat whole grains. If you eat white bread or bagels or whatever, replace them with whole-grain versions. Be sure to look at the ingredients — it shouldn't say enriched flour, but 100% whole grain. Also try to avoid breads with high-fructose corn syrup (actually, avoid that ingredient in anything).

5. Don't skip meals- It will lower your metabolism and lead to over eating later.

6. Prepare ahead of time- Preparing ahead of time helps save money and helps you stick to healthy eating plan. Avoid eating out, only doing so occasionally. (Try non-food activities if you're getting together with friends/family) You will save money and eat better. When you do eat out, try checking out the menu and nutritional

info online before hand.

7. To get your sweet fix- eat fruit for snacks or desserts- Always have a healthy snack available. When you're feeling hungry for a snack, eat a fruit. One of those bags of small apples is a handy thing — you can't go wrong with apples.

8. Add fresh veggies to dinner. If you don't already, have some steamed greens with dinner. Cut out a less healthy side dish if you usually eat something else.

9. Decrease the amount of red meat. Red meat is the least healthy and highest calorie meat (the USDA classifies pork as red meat also). Try seafood and/or poultry.

10. For milk- try going down to the next lower percentage milk fat. Whole milk is fatty. If you drink whole, then step down to 2%. Then to 1%, then to skim. Each step can take years in between, but before you know it you won't even be able to tell.

11. Try some great veggie dinners.

There are so many good ones out there if you haven't tried them. Try to get out of the habit that your dinner needs to be the old fashioned meat and potato meal. You don't need to be vegetarian, but you don't *always* have to have meat either. Try this with chili, soups, etc. Try serving chili over spaghetti squash (so filling and very healthy).

12. Eat more vegetables- They are the lowest calorie food available, you can eat lots and feel full, plus they have the most nutrition. Do not limit yourself to the obligatory small portion of a veggie. Try 2 veggies in your meal. Aim for a colorful plate.

Give It A Boost!

Let's face it eating healthy can be a challenge. Many fad diets and specialty health items come with a hefty price tag, and kids often have an aversion to foods that are good for them. Although, not all nutritionally valuable foods require an acquired taste, and many are affordable enough to be incorporated into any budget.

Contrary to popular belief tuna fish is not just a mayonnaise laden sandwich filler. This protein packed powerhouse boasts an impressive 20g of protein per half cup (4oz), at the affordable price of around a dollar. Along with being a great source of protein canned tuna fish contains significant amounts of vitamins B12, B6, niacin, selenium, phosphorous, and Omega 3 fatty acids. These vitamins and minerals are important for supporting functions of the nervous and cardiovascular systems, balancing hormones, reducing inflammation, a healthy cholesterol balance, blood cell health, and brain functioning. Canned tuna is sold either packed in water or oil. The variety packed in water contains less calories and fat, and is usually thought to be superior in taste.

Tuna is versatile as either the star of a main dish or a flavor-enhancing accent. Use drained tuna to transform ordinary boxed macaroni and cheese into a filling and nutrient dense lunch or dinner. Garden salads become a waist friendly main dish when topped with drained tuna and a low fat dressing. Add it to a small variety of pasta such as elbows, shells, or penne along with cooked frozen peas, a drizzle of oil, and parmesan cheese for a quick and inexpensive meal the whole family will enjoy. Tuna burgers can be made by mixing tuna with breadcrumbs, egg, onion, and desired seasonings, frying in a skillet, and serving on whole wheat bread or buns with lettuce. A healthy alternative to the traditional preparation of mixing with mayonnaise to make a sandwich is to mix instead with nonfat or low fat Greek yogurt. Fat and calories will be slashed and protein and calcium will be increased from the yogurt.