

# EATING RIGHT (THIS IS NOT A DIET!)

Most people worry about their weight at some point in their lives. Many people diet to lose weight, and then gain it back and end up frustrated. Rather than dieting, try to change your lifestyle and the way you eat, for your lifetime rather than just for a month.

## Fat

Decreasing the amount of saturated fat in your diet is one way to have a healthier diet.

Foods that are high in fat:

- Oils, butter, margarine, dairy products, and meat
- French fries
- Fried chicken
- Pizza
- Hamburgers
- Candy bars
- Lunch meat
- Ice cream
- Whole milk
- Cheese

Better choices for fats (mono- or polyunsaturated fats):

- Olive oil
- Peanuts
- Peanut butter
- Fatty fish

## Calcium

Don't cut out dairy products altogether; you still need calcium! Skim or 1% milk and yogurt are healthy ways to get calcium without too much fat. Avoid whole milk and ice cream.

## Fiber

Fiber helps keep your colon healthy; eating plenty of fiber now may help prevent you from getting cancer of the colon when you are older. Foods that contain fiber:

- Bran cereals
- Raisins
- Beans
- Fruits (especially berries)
- Vegetables

## Cholesterol

Cholesterol (which comes from animal fat) levels that are too high increase your chances of having a heart attack when you are older. Cholesterol is found in

- Red meats
- Whole milk
- Ice cream
- Eggs
- Cheeses

## Iron

Iron is important to keep up a normal blood count. Foods that are high in iron:

- Meats
- Fish and poultry
- Spinach
- Iron-fortified cereals
- Peanut butter
- Eggs

Remember to eat a variety of foods to stay healthy!

<b>Proteins</b> 2 servings/day	<b>Starch/grains</b> 6+ servings/day	<b>Fruits &amp; vegetables</b> 5 servings/day	<b>Dairy</b> 3–4 servings/day
Beef	Cereal		Milk
Chicken	Breads		Yogurt
Pork	Rice		Eggs
Fish	Pasta		Cheese
Turkey			
Peanut butter			
Eggs			
Cheese			
Beans			
Tofu			