

Helpful Tips for Healthy Eating



“You’ll be less likely to stop at a fast food restaurant for those high calorie foods on your way home if you know your meal is already prepared.”



Crouse Hospital dietitian Maureen Fauler, RD, CDN, offers the following tips for eating healthy in 2010.

Plan (and even prepare) meals ahead of time: When you have time, try cooking a few meals and freezing them so all you have to do is reheat. You’ll

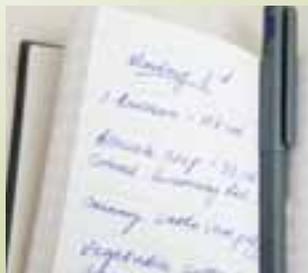
be less likely to stop at a fast food restaurant for those high calorie foods on your way home if you know your meal is already prepared.

Use smaller plates: Instead of using a regular dinner plate, try using a salad plate. The smaller plate gives the illusion of more food, making you feel fuller when you’re eating the same amount or even less.



Try using the “plate method”: Fill half your plate with vegetables, a quarter with your protein (such as meat) and another quarter with your starch or grain to create a well-balanced meal.

Focus on your food: Keep a food log of everything you eat and drink. Eating mindlessly while doing other things, like watching television, may lead to eating more than you think. Pre-portion your food so you know how much you’re eating.



Look at the nutrition facts panel: Pay close attention to the number of servings in the package. The nutrition facts listed are for one serving.



Get your calories from nutrient dense food, not beverages: Grocery shop using the perimeter of the store where the fruits, vegetables, meats, eggs, dairy and breads are located.

Work your way up to eating the recommended nine servings of fruits and vegetables daily: Stock up on frozen vegetables for quick and easy cooking and enjoy fruits or vegetables between meals for snacks. This helps curb your appetite between meals without a lot of calories.

CROUSE OFFERS NUTRITIONAL COUNSELING

Through Crouse Hospital’s Outpatient Wellness Center, registered dietitians provide medical nutrition therapy for diet-related issues, including weight management, diabetes, celiac disease, reflux, Crohn’s disease, food disorders and more. To learn more about our services, call 315/470-5787.

