



# Nutrition Tune-up

Eating more healthful food to improve your health or reduce your waistline isn't as difficult as you may think. Small dietary changes, made gradually, can result in substantial improvement over time, according to nutrition experts. "Healthful eating doesn't involve driving miles out of your way in search of organic produce in obscure health-food stores. It requires little more than paying attention to what you eat and slowly making more knowledgeable and healthful choices of what you put on your plate," says Joy Bauer, M.S., R.D., nutritionist and founder of Joy Bauer Nutrition center in New York.

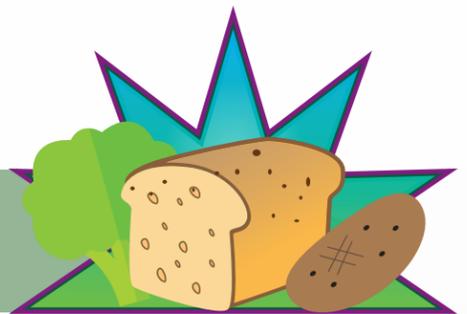


## Eat a variety of foods

Varying your food provides a much greater range of nutrients. To add variety: Try recipes from new cookbooks or search the Internet for sites with healthful recipes you can download.

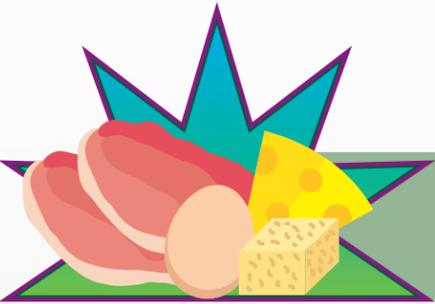
## Eat more of the right kind of carbs

Eighty percent of your total carbohydrate intake should come from nutrient-dense carbohydrates, such as fruits, vegetables, legumes, whole-grain products (bread, cereal, pasta), barley, couscous, oatmeal and potatoes.



## Choose lean sources of protein

The leanest sources of protein include turkey breast, skinless chicken breast, egg whites, lean red meats, low-fat yogurt, skim milk, low-fat cheese, beans, lentils, all seafood and fish, split peas, chickpeas and tofu.



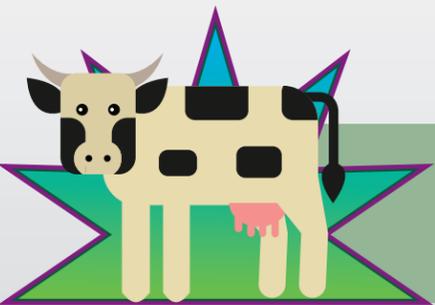
## Add vegetables to your food

Add pureed carrots or roasted red peppers to pasta sauce. Replace some of the oil in nut breads and cakes with canned pumpkin. Substitute pureed green peas for half the amount of avocado in guacamole and other recipes. Use mashed potatoes to thicken soups. Put in a layer of vegetables instead of ground beef when preparing lasagna.



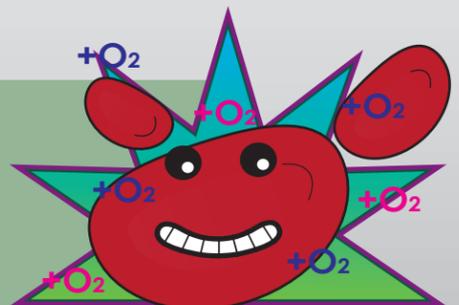
## Low-fat dairy products

Low-fat dairy products are high in calcium, which helps prevent bone-weakening osteoporosis. Try to sneak in at least three servings of calcium-rich foods a day by using skim milk instead of regular milk. Drink calcium-fortified orange juice instead of the regular kind, and choose yogurt for a snack.



## Make sure to get enough iron

Because iron helps carry oxygen to the blood and deliver it to cells, you may feel sluggish and fatigued without enough of it. Women especially are at greatest risk for anemia. To add more iron to your diet, include red meats, fish and poultry, lentils and beans and iron-enriched and iron-fortified foods, or even iron supplements in some cases.



## Sneak in more fiber

A high-fiber diet reduces the risk of heart disease. To sneak more fiber into your diet: Toss beans into salads and soups. Try hummus, black-bean or pinto-bean dip with crudites and chips. Sprinkle wheat germ on yogurt or into a cobbler or a crust. Serve brown rice or wild rice instead of white rice. Use whole wheat options whenever possible.

