

FOR YOUR REFRIGERATOR



A 200-pound person **walking briskly for an hour can burn nearly 600 calories.** After you eat that big sandwich, let it digest a bit and then go for a long walk!

A can of flavored soda typically is **150 calories** – consider switching to diet soda or water.

Ice cream is great, but so are **frozen desserts like sherbet and ice milk.** Consider a change

Chips and dips are tasty – but so are **carrots, celery, and cucumber** slices with dips!

Scrambled eggs and bacon taste good, but they are both high in cholesterol. Today's **egg and bacon substitutes** on the market are tasty—and healthier. Give them a try!

Using reduced-fat milk or skim milk reduces cholesterol considerably, without losing any of milk's health benefits. Find one that suits your taste.

Instead of reaching for that microwave pizza or burrito in the freezer, consider making sandwich pockets stuffed with some turkey or lean ham. They're actually quicker to make!

Soups can be great for diets and a healthy lifestyle, but a typical can of soup contains lots of sodium (salt) – which raises your blood pressure. Always consider sodium-reduced soups.

We all love peanut butter...but it has tons of calories. Try one of the reduced-fat brands. You'll love it, and so will your heart!

Red meat is high in cholesterol...but you needn't stop eating it to get healthier. Alternate with chicken, fish and other main courses. And try eating a big salad with slices of grilled, lean red meat. You'll love it!

If you really want to get healthy, avoid portions bigger than your fist!

Enjoy the food that's on your plate now...instead of thinking about what you'll be putting on the plate when you're finished. Think about it.