

Nutrition Know How

Tuning up your nutritional habits can be hard. A good idea is to set achievable goals. Make lifestyle changes that are small, easy to achieve, and specific. Start by choosing one goal you know you can accomplish. For example, have dessert every other day instead of every day, or eat plant-based meal once a week. Make one change at a time. When the change becomes second nature, you're ready to set your next goal.



Monthly Webinar Series

Eat Your Way to Better Health!

The food we eat has a bigger impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions—and with conflicting reports about what is and is not healthy—many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!



Points to Ponder

The key to successful food swapping is to start slowly. Make moderate changes in your diet at first. Don't try to tackle all foods at one time. Here are some suggestions of ways you might start:

- Prepare your vegetables without sauces or butter. Top them with herbs instead.
- Reduce your meat portions. The recommended 3-oz. portion is about the size of the palm of your hand before it is cooked.
- Replace the excess protein you've eliminated from your diet with more vegetables and complex carbohydrates.
- Instead of frying foods, grill, broil, bake or poach them.
- Replace sauces, gravy or salad dressing poured on food with a small amount on the side. Dip your fork tip in the sauce before picking up food, and you'll get the essence of the flavor.
- If you like to serve cake for dessert, substitute cupcakes for sheet cake. A cupcake is a defined portion that limits your intake more effectively than if you eat cake slices. Eat your cupcake with fruit slices or berries rather than frosted.
- Try serving raisin, pumpernickel or cinnamon breads as a dessert substitute.

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