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## TIP SHEET: HEALTHY EATING

# Keys to Healthy Eating

- \*Have breakfast every day. It may help control your hunger later in the day.
- \*Benefit from eating vegetables and fruit at all meals and as snacks. Eat at least one dark green and one orange vegetable a day. A serving is generally just 1/2 a cup.
- \*Make at least half of your grains whole.
- \*Try two servings of fish a week, and select lean meats as well as beans, lentils, and tofu.
- \*Drink milk (skim, 1% or 2% for those older than 2) or fortified soy beverages daily.
- \*Make 80% of your food choices good ones, with little added fat sugar or salt.
- \*Have a small amount of unstaured fat every day. Fat is critical for brain function.
- \*Use the Nutrition Facts table on food labels to find the amount of calories or nutrients in the stated amount of food. Choose products and foods that contain less fat, saturated fat, trans fat, sugar and sodium (salt). Select products with more fiber.
- \*Take time to eat and savor every bite.
- \*Avoid skipping meals which may cause you to eat more than you need later in the day.
- \*Drink water to satisfy your thirst and limit intake of high calorie sweetened beverages.
- \*Snack smartly. Follow hunger cues and choose foods from one of the four food groups.
- \*Balance your eating with your daily physical activities. If you are very active choose additional foods from the four food groups to satisfy your extra calorie needs.

### ***The 4 most common barriers to healthy eating—and how to beat them***

#### **Problem 1: I don't have enough time to prepare healthy meals.**

Solution: . Plan your meals in advance. Chop vegetables in advance. Prepare and freeze some meals (soups, stews, cooked ground beef)

#### **Problem 2: It costs too much to eat well.**

Solution: Eating well does not have to cost more. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Try buying vegetables and fruit fresh when they are in season and freeze extras for later, or choose canned ones (stock up during sales). Use beans, lentils and other legumes in place of meat several times a week.

#### **Problem 3: I don't know what foods are best to eat!**

Solution: Follow the USDA's MyPyramid Guide ([nutrition.gov](http://nutrition.gov)). You can also look at food labels on packaged foods to compare foods.

#### **Problem 4: I eat out a lot and find it hard to eat well!**

Solution: Try to choose whole grains, vegetables and fruit and lower-fat choices. Examine nutrition information when available. Order small or appetizer portions or share a meal with a friend when eating out. Avoid highly sugared beverages. Limit creamy sauces/salad dressings, battered and deep fried food.

### ***The 80-20 Rule***

***Many people are most successful with sticking to eating healthfully 80% of the time, and indulging the other 20% of the time.***

### ***Satisfying Cravings***

***Salty:*** Try adding garlic/herbs instead of salt.

***Crunchy:*** Have some plain popcorn, vegetable sticks or breadsticks with hummus.

***Creamy:*** Have a bowl of low fat yogurt.

***Sweet:*** Try a fruit salad.

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