

Meal Hints for a Healthier You

Calories

- A meal is 500-600 calories
- A snack is 100 calories

Breakfast

- Avoid sugary foods
- Don't fall for fat-free muffins
- Go for higher protein low fat meal
- Try an egg sandwich instead of a bagel and cream cheese
- Avoid pastries and processed white breads. Instead try nutty multi grain bread with a nutty spread like peanut or almond
- Avoid breakfast meats like bacon and sausage. Try the turkey or soy options
- On the go: smoothies (just watch the portion size), breakfast bars, fruit

Lunch

- Add a fruit or vegetable
- Avoid a large carbohydrate load
- If you can, prepare it at home, but if you can't — pick wisely
 - Avoid fast food!
 - Exchange the fries or chips with a side salad
 - Try to avoid or don't use all the creamy dressing for the salad
 - Try lemon or oil/vinegar
 - Don't use mayo or creamy spreads on your sandwich, try mustard
 - Remember the portions. Split meals with a friend or save it for later
 - Consider splitting lunchtime with walk/exercise

Dinner

- Skip the breadbasket
- Avoid a heavy appetizer and have salad
- Switch out the starch and add green vegetable
- Choose lean proteins
- Dining out — remember some rules and pick wisely
 - Choose your alcohol wisely and limit the consumption
 - Wine is better than frozen drinks or fruit juice mixed cocktails
 - Avoid creamy dressing
 - Avoid anything "creamy", "fried", or "crispy"
 - Consider green vegetable option rather than a starch vegetable
 - If you want potatoes, stick with the most unprocessed. Baked is better than mashed or au gratin or fried — hold the sour cream and butter
 - Remember your portion sizes. Think about splitting or saving it for later
 - If you want dessert, you can always shift calories from dinner to dessert so you can enjoy both
 - Consider sharing the dessert
 - Consider a walk after your meal to help digest and burn off calories

Snacks

- Fruits or cut vegetables
- Pre-measure your snacks, do not eat out of the bag
- Pretzels
- Water – Sometimes we confuse hunger with dehydration
- Avoid sodas and other liquid calories

© Lisa Ganju D.O., Used by permission