

# 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.