

17 easy ways to eat healthier

1. **Load omelets and pizzas** with onion, peppers, spinach, mushrooms, and other veggies instead of cheeses and meats.
2. **Select nonfat milk, yogurt, and cheeses.**
3. **Use a nonstick skillet** and spray vegetable oil and you can cut the oil in recipes by half.
4. **For fewer calories, pick water-packed tuna**, or to get the benefit of heart-healthy oils, look for tuna packed in olive oil or canola oil.
5. **Satisfy your sweet tooth** with fruit instead of candy or cookies.
6. **Select soft taco size (6 to 8 inch) tortillas** instead of the larger burrito size. Corn tortillas have less fat and calories than flour.
7. **Choose brown rice and whole-wheat bread** instead of white rice and white bread.
8. **Bake, broil, or grill** beef, chicken, and fish.
9. **Substitute applesauce for half the oil** in a recipe when baking.
10. **Use two egg whites** instead of one whole egg in recipes.
11. **Freeze grapes or watermelon wedges** for a popsicle-like treat.
12. **Season steamed vegetables with lemon, herbs, and spices** instead of butter and salt.
13. **Try raw vegetables with salsa** instead of chips with salsa.
14. **Ask for the bread basket to be removed** from the table when you dine out.
15. **Order sauces and salad dressing** served on the side or use spray dressings.
16. **Use smaller** plates and glasses.
17. **Avoid adding table salt** to your food.

Sources: Academy of Nutrition and Dietetics; America On the Move, www.americaonthemove.org