



# *Top 10 Tips for Nutrition & Weight Management*

1

## **Eat a non-sugary breakfast.**

The best breakfast is a complex (whole grain) carbohydrate with a protein.

2

## **Eat health promoting fats every day.**

These "good" fats are unsaturated and come from plants (olive oil, avocados, vegetable oils, nuts). Cut down on saturated fats, which come from animal foods (dairy and meat). Choose the leanest meats and dairy and substitute unsaturated fats. For example: spread avocado on a sandwich instead of mayonnaise and cheese.

3

## **Eliminate trans fat.**

Trans fats come from fried foods and many commercially baked foods like muffins, cookies, crackers, breads, etc. Read the nutrition labels. If it says "hydrogenated or partially hydrogenated oil" in the ingredients - it has trans fats.

4

## **Minimize added sugars.**

Soda and fruit juice are liquid candy. Most energy bars are candy bars with a different name. In the list of ingredients, look for and avoid high-fructose corn syrup and other added sugars.

5

## **Eat fresh.**

Get at least 5 servings of fresh fruit and vegetables every day. Fruits & vegetables make great snacks throughout the day.

6

## **Cook at home or find healthy restaurants for take-out.**

Helps you save money and spend time with family and friends. Use your creativity. Slow down and savor your food. You will enjoy your food and the experience so much more.

7

## **Know what is in your food.**

Read the nutrition information box and ingredients list on labels. Look at nutrition information on restaurant menus online before you go.

8

## **Find the freshest foods.**

Shop around the periphery of the supermarket for the freshest foods.

9

## **Drink enough water that your urine is clear to pale.**

10

## **Think ahead & prepare!**

Ask yourself each night and each week: "Where am I going to get delicious fresh healthy food throughout the whole busy day tomorrow (all meals & snacks) & throughout this whole busy week?"