

Healthy Lifestyles – Marshfield Area Coalition’s

Hints for Health

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out these creative tips to jump-start your year of healthy eating.

New year. No fear.

Did you make a New Year’s resolution to lose a few pounds? If so, you might want to take a look at some of these ideas suggested by the American Cancer Society to help you reach and maintain your goal.

Cut Calories and Fat, Not Flavor. Most of your favorite recipes can be easily changed to increase the vegetables, fruits, and fiber, and lower the sugar, saturated fat, and calories. Try the strategies below to limit fat, then read on for healthful foods that can substitute for rich ingredients and snacks.

- Fats like oil, butter, or margarine can usually be cut by one-third to one-half in recipes. Try a small cut-back at first, then increasingly cut back little by little.
- To replace some moisture and flavor loss when fat is reduced, make up the difference with broth, non-fat milk, fruit juice, and extra herbs, spices, and vegetables.
- For a moist baked product when fat is reduced, add dried fruits or applesauce.
- Substitute reduced-fat dairy products, like milk and cheese, for those higher in saturated fats and calories.
- Use only small amounts of high-calorie, yet healthful foods like avocados, coconut, cheese, and nuts.

Did you know...

There are many online tools to help you set, work toward and reach your goals. Below are some great sites to get you started.

- Take the Eat Right and Get Active Challenge at <http://eatrightgetactive.org/>
- Check out the Powerful Choices Podcasts at <http://www.cancer.org/Healthy/EatHealthyGetActive/PowerfulChoicesPodcasts/index.htm>
- Discover tools to successfully take weight off and keep it off for free at www.myfitnesspal.com