

Eating Right Today

Healthful eating and active living are key to promoting well being both now and in the future. For many of us, however, the “how-to’s” of combining great taste and healthful eating are challenging. Here are some information and tips to help you eat right today!

Steps to Healthful Living

Choose a combination of food and beverages each day to get the nutrients you need, but not too many calories. Let your health needs and nutrition goals guide you to wise food choices.

- ◆ **Eat Well!** Choose foods and beverages from the major food groups each day. Enjoy small amounts of foods high in sugar and fat and low in other nutrients.
- ◆ **Be Sensible About Your Portions!** Whether you eat at home or away from home, choose portions to match your own activity level and calorie needs.
- ◆ **Be Active!** Be physically active for at least 30 minutes most days of the week. If your goal is weight management, 60-90 minutes of daily activity is recommended.

Tips for One Step at a Time

- ▲ Divide your big goals into small, realistic steps
- ▲ Aim for progress, not perfection.
- ▲ Get advice from a registered dietitian if needed.

Enjoy Food Variety!

Each day, enjoy plenty of vegetables, fruits, and grains – especially whole-grain foods. Choose several servings of lower fat dairy foods and lean meats, poultry, fish, eggs, or beans. Then round out your calorie intake with small amounts of fats, oils, and sweets. Be adventurous; you have many food and beverage choices within each food group!



Stir-Fry Salad with Rice

Grains, Vegetables, Fruits

As the basis of healthful eating, you need more grain foods (especially whole grain foods), vegetables, and fruits than foods from other food groups. Typically lower in fat, these foods are also your main sources of carbohydrates and fiber.

- ◆ Look for the words “whole grain” on package labels of rice, breads, cereals and crackers.
- ◆ Add cut-up veggies (canned, frozen, fresh, leftover) or cooked beans to casseroles, pizza and soup.
- ◆ Each week, buy a fruit or vegetable that’s new to you.

Dairy Foods and Meats

- ◆ Dairy foods, meat, poultry, fish, eggs, and beans, supply protein and are sources of some important nutrients. Choose lower fat dairy foods and lean meats (or opt for lower fat protein sources like beans and soy)

Tip~ Redesign Your Plate!

Use the 2/3-1/3 “test” for your plate. Serve two-thirds of your plate with fruits, vegetables, and grain foods (whole-grains often). Fill the rest of your plate with lean meat, poultry, fish or low fat dairy foods. Enjoy!

Fitting In Favorites

We all have food preferences; some might add extra calories and fat to your diet. If your weight is where it should be and if you’re active, you can enjoy these foods now and then; just keep portions sensible. If weight or a health condition such as diabetes is a concern, look for lower fat (or fat free) and sugar free, low calorie versions.

- ◆ When dining out split an indulgent dessert or appetizer with a friend, or take half home to enjoy the next day.

- ◆ Show children how to enjoy sweets in moderation.
- ◆ Offer kid-sized portions of favorite treats.
- ◆ Stock your kitchen with easy snacks: cleaned, cut-up raw veggies, fruit, salsa, whole-wheat crackers and cheese.

Your Healthy Weight

To keep your weight in a healthy range, you need to balance the calories you take in from food and beverages with the calories you burn. Striving for a healthy weight is important and can help reduce the risk of heart disease, high blood pressure, diabetes, certain cancers, and arthritis, among other health risks.

- ◆ Talk to your health care professional about your weight status.
- ◆ Set a healthy, realistic weight goal, and seek professional advice from a registered dietitian.
- ◆ Choose sensible portions and read the Nutrition Facts on food labels.
- ◆ Live an active lifestyle

Physical Activity

Balance what you eat with regular physical activity to maintain your weight. Your activity level affects how much food – and how many calories – your body needs. In the long-run, being active can help promote heart health, blood pressure control, and stronger bones (with weight-bearing activity) and may help lower the risk for type 2 diabetes and colon cancer.

- ◆ Accumulate 30-60 minutes of activity most days of the week.
- ◆ Check with your doctor before starting a physical activity routine.
- ◆ You don't need to follow a strict work-out regimen. Everyday activities can count.

To Your Health!

Eat smart, be active, live well. Take small steps, starting today, to match your food and lifestyle choices to your dietary and health goals. Small steps add up to success. At Kraft, we hope the information and the flavorful ideas in this fact sheet can help you make the most of your personal food choices – and enjoy foods that taste good and that are good for you!

Stir-Fry Salad with Rice

Prep: 5 minutes **Cook:** 7 minutes

- 1 Tbsp. vegetable oil
- 1 lb. boneless skinless chicken breasts, cut into strips
- 3 cups assorted cut-up vegetables (such as broccoli, red pepper, carrots and pea pods)
- 1/2 cup KRAFT LIGHT DONE RIGHT! House Italian Reduced Fat Dressing
- 1 Tbsp. reduced sodium (lite) soy sauce
- 1 bag (10 oz.) salad greens
- 1 cup MINUTE Brown Rice, cooked

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until cooked through. Add vegetables; cook an additional 2 minutes or until vegetables are crisp-tender.

MIX dressing and soy sauce.

PLACE salad greens in large salad bowl. Add chicken mixture and rice; mix lightly. Serve with dressing mixture. Makes 4 servings.

Make it easy:

Substitute 1 pkg. (16 oz.) frozen vegetable blend for the cut-up fresh vegetables.

Nutrition Bonus:

This Asian salad is a flavorful way to enjoy veggies and the whole-grain goodness of brown rice. The vegetables provide an excellent source of vitamins A and C.

Nutrition Information Per Serving: 320 calories, 11g total fat, 2g saturated fat, 65mg cholesterol, 440mg sodium, 24g carbohydrate, 5g dietary fiber, 5g sugars, 29g protein, 190%DV vitamin A, 70%DV vitamin C, 8%DV calcium, 15%DV iron.

Exchange: 1 Starch, 2 Vegetable, 3 Meat (VL), 2 Fat

Dietary Exchanges based on *Exchange Lists for Meal Planning*® 2003 by the American Diabetes Association and the American Dietetic Association