



Live Healthy Georgia

Seniors Taking Charge

Eat Right, Your Way, Everyday!

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Happy National Nutrition Month! The theme for this year's celebration is "Eat Right, Your Way, Everyday!" There is no single diet prescription that works for everyone's needs and lifestyles. Nor should it! Everyone is an individual with food preferences, favorite restaurants, and family traditions. You can eat healthy no matter what type of cuisine you prefer. Keep reading for more tips to eat healthy, your way!

Review of Healthy Eating Principles



Eating right is not complicated. By following a few guidelines, it's easy to have a healthy diet:

- Eat more fruits and vegetables, especially those that are dark green and orange/red. Fresh, frozen, or canned fruits and vegetables are all good choices (look for low-sodium and low-sugar options). Fruits and vegetables provide many vitamins, minerals, antioxidants, and fiber.
- Vary your protein sources. In addition to lean red meats and poultry, choose fish, such as tuna or salmon, and beans or peas.
- Make half of your grains whole. Enjoy brown rice instead of white rice, whole wheat pasta, and whole wheat bread.
- Have three servings of low-fat dairy products fortified with vitamin D each day. Low-fat (1%) or fat-free milk, non-fat Greek yogurt, and low-fat cheese are good sources of calcium and protein.
- Choose healthy fats. Use olive oil instead of butter for scrambled eggs.

Simple Pumpkin Muffins – courtesy Hungry Girl®

The pumpkin replaces the eggs, oil, and water. Makes 12 large muffins.

Ingredients:

- 1 box spice cake mix
- 1 can puréed pumpkin
- 1 teaspoon pure vanilla extract (optional)
- 1 teaspoon pumpkin pie spice (optional)

Preheat oven to 400^o F. Mix all ingredients with hand or stand mixer. Mix until just combined. Spoon batter into a 12-cup muffin pan prepared with muffin liners or sprayed with non-stick cooking spray (canola oil). Bake for 20 minutes or until a toothpick inserted in the middle of a muffin comes out clean. Allow to cool for 10 minutes before removing from pan.

Eating Right On the Go

Eating right does not mean that you have to avoid eating out. Many restaurants offer healthy options now. The following five tips will help you eat right when eating out:

1. Choose items that are broiled, grilled, or baked rather than fried. Broiled fish, grilled chicken, and baked pork chops have less fat than their fried counterparts.
2. Study menus ahead of time. Many restaurants have nutrition information available on their web sites. Check for options that are lower in fat and sodium. Decide what you want to eat before you go so that you are not tempted by less healthy choices.
3. Portion sizes are often large in restaurants. Pack up half of your entrée and starchy side items for lunch the next day. You will not only save calories, fat, and sodium, but you will save money with two meals for the price of one!
4. Split your order with someone, saving calories and money.
5. Beware of upsizing at fast-food restaurants. A larger order of fries or soda can add many calories to your diet. **Secret tip: You don't have to be a kid to order a kid's meal.** Save money and ensure smaller portion sizes!



Pictures

- http://www.eatright.org/uploadedImages/National_Nutrition_Month/Anniversary_for_WEB_3.gif
- <http://www.caregiverstress.com/wp-content/uploads/2011/02/salad-large.jpeg>
- <http://culvers-bece73af.s3.amazonaws.com/page-content/menu/img-scoopiekidsmeals-inset-1.jpg>

Eating Right Away from Home

Eating away from home can be tricky. It's easy to wander to the vending machine when the mid-afternoon slump occurs, or go out to lunch because you didn't bring it today. Here are some suggestions for eating right away from home:

- Plan your lunches for the week when you have a day off.
- Pack your lunch the night before so that you're ready to go in the morning.
- Store healthy snacks (i.e., bananas, apples, and nuts) in your office so that you have a go-to snack when hunger strikes.
- Keep dried fruit and nuts in pre-portioned bags in your purse or car so that you always have something healthy on-hand.

S.M.A.R.T. Goal: Eating Away From Home

I will _____ (behavior) every _____ (day or days or occasion) for the next _____ (weeks or months).

Be sure that your goal is attainable and relevant to your health goals.

References

- Academy of Nutrition and Dietetics. Healthy eating for older adults. Available from <http://www.eatright.org/Public/content.aspx?id=6838>
- Duyff, Roberta. Fast food, healthy food. Available at <http://www.eatright.org/kids/article.aspx?id=6442463297&terms=fast%20food>