

Healthy Habits

Tips for reaching and maintaining your optimal state of health

March 2004

Eat Smart, Stay Healthy

You are what you eat. You've probably heard that saying all of your life and in this case, your mom was probably right. March is National Nutrition Month® and we'd like to take this opportunity to share a few tips that you may find helpful as you strive to reach your optimal state of health.

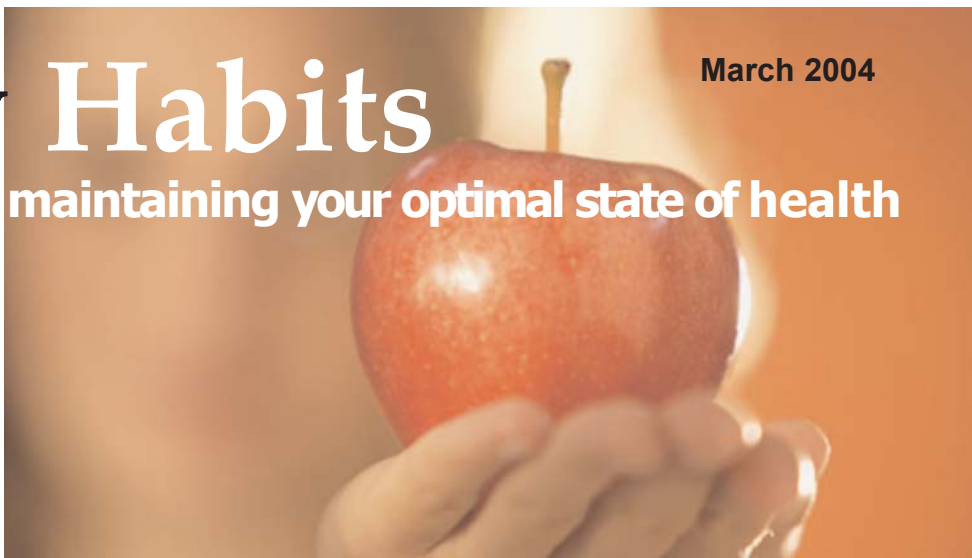
Healthy Eating Tips

For overall healthier eating, consider the following:

- ✓ Eat a sensible serving size. Knowing the appropriate serving size is part of eating smart.
- ✓ Add color to your plate by eating more fruits and vegetables. Think red, green and orange--fruits and vegetables are packed with nutrients.
- ✓ Expand your tastes by exploring the wide world of foods and get the nutrients you need.
- ✓ Try a new food or recipe at least once a month.
- ✓ Make moderation your goal -- you decide how much and how often. Look at the big picture, it's what you eat over several days - not just one day or one meal - that's important.
- ✓ Develop a personal fitness plan that fits your lifestyle.

Breakfast Counts

You've probably heard this before but breakfast is the most important meal of the day. Trying to lose weight? Breakfast curbs your hunger and helps



NEED HELP TO GUIDE YOU TOWARD HEALTHIER EATING HABITS?
FIND OUT IF "EATING FOR LIFE" OR "HEALTHY HEART" CAN HELP YOU
CALL 1-800-SENTARA (1-800-736-8272)

prevent binge eating later in the day. We realize it can be difficult to find the time for breakfast with our hectic lifestyles so here are a few tips of some things you can eat "on the run."

Easy Breakfast Choices:

- ✓ Ready-to-eat whole-grain cereal topped with fruit and a cup of yogurt.
- ✓ Whole-grain waffles topped with peanut butter, fruit or ricotta cheese.
- ✓ A whole-wheat pita stuffed with sliced hard-cooked eggs.
- ✓ Hot cereal topped with cinnamon, nutmeg, allspice or cloves.
- ✓ Peanut butter on a bagel with fresh fruit.
- ✓ Breakfast smoothie.
- ✓ Vegetable omelet with a bran muffin and orange juice.

Lunch & the Busy Person

Do you eat at your desk or frequently snack? Here are some healthy ideas:

- ✓ Plan ahead. Know what & where you are going to eat before the lunch hour hits.

- ✓ Some health lunch suggestions include sandwiches made with lean meats, and added tomato, peppers or other vegetables, baby carrots, yogurt and a piece of fruit. Or you can try a "bag" of salad with a few cut up vegetables.
- ✓ Fast food on the agenda? Try ham-burgers (hold the mayonnaise), grilled chicken sandwiches, salads, baked potatoes, bean burritos and turkey subs.
- ✓ Snack attack? Granola bars, canned fruit, single-serve low fat popcorn and yogurt make great snacks.

Nutrition for Heart Health

Help keep your heart healthy with the following suggestions:

- ✓ Stock up on healthy foods. You are less likely to make bad choices if you stock up on healthy foods.
- ✓ Keep a food diary for at least three days. You may be surprised at what you learn.
- ✓ Make healthier choices when eating out. Ask for a heart healthy menu and avoid "all you can eat" buffets.
- ✓ Don't omit meals.

The American Dietetic Association sponsors National Nutrition Month, a nutrition education campaign on making informed food choices and developing sound eating and physical activity habits.

LEARN MORE....

- Take the nutrition quiz at www.sentara.com/staying_healthy/stayinghealthy-quiz.html
- Assess your Interactive Healthy Eating Index at <http://147.208.9.133/Default.asp>
- Learn the Food Guide Pyramid at www.usda.gov/cnpp/pyramid.html
- Find Healthy Recipes at <http://hin.nhlbi.nih.gov/cholmonth/recipes.htm>
- Get help from a registered dietitian. Visit www.sentara.com/facilities_services/nutrition_services.htm

The material contained in Healthy Habits is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in this publication. This information is provided courtesy of Optima and Sentara health plans.



Sources:

American Dietetic Association. www.eatright.org, accessed February, 2004.
Nutrition for Good Numbers. www.sentara.com/community/numbers/nutrition.htm. Accessed February, 2004.



www.optimahealth.com