



To celebrate National Nutrition Month, there is no better time than now to take steps to eat healthier!

Focus on one or two habits a day, and see how the benefits add up.

***Let color be your guide** – choose a variety of fruits and vegetables to get the best range of nutrients. Instead of chicken with mashed potatoes, consider grilled chicken with salsa, mashed sweet potatoes or spinach salad.

***Add a serving of fruit or vegetable each day to one meal.**

***Make healthy options more accessible.** Place healthier foods in the front of your refrigerator, and divide up snacks like carrots or grapes into baggies ahead of time to grab and go.

***Start a food diary and record what you are eating.** This will allow you to track your consumption of healthy foods, and monitor your progress over time.

***Upgrade to healthier versions of milk.** If you are drinking whole milk, try 2%. If you always buy 2%, try 1%.

***Remember recommended portion sizes.** When eating out, ask for a 'to go' box at the start of your meal and put half of it in the box. Portion sizes have dramatically increased, resulting in unhealthy overconsumption. Be aware when preparing meals at home too!

***Make calories count.** Limit your consumption of high fat or high sugar and low nutrient foods.

***Don't bring junk food into the house.** What isn't in the pantry, can't be eaten!

***Try a new and healthy recipe,** with ingredients you don't normally use.

***Turn off the t.v. and get moving!**

This information provided courtesy of your Employee Assistance Program.

For confidential assistance, contact us at 716-681-4300.

