

# Healthy Servings

## Eat Light, Eat Right

It's surprisingly easy to make healthy changes in your diet. For starters, try switching from whole milk to skim milk in your morning latte. Over a year's time, even small improvements have a cumulative effect, leaving you lighter and feeling better. If you combine basic dietary adjustments with a little more exercise each week, the results will be even more noticeable.

## Eating Well in a Busy World

It's hard to eat well if you're always on the run. Business travelers, especially, may struggle to fit in a healthy lunch as they sprint across the airport to make their next flight. For help eating well in a busy world, check out 20 Fast Food Friends®, a list of healthy options available at national fast food franchises. You'll find the list on the Shepherd Bay Website, and at the front desk at all Shepherd Bay clinics.



## Fresh is Better

If you can only do one thing to improve your diet, eat more fresh fruits and vegetables. They're packed with

vitamins and fiber, which, in a well managed diet, can help ward off heart disease, diabetes, and other debilitating conditions. Experts suggest eating at least five servings of fruits and vegetables a day.

## Oil Facts

When a recipe tells you to sauté some diced onions in a tablespoon of oil, do you really use just a tablespoon? It's easy to pour in three or four tablespoons without realizing it. That can add up to hundreds of extra calories a week. Take the time to measure oil when you cook. And be sure to develop a taste for olive oil, which offers a number of health benefits.

## Enough is Enough

A healthy serving of meat for a single meal is 3 ounces. That's about the size of a deck of cards. But most restaurants serve meat in 8 to 12 ounce portions—far more than any adult should eat in one sitting. To find out if your portions are healthy, make friends with your measuring cups. Devote a week or two to measuring your servings at every meal. For more information on healthy portion sizes for a wide variety of foods, contact Scot Anderson, Clinical Nutritionist, at 555-5555.